



Health and Social Care News Update

Issue 9 – Spring 2019

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Welcome to the health and social care news update

Colleagues,

Thank you for all your dedication and support during the recent winter months.

This period is undoubtedly the busiest and most challenging time for health and social care. We are pleased based on your feedback and lessons learned from 2017/18 that together we created a robust plan for 2018/19 which has contributed to this year's improved experience for all – our staff, partners, patients and their families.

Looking forward to spring I am delighted to share with you a selection of partnership projects and news which really showcase the work we do together and the difference that it makes.



If you have a project or service which you would like shared with Partnership colleagues please email: communications@borders.scot.nhs.uk

Robert McCulloch-Graham
Chief Officer Health and Social Care

Newly Integrated Wellbeing Service

The new NHS Borders Wellbeing Service provides evidence based, early interventions supporting lifestyle change and emotional wellbeing through:

- Quit Your Way (QYW) – smoking cessation service
- LASS – lifestyle advice and support to increase physical activity, reduce weight and eat healthily
- Doing Well (DW) – support to improve low to moderate mental wellbeing

This continues to be provided in Primary Care and further benefits associated with the service include:

- Improved patient journey (no need to transfer between services)
- Increased accessibility
- Provision of holistic support thus increasing availability of specific lifestyle and wellbeing work
- Equity of delivery across the Borders region
- Increased capacity in service which will reduce demands on GP time, due to National Mental Health Strategy funding for additional staff.

Existing advisers are being fully trained to undertake their new role and a new system

to manage patient information and appointments has been introduced. We are also working closely with the Psychology Service to ensure we have straightforward patient pathways for different tiers of intervention.

Information about the service is available at: www.nhsborders.scot.nhs.uk/wellbeing
Alternatively you can contact us via 01896 824502 or wellbeing@borders.scot.nhs.uk

Innovative mountain biking project supports good mental health

A joint project between the Galashiels Resource Centre (H&SC Partnership), Developing Mountain Biking in Scotland (DMBinS) and Edinburgh Napier University resulted in a highly successful pilot programme as part of a therapeutic recovery programme for people currently experiencing mental ill health.

The project utilised a six week block of mountain biking for ten participants which was led by qualified leaders from DMBinS with additional support

being provided by local volunteers and Gala Resource Centre staff.

Niamh Allum, Occupational Therapist, said: "Clients in our service identified the need for a therapeutic approach to promote management skills to improve physical and mental health. We wanted to create something a bit different and mountain biking to facilitate positive change was not something that had been tried before. We're pleased that the project's achievements exceeded our expectations."

Robert McCulloch-Graham, Chief Officer Health and Social Care, said: "This was a hugely innovative and exciting project that gave participants the opportunity to work in a real life setting. I am delighted that this has been one of the best attended programmes the Partnership has delivered. Staff reported an exceptional response with clients benefitting from increased personal resilience, self-efficacy, social skills and confidence."



Strata IT Project Goes Live

A project to automate and improve the process of discharging patients from hospital to residential care or care at home providers has been rolled out by the Partnership. The project uses the Strata Health system to create an online directory of the available care home beds, capacity and specialist services allowing these to be matched to patients.

This cloud-based solution enables improved, more efficient automated processes which match patient needs to resources. In future it will integrate with MOSAIC and appropriate NHS systems, reducing paperwork and avoiding duplication and errors. It has the potential to be a critical tool in the redesign and improvement of integrated services.

Murray Leys, Service Director for Health and Social Care Transformation, said: "This will replace the time-consuming practice of phoning around providers to find availability and capacity. Instead all vacancies – actual and pending – will be visible on Strata allowing referrals to be made live online thus saving significant time for everyone involved and improving the discharge process for our patients."



Health in Harmony Staff Choir:

The 'Health in Harmony Choir' for Health and Social Care Partnership staff was founded 18 months ago by music therapist, Clare Gillespie and Coldstream GP, Dr Emma Platt. Since then the choir has enjoyed a number of public performances, including the NHS Borders Staff Awards in April last year and the Christmas Concert at the Corn Exchange in Melrose.

Beyond these performances, the choir's greatest achievement has been the camaraderie that has developed amongst colleagues. For some, the choir has become the highlight of the week, for others it has been instrumental in helping with personal challenges. Whatever the reason for coming it is clear from the 40+ members that singing with others is an uplifting experience.

The choir meets every Thursday evening at 7:15pm in the BGH Chaplaincy Centre and the doors are open to anyone who loves to sing, from absolute beginners to seasoned vocalists. Both Clare and Emma are passionate about the intrinsic relationship between music and health. Hence, the overarching ethos is to improve staff well-being and promote positive integration across all health and social care services.

If you would like to know more about the choir, please email: healthinharmonychoir@gmail.com or follow Borders Health in Harmony Staff Choir on Facebook.

Wellbeing College: Exploring Resilience and Recovery in the Borders

The Wellbeing College, run by Scottish mental health and wellbeing charity Health in Mind, offers free learning opportunities open to anyone aged 16 and over living in the Scottish Borders, who wishes to explore self-care, increase their wellbeing or realise their potential.

The programme ranges from half-day sessions to learning experiences spread over nine weeks and runs throughout the year, with students welcome to join at any time. The current choices, developed through consultation, include ukulele, confidence & self-esteem, yoga & mindfulness, exploring trauma, psychosis and recovery.

All students are offered the opportunity to create a Personal Learning Plan with a Personal Tutor to help them get the most out of their College experience. Since opening in July 2018, 137 students have registered with the Wellbeing College.

There is also a Hub where students can access a range of resources and information including a computer with internet access, books, magazines and leaflets to support their learning.

If you would like to get involved or request further information contact the Wellbeing College team via 01896 807000, wellbeing.college@health-in-mind.org.uk or www.wellbeingcollege.org.uk

You can also visit the Hub on Tuesdays 10am to 1pm and Thursdays 1pm to 4pm at The Hive, Low Buckholmside, Galashiels, TD1 1RT.

Waverley Care Home and Garden View Help Patient Flow

Close to 3,000 beds were made available at the Borders General Hospital, between December 2017 and December 2018, due to 174 patients being accommodated, for an average stay of 16-days, at the Discharge to Assess Unit at Garden

View in Tweedbank. Garden View and the Waverley Transitional Unit, managed by SB Cares, provide capacity outwith the BGH to assess patients prior to moving them home or to supported accommodation.

Lynne Crombie, SB Cares Operations Director, said: "Garden View and Waverley are fantastic examples of how successful partnership working can improve patient flow to deliver better outcomes for patients and their families.

Around 80% of patients have been discharged back to their own homes – with the remainder being readmitted to the BGH or moved to supported accommodation."



St Ronan's awarded top marks for their approach to supporting people's wellbeing

St Ronan's Care Home in Innerleithen has been celebrating after being awarded a coveted 'Grade 6 – Excellent' by the Care Inspectorate for the way in which the staff team supports the wellbeing of their residents, as well as a 'Grade 5 – Very Good' for how well care and support is planned.

This was the result of an unannounced visit to the home in November 2018 when Inspectors took into account the views of residents, relatives and carers. Positive comments from residents included:

- "I am well cared for and happy to stay in the home, being able to have a single room and my own facilities have made me happy and the care I'm receiving is what I expected."
- "Proud to say I have the best room in the house."
- "St Ronan's doesn't feel like a care home, to me it's simply my house where I enjoyed living."

Philip Barr, SB Cares Managing Director, said: "Many congratulations to St Ronan's on having their hard work and commitment recognised by the Care Inspectorate who were impressed by the high standard of quality care that residents and their families experience at the home. The staff team should be extremely proud of their achievements."

Get in touch ...

For more information, contact SB Cares on 01835 826700 or visit: www.sbcare.co.uk



ALISS

Have you heard of ALISS? 'A Local Information System for Scotland', www.aliss.org, is funded by the Scottish Government and delivered by the Health and Social Care Alliance Scotland (the ALLIANCE). Its main objectives are to:

- increase the availability of health and wellbeing information for people living with long term conditions, disabled people and unpaid carers
- support people, communities, professionals and organisations that have information to share

- ensure that stakeholders are informed, skilled and confident in the use and application of web services and that they are connected as part of a wider community of practice
- ensure that ALISS is used and is strategically aligned with Scottish health and social care needs.

Local providers are encouraged to sign up to ensure that as many services as possible are available on the site for people in the Borders who are looking for information. Third sector providers can contact Borders Care Voice on 01896 757290 for advice.