

**MINUTE OF MEETING OF THE HIGHLAND SENIOR CITIZENS NETWORK HELD IN INSHES CHURCH, INVERNESS ON MONDAY 25<sup>th</sup> JUNE 2018 AT 10:00**

**Present:** Ian McNamara, Chair  
Fiona Angella  
Pamela Boxx  
Isla Cuthbert  
John Furze  
Lesley McDade  
Brenda Nicolson  
Joan Philip  
Michelle Manzie  
Evelyn Sinclair

**In attendance:** Jo Cowan, Coordinator  
Anne MacDonald, Coordinator

**Apologies** – Brian Devlin, David Hannah, Donalda MacKenzie, Irene Robertson, Donald Macleod, Bet McAllister

**1 WELCOME/APOLOGIES**

The Chair welcomed everyone to the meeting. Apologies were as noted above.

**2 DR MARTIN WILSON – CONSULTANT PHYSICIAN RAIGMORE HOSPITAL**

The chair welcomed Dr Marin Wilson, Consultant Physician NHS Highland, to the meeting. He had been invited to talk specifically on key messages for the wellbeing of older men's health. Dr Wilson focused on five main topics which although they applied equally to both sexes were very relevant to men.

1. The value of trying to live a healthy life
2. Early detection of disease
3. Importance of social interaction
4. Health Literacy or 'How to navigate the NHS'
5. Preparing for the next chapter when not functionally independent

Dr Wilson felt that when trying to engage with older men it is better to stick to one issue at a time and that issues to do with mental health are more likely to be communicated effectively if they are raised in the context of other conditions. The overriding issue that he sees in the course of his work, especially in men following retirement, is the misuse of alcohol.

Dr Wilson provided a handout of the topics covered in his talk. Jo said she would request that he provide a copy in electronic format.

**3 DECLARATION OF INTERESTS**

There were none declared.

**4 NEW TRUSTEES**

There were no new applications.

## **5 NEW MEMBERS**

Five new individual members and one new group member were approved.

## **6 MINUTE OF 30 APRIL 2018**

The Minute of 28<sup>TH</sup>May 2018 was approved.

Proposer: Joan

Secunder: John

## **7 MATTERS ARISING NOT ON THE AGENDA**

### **(a) HSCN Printer**

Isla reported that the new printer was due to be installed later on the day of the Board meeting.

## **8 DATA PROTECTION – STANDING ITEM UPDATE**

The Chair drew attention to the revised Data Protection Policy which had been previously circulated and was now on the Website. Isla reported that out of the 157 names on the email list of contacts only 7 had responded that they wished to continue receiving the Newsletter. Of the contact made with existing members following the introduction of the new Data Protection Act only one couple had opted out of further contact

## **9 SELF DIRECTED SUPPORT (SDS) UPDATE**

The Chair reported that at the recent Strategic Planning Group meeting the Director of Adult Social Care had presented a report on Self Directed Support, the purpose of which was to:

- Outline the Strategic Approach to the development of Self-Directed Support for Adults in Need in Highland
- Outline the action areas considered necessary to implement such an Approach

The Chair circulated a copy of a 'Change Map for Self-directed Support' that had also been provided at the Strategic Planning Group Meeting. It was thought that this was a national document rather than one produced by NHS Highland.

Anne reported that an application made in conjunction with Scottish Care to engage with SDS Care Providers had been unsuccessful.

## **10 EVALUATION OF EFFECTIVENESS**

Ann gave an update on the current situation regarding commitment to evaluating our effectiveness. She recommended that:

- We need to rethink the level of detail for summarising

- The two sets of activity produced by Trustees and the Coordinators are not combined until the end of the year
- The current system of reporting continues for the foreseeable future
- The data collecting forms continue to be returned on a quarterly basis

## **11 ALCOHOL AWARENESS RAISING MEETINGS**

The Chair reported that a draft evaluation of the Alcohol Awareness Project had been completed by Catherine Flannigan and the final report was expected soon.

## **12 MEETINGS WITH EXTERNAL BODIES**

### **(a) Highland Alcohol and Drug Partnership Stakeholder Conference 1<sup>st</sup> June**

The Chair gave a brief report on the above meeting at which he and Dr Liz Smart had run two workshops on the HCN Alcohol Awareness initiative. He commented on a powerful theatrical presentation on drug misuse presented by a group of former addicts.

### **(b) Strategic Planning Group (formerly ASCG) 13<sup>th</sup> June**

The Chair reported that at the meeting a report on the proposed changes to the provision of funding by NHS Highland to the Third Sector organisations was discussed. A table had been produced listing all the Third Sector organisations funded by NHS Highland. The total was over three and a half million pounds a year,

The purpose of the report was to provide the Group with background on the current commissioning arrangements for Third Sector service delivery contracts and grants and to provide information on NHS Highland's agreed plan for a review of this area in order to develop and deliver a three year Third Sector Alignment, Sustainability and Collaborative Commissioning Plan covering the period 2018-2021.

Jacqueline Paterson, Senior Contracts Officer, Business Support Directorate has been appointed to lead the activity to develop and implement the review/plan. She will work closely with the Highland Third Sector Interface and other organisations during this project, to build a collaboration to support the sector.

A Project Board and Project Team are being formed, consisting of representatives from both S&M and N&W Operational areas, Public Health, Finance, Public Relations, Non-executive Board Members and Highland Third Sector Interface (representing the Third Sector).

Meetings will be held quarterly and 6 weekly respectively and will be minuted accordingly.

The Chair had stressed at the meeting that those is an employed position funded through the NHS will need to know well before the end of the current financial year as to whether their funding was continuing.

Simon Steer informed the meeting that the three priority areas for the NHS currently are:

1. Increasing Care at Home and Housing Support for those with complex needs
2. Review of the Care at Home Price structure
3. Review of Learning Disability Day Care

## **13 REPORTS**

### **(a) Coordinators' Report**

The Coordinators gave a verbal update on their recent activities:

- Rise in enquiries due to data protection letter
- Involvement in Rapid Process Improvement Week – Community teams and the use of stock – thanks to Isla
- Attended Sutherland Senior Safe and Well Highlander event
- Preparing for Durness Older People's Information event, SOPA meetings in Dingwall and Nairn and Mid Ross HSCN Network Get-together
- SDS funding application, jointly with HSCN and Scottish Care, unsuccessful
- HTSI conference – project proposal with the Buz project in Lochaber and Feis Rois – joint winner. Potential to apply for £1000 for mental wellbeing project.

### **(b) Membership and Communication**

Summer newsletter out and well received. Sent out with the new HSCN data protection and privacy policy.

To add new content to Website over the summer, and remove reference to 2018 conference.

### **(c) Black Isle Cares (BIC) Update**

There was nothing further report at the present time.

### **(d) Scottish Older People's Assembly (SOPA) Local Meetings**

The arrangements for SOPA's visit to Highland were confirmed, meetings to take place in Dingwall and Nairn on 28 June 2018.

## **14 TREASURER'S REPORT**

The Treasurer reported that the interest shown by a potential new Treasurer did not materialize.

### **(a) Accounts**

Evelyn spoke to the circulated accounts for May 2018 which were noted. It was also noted that the final sum from the Integrated Care Fund for the Coordinators had been received and would show in the next month's accounts.

## **15 CORRESPONDENCE**

### **(a) 'A Boards'**

The reply from the Highland Council to the Chairman's letter of enquiry regarding the monitoring of 'A' Boards was noted.

## **16 AOCB**

### **(a) Great Wilderness Challenge 11 August 2018**

The Chair advised that several of the places allocated to HSCN had now been filled.

### **(b) End of Life Care**

Joan agreed to represent the Network at the next meeting of the End of Life Care Group on 5th July.

**(c) Amazon Charity Donation**

John drew attention to the donation of 0.5% made by Amazon to named Charities on the purchases made by individuals from Amazon. It would require HSCN to become a named Charity.

**(d) Dr Wilson and Newsletter**

Joan raised the possibility of Dr Wilson contributing the Newsletter on specific topics relevant to older people's health.

**(e) Newsletter Numbers**

Isla requested that she be given ample warning of the number of Newsletters required by individual Trustees.

**17 DATE OF NEXT MEETING**

The next meeting will be held on Monday 27 August 2018 at 10:00 in Inshes Church.

**The meeting closed at 11:55 am**