



**your**

**community PK**

An Initiative from Perth and Kinross Health and Social Care Partnership

South Perthshire Locality News - March 2018

## South Perthshire Decides!

### Participatory Budgeting (PB) Gets Started



Events have been taking place across Perth and Kinross with communities deciding how local funding is spent. Community groups applied for money through the Participatory Budgeting (PB) process run by the local Action Partnerships and Health & Social Care Partnership with the outcome decided by community voting. Strathearn & Strathallan have taken place with Kinross-shire and Almond and Earn due to take place 10th March. We will cover in the next issue all the projects that were successful in receiving funding.

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## Strathearn & Strathallan Update

### Heinrich Steinmeyer Legacy Fund - Comrie



A year ago, the interim Legacy Committee set itself the task of gathering the opinions of the community about the use of the funds, which had unexpectedly become available. Village views have been gathered through two public meetings and a Silver Circle discussion; a community survey completed by 281 local people; followed by a community vote. 517 Comrie residents voted on 22 proposals and elected a permanent Legacy Committee. Activity is now focused on the top 10 voted proposals, involving developments related to: community transport; village centre facilities; advice and information; activity development – cycling without age, and a men's shed; support and care; and grants for community organisations. Grant decisions are anticipated over the next few months. Contact Andrew Reid [andrewmreid@btinternet.com](mailto:andrewmreid@btinternet.com)

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## Kinross-shire, Almond & Earn Update

### Perfect Sunday Afternoon and Food Tidings



Kinross Parish Church have organised three events over the last year called 'Perfect Sunday Afternoon' - the most recent of these was on 18th February. It is open to those who might otherwise be on their own on a Sunday afternoon and involves live music, tea and home baking and an opportunity to chat. The last one was attended by about 70 people. Dates are to be confirmed for the next one.

Contact Rev Alan Reid [office@kinrossparishchurch.org](mailto:office@kinrossparishchurch.org)

'Food Tidings' is a scheme supported by volunteers within Kinross Parish Church whereby a meal is provided and delivered to the door of someone who might need it for a few days, perhaps just out of hospital, welcomed a new baby into the family or moved house. The most recent recipients have been a person living alone who fell and broke her wrist and so couldn't easily prepare a hot meal; a family who are dealing with a young child undergoing chemotherapy and a single-parent family who have just moved in to Kinross. Referrals come from church members but the recipients are not always church members. Esther Blackburn [kinrossfoodtidings@hotmail.com](mailto:kinrossfoodtidings@hotmail.com) or 01577 865556

## Kinross-shire Community Sport Hub is on a mission to end loneliness in the elderly

The 'Cycling Without Age' project aims to tackle loneliness and isolation in local elderly residents by using specially designed bikes (trishaws) to take local people, day centre clients and care home residents for cycle rides. The project aims to purchase two trishaws and to recruit and train local volunteer pilots and enable those participating in the bike rides to feel free again and "feel the wind in their hair". Elderly people will have the opportunity to get out more often, have something to look forward to, have new experiences to discuss with family and friends and the ability to engage with passers-by when out on the trishaws. The two bikes will be purchased in April 2018 when all funding has been secured and rides will be available seven days a week and all rides will be FREE.



Kinross-shire Community Sport Hub is a constituted group with a management committee and is community owned, led and managed entirely by local volunteers who give up their own time to make things happen. It is supported by SportsScotland, Perth and Kinross Council, and Live Active Leisure and is part of the 2014 Commonwealth Games Legacy initiative. Membership is open to local people, sports clubs, groups, schools and anyone that has an interest in developing sport, physical activities, active recreation and meeting community needs. Contact Kirsteen Ross [kross@liveactive.co.uk](mailto:kross@liveactive.co.uk) or 01738 472245

## Aberuthven Village Hub



A community questionnaire conducted in Aberuthven in December 2016, showed that 100% of respondents felt there was a need for a local community shop, and 86% for a Community Café. The village has doubled in size over the last 10 years, however services and amenities have reduced and Aberuthven has not had a local shop for 25 years. The Village Hall was refurbished around 10 years ago and is in excellent condition, but is very underused because it is not equipped for village needs. Claire Dodds, a local resident and secretary of the Aberuthven Village Hall Trust, had the idea of gauging local interest, and was the brains behind the questionnaire. After establishing overwhelming local support she is pushing the project forward to make a community hub happen. She self-funded the new village shop which has created 2 jobs for residents within the village, and encouraged the Village Hall Trust to apply for £1500 funding from Strathallan Decides to establish the feasibility of a Youth Club based in the village hall.

Local young people are heavily involved in this project to drive and shape how their Youth Club will run. Two initial events, including a Halloween Party were held and were a huge success with 80 young people from the Auchterarder & Aberuthven Area attending. There is a genuine desire from the young people to make a Youth Club happen in the village, which will provide opportunities for not just Aberuthven young folk but for people from the wider area. The Village Hall Trust is now moving forward with funding applications to help create a Community Hub Café within the Village Hall. The funding will allow Phase 2 of the project to get off the ground through the creation and equipping of a kitchen and café space. Claire says: "the impact on our local community will be huge, as we currently face many rural inequalities which affect old and young alike. There is currently no meeting point in our village, and no place where we can come together to grow as a community. The creation of a community hub will make a massive difference particularly to the elderly and to the young people." Contact Claire Dodds [thevillageshopandcafe@gmail.com](mailto:thevillageshopandcafe@gmail.com)

## Kinross Recovery Cafe

KINROSS  
RECOVERY  
CAFÉ



The Recovery Café meets at Millbridge Hall, Kinross every Tuesday 1pm to 3pm to support local people who need help in improving their wellbeing during their recovery journey from addiction or substance misuse. The café provides an informal drop-in facility for support, information, coffee and chat aiming to get people speaking about recovery and wellbeing in all its many forms. Some participants have also recently completed a 6 week Cookit course. The group is facilitated by NHS P&K Healthy Communities and CAIR and also supported by Broken not Broken, a local charity tackling the effects of poverty. Contact for more information Shona Fowler [shonafowler@nhs.net](mailto:shonafowler@nhs.net) 0789 6280843 or Richard Lister [richard.lister@cairscotland.org.uk](mailto:richard.lister@cairscotland.org.uk) 0788 5971298

## SPARKs

SPARKs



SPARKs (Supportive Project for Activities and Recreation in Kinross-shire) meets every Thursday afternoon at Loch Leven Community Campus 1pm to 3pm for a group meeting and every Friday afternoon at 3pm to play Boccia. They are a group which offer adults of all ages who have support needs or disabilities to chance to meet together, some with personal assistants, to improve their health & wellbeing and to socialise. They are supported by P&K CLD Adult Learning Worker and NHS P&K Healthy Communities worker. The Group gives members the opportunity to share experiences and knowledge of issues around disabilities. Members also take part in activities such as group quizzes, Boccia, discussing what's in the news, favourite music, looking for new things to do together to combat isolation and build informal support networks. They have also participated in a 6 week Art Project with THAT. The group is valued by participants and carers and in recognition of its uniqueness in the area, and by other agencies and professionals interested in meeting the group to learn from its success. Contact: Shona Fowler [shonafowler@nhs.net](mailto:shonafowler@nhs.net) 0789 6 280843 or Roseanne Gray [rgray@pkc.gov.uk](mailto:rgray@pkc.gov.uk) 01577 867216



## PKAVS Carers Telephone Support Line

Do you help care for someone aged 65 years or over?

If you are struggling to cope with your caring role or have any concerns, you can pick up the phone and call PKAVS carers direct with the new telephone support line. The service will offer "a good friend on the phone", someone you can have a light hearted chat with, or more importantly be there to listen and give emotional and practical support. Calls can be organised regular times that are convenient for you. The Tele-support line number is 01738 452214 and is open Monday to Thursday 9am - 6pm and Friday 9am - 5pm.

## Would you like to help your community?

### Local Health & Wellbeing Groups



There are two local Health and Wellbeing groups covering South Perthshire which meet every 6 weeks. The groups made up of local community members, health and social care staff and third sector representatives, are working in partnership to address needs and change in local communities. We would welcome more community members to come along to these groups to participate and have your say for your community. A topic being discussed at these groups just now is social isolation and loneliness. If you are interested in being part of these friendly groups please come along to our next meeting:

Kinross-shire - 10th April 10.00am (venue tbc)

Strathearn & Strathallan - 13th March 10.30am at Strathearn Community Campus

Contact PKAVS Community Engagement team (Christine) for more information 01738 452234

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## Update from Locality Leads



Over the past months the South Perthshire & Kinross Health & Social Care Team have been working with our GP practices to roll out an enhanced community support model of care. This ensures that we have the relevant healthcare staff such as Physiotherapists, Occupational Therapists and District Nurses available to provide a more joined-up and timely response toward local people with complex needs who face crisis due to health or other issues. The model is supported by social work partners and our PKAVS Carers Support Colleagues.

Mens Sheds are popping up all over the South and having visited the Kinross Mens Shed the importance of such initiatives cannot be underestimated, well done to our Health Community Collaborative Staff for the hard work in supporting local groups to get these off the ground.

Over the next few months we are going to focus on forming Integrated Care Teams within South Perthshire & Kinross which will support the delivery of health and social care across Strathearn/Strathallan and Kinross. Lindsey Bailie, South Perth & Kinross Locality Manager. Contact Paula Law [p.law1@nhs.net](mailto:p.law1@nhs.net) or 01738 459558

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## Public Partners Update

The Public Partners on the Integrated Joint Board have been busy over the last few months listening to a range of views about changes to Mental Health and Learning Disability Services. The Public Partners actively contributed to the debate that preceded the decision by the IJB Board to move In Patient Mental Health services from Murray Royal to Carse View. The decision about the future of Perth and Kinross Council Residential Care Homes was deferred to the next IJB meeting as there was a tied vote. The next meeting of the IJB is on 23 March 2018 and if you want to get in touch with the Public Partners please email [publicpartnerspkijb@outlook.com](mailto:publicpartnerspkijb@outlook.com) or Susan Bathgate on 01738 452235 and she will arrange for a representative to contact you.



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## Community Engagement Team Contacts



This quarterly locality newsletter is issued by the community engagement team in partnership with the Health and Social Care Locality Teams. We welcome any feedback, suggestions and of course your stories for the next edition.

**Strathearn/Strathallan & Kinross-shire** - Christine Grace 01738 452234 [christine.grace@pkavs.org.uk](mailto:christine.grace@pkavs.org.uk)

**Highland/Strathtay & Strathmore** - Fiona Johnstone 01738 452237 [fiona.johnstone@pkavs.org.uk](mailto:fiona.johnstone@pkavs.org.uk)

**Carse of Gowrie & Perth City** - Heather Shields 01738 452236 [heather.shields@pkavs.org.uk](mailto:heather.shields@pkavs.org.uk)

**Perth City & Supports Public Partners** - Susan Bathgate 01738 452235 [susan.bathgate@pkavs.org.uk](mailto:susan.bathgate@pkavs.org.uk)

We welcome Christine to the team who has just joined us covering Stephanie Cameron's maternity leave, Christine says "I'm delighted to be covering Stephanie's post and I'm looking forward to getting to know the area, the people and all that goes on there. Please get in touch with me if you feel I can be of help".