

Caithness Community Planning Partnership
Full Meeting
3rd March 2023, 10.00-12.00
Microsoft Teams

NOTES

1. Welcome and apologies

Eann Sinclair welcomed everyone to the meeting. Eann reminded everyone that the meeting is being recorded for the notes. The video will not be uploaded to the website this time as the Highland CPP website is not available currently.

Attendees:

Gail Prince (HIE); Eann Sinclair (HIE); Heather Urquhart (Caithness Community Connection); Karl Rosie (Councillor); Kirsteen Campbell (LGOWIT); Bryan Dods (CVG); Allan Tait (CVG); Amanda Snashall (CVG); Ron Gunn (Councillor); Dave Snashall (Listening Ear); Siobhan Leen (NHS Highland); Annabel Mowat (Centred); Naomi Watson (NHS Highland); Matthew Thain (Police Scotland); Paddy Farrell (Scottish Fire & Rescue); MacKenzie Sutherland (Highland Council); Fiona Hogg (NHS Highland); Ailsa Villegas (NHS Highland); Christian Nicolson (NHS Highland); Donna Booth (Centred); Karen Haden-Homer (Enable); Sarah Bowyer (NHS Healthcare Improvement Scotland); Daniel Macleod (Dunbeath & District Centre); Helen Ellis (Highland Council); William MacKay (Councillor); Andrew Jarvie (Councillor); Stephen Mezals (Police Scotland); Struan Mackie (Councillor); Alexander Glasgow (Thurso Community Café)

Apologies:

Raymond Bremner (Councillor); Michelle Johnstone (NHS Highland); Angela Echavarren (Highland Council)

Additional notes:

Eann noted the following before continuing with the formal agenda. Andrea Wotherspoon who has gone back to her original role in HC; Julie Marker who has left Here for Caithness/CVG and welcome to Amanda Snashall who started at the beginning of February as Project Officer with Here for Caithness/CVG; Joan Lawrie who has transitioned to full time with the Highlands and Islands Climate Hub; and Congratulations to Steph Remers in her new role as Development Manager for TCDT.

2. Notes and actions from December 2022 meeting

Updates taken from the December 2022 actions, notes in the third column:

Paddy Farrell	Contact Councillor Gunn to arrange delivery of SFRS safety leaflets	Complete
Gail Prince	Circulate SFRS electronic leaflets	Complete
All	Submit feedback on Community Catch Ups by Friday 9 th December	Complete
Gail Prince	Circulate North Highland Women's Wellbeing Hub	Complete
Gail Prince	Circulate NHS Highland Partnership Profile report	Complete

Outstanding from September 2022 meeting:

Katie Matthews	Katie took an action to follow up with Joan and Keith to discuss how to connect with North Highland Community Sport Hub network and linking with wider community groups and have something quite targeted around the anxiety that a lot of people are feeling going into winter.	No update available – carry over to June 2023 meeting. Update from Katie or Keith required.
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3. PRESENTATIONS:

Caithness Redesign

Christian Nicolson (NHS Highland)

Christian gave a very informative presentation updating the meeting on the Redesign of Adult Health and Social Care Services in Caithness. A copy of the presentation is attached. Eann thanked Christian for the presentation.

Before continuing with questions Eann mentioned that Fiona Hogg, Director of People and Culture, NHS Highland had joined the meeting, he noted that this would be Fiona's last meeting as she is moving on to a new role in Scottish Government.

Fiona emphasised the huge amount of work the Redesign team have been working on. She noted the sustainability of the project not just from an environmental perspective but from a workforce perspective also, it's important to find ways to recruit and train local people who can have careers in their local communities as part of this programme.

Following thanks from Councillor Gunn, who emphasised how good it is to have this update information available Christian invited any groups with events coming up where they would like a presence from the Redesign team to let her know as she has a calendar of dates for the year and is happy to schedule a presence where possible.

Bryan Dodds raised a point on attracting people to the area with the skills and training those in the area for the roles that will be available. Christian confirmed the Redesign team have been in discussion with local training providers, including UHI, to make sure the right opportunities are available locally. They are also looking at working with schools and potentially creating modern apprenticeships. There is effort going in to promoting Caithness as a destination for people who want to move here and come back, including encouraging young people to consider careers in health and social care.

Councillor Mackay asked: bearing in mind the current demographics we have in the county and the projected 9.3 fall of population over the next 10 years, how is this figured in your plans? Christian agreed that there is cause for concern, however what is being talked about with the redesign is creating more community based services, services that maintain people at home.

Kirsteen Mackay noted gynecology is not listed in the services on the presentation. Christian noted this and will feed this back.

Sarah Bowyer took the opportunity to re-introduce herself as the Community Engagement Officer for Highland for NHS Healthcare Improvement Scotland.

Alexander Glasgow asked how the Scottish Government review about social care is affecting the redesign. Christian confirmed that at the moment they continue to work on the model in Highland which is as a lead agency model NHS Highland provides services for older adults. Fiona continued by confirming the review shouldn't impact the care people receive, and that the principles the national care services based on are putting people at the heart of care, the redesign is putting more focus on the community.

Green Health

Ailsa Villegas (NHS Highland)

Ailsa gave a useful presentation updating on the progress of the Think Health, Think Nature delivery

programme of the Highland Green Health Partnership. An update can also be found here: <https://create.piktochart.com/output/60971021-caithnesspilot> Following the meeting Ailsa submitted a copy of the Nature, Climate, Health Guide which is attached.

Eann thanks Ailsa for the presentation. Alexander Glasgow asked Ailsa to share her e-mail address in the chat for him to share information with her on projects he is working with.

Siobhan Leen raised the point that there is an opportunity to embed nature based interventions and social prescribing into hubs. Siobhan suggested a sub-group on green health may be useful, as an opportunity to consider the wealth of community assets available in terms of the third sector and voluntary work around green health. With hubs taking a community based approach the opportunity is there to make links.

Siobhan asked Ailsa to give more details on an event taking place on 24th March in Dunnet. Ailsa confirmed it's a blended event based on a training needs assessment which identified more support needed around mental health working with a charity called Nature for Health they deliver a practical one day course, the 24th March is the next course. As part of this project training is being brought to Caithness.

Allan Tait offered the support of the Here for Caithness project officers if the CPP requires coordination, Eann agreed to take this discussion to the next Leads meeting for further discussion. **Action: ES and AT**

Dave Snashall gave an example from Listening Ear, who were successful in accessing funding from Think Health, Think Nature which went towards their Men's Group for peer-to-peer support, and they set up a gardening club as an extra strand to this work.

Councillor Willie Mackay asked about if referrals are being sought from doctors, mainly targeting people with mental illness, to join green health – using an example from Shetland. Ailsa confirmed NHS Highland is the third health service to adopt this approach, using community link workers with GPs in Caithness – Ailsa referred to the example in NHS Lothian. The aim is to have this of nature prescription approach in place Spring 2023, accepting referrals from community links workers and others who have face to face contact with patients including Macmillan, pharmacists, district nurses etc.

4. Highland Community Planning Partnership

Eann Sinclair, HIE

Eann noted the next HCPP meeting is taking place early April 2023. He noted the HCPP response to the Scottish Parliamentary inquiry into community planning has been submitted. The HCPP has been invited to give evidence at the inquiry, which is being led by the Local Government Housing and Planning Committee of Scottish Parliament. Eann noted that HIE had also submitted a response to the inquiry and have been invited to give evidence, HIE's is as an interested party and not as chair of Caithness CPP. Eann will be attending to give HIE's evidence. Eann can make a copy of the responses submitted available. Key issues mentioned in both submissions is change and improving engagement.

5. Caithness Cares Update

Amanda Snashall, Here for Caithness (CVG)

Eann introduced Amanda as the new project officer with CVG working in the Here for Caithness project, with particular focus on Caithness Cares. As Amanda was new in post, she gave a brief update. Including introducing Donna Booth as the new Manager for the Recovery College. She also highlighted Caithness

Mental Health Support Group has received funding towards capacity and new service delivery opportunities. Finally noting mapping work will be undertaken with Helen Ellis with regards provision of support for children and families in Caithness with disabilities which links to the Child's Action Plan. The next Caithness cares meeting takes place in April with presentations from the Brent Centre and on the National Suicide Strategy.

6. Caithness Poverty Action Group

Bryan Dodds, Here for Caithness (CVG)

Bryan gave an overview of the progress being made with CPAG, a copy of the update is attached. Highlighting that the demand for Caithness Foodbank has more than doubled since last year. Additional funding was received from Duchess of Westminster Trust which has been allocated to relief measures including Tesco vouchers, warm packs and food packages. He noted the success of CABs pop up sessions in conjunction with warm hubs. Bryan continues to support Castletown with establishing their food sharing shed. He also highlighted the community training programme and invited suggestions on what else can be included. There's a focus on reducing stigma associated with receiving support.

Dave Snashall suggested medium to long term planning, CPAG should try and sustain activity as best they can, but the hardest thing with the peer-to-peer support group is to get the individual, the service user to take that first step through the door.

Councillor Willie Mackay suggested inviting Bryan to make the presentation to the monthly Councillors meeting.

Councillor Karl Rosie mentioned the Highland Renewable Energy Group and how they are investigating potential around the resources and energy at the counties disposal, working with SSE and Starcraft in terms of discussing practical ideas.

7. Caithness Employability (LEP)

Karen Haden-Homer (Enable)

Karen started by introducing herself, her first meeting as chair took place on the Wednesday prior to this meeting. The first action for the group is to update the spreadsheet on the different services available in Caithness, which will lead to the creation of a formal action plan. Karen highlighted the update from PPP in Wick who have a new job club started in the Centre and an introduction to IT course will be taking place soon. Plus, the employability skills pilot starting in Thurso Community Café. Information will be circulated in the Friday Bulletin.

8. Caithness Child's Plan

Helen Ellis, Highland Council

Helen noted the new Education Manager, Alison Donald, has recently started and she'll be the contact for area education matters. Helen highlighted the success of the event in February with My Future, My Success where issues around attendance in secondary and primary schools were discussed with over 40 people attending from various partnerships. Presentations included Depute from Wick High School, Education Scotland. A copy of the presentation Helen shared is attached which summarises the key actions from the event.

Helen also noted that the MCR Pathways mentoring training now available. Contact Helen for more information.

Helen highlighted that she has been encouraging schools to register as referral agents for the foodbank. And has circulated information to the schools from CAB. The final point raised was the recruitment drive by

Scottish Childminding Association which are attending the careers fair on 11th March.

9. Caithness Community Catch Ups

Gail Prince, HIE

Gail noted the next meeting date is 26th April 2023. Gail suggested making this meeting an in person, Mack agreed to book Wick Town Hall if required. Details will be circulated.

10. AOCB

Your Police, You Decide Caithness - Matthew Thain, Police Scotland

14 successful projects were successful, with almost £34,000 awarded. Just over 820 people voted.

Matthew mentioned that there is hope of organising a community event to showcase the projects and will keep the group informed of details.

Matthew also mentioned the Coffee with a Cop sessions being organised as details progress Matthew will share details, but inline with Christians plans of attending events Police Scotland are aiming to do similar work to engage with the community.

Matthew will circulate details of engagement work being done by the Scottish Police Authority in Wick, which will look at what drives confidence in policing in local communities. Noting Wick has been selected as one of the pilot areas in Scotland for this piece of work. A copy of the leaflet is attached.

Eann proposed the theme of the next meeting being Transport. Focus North are working on this as a workstream, it would be good to work together on this, Trudy Morris from the Chamber is leading this work and will be invited to present at the next meeting.

Councillor Willie Mackay congratulated Eann on the agenda for the meeting, noting the early days of the CPP were struggling to decide on the CPP direction but today's meeting has been a tremendous difference with great presentations centred around Caithness.

11. DONM

Friday 2nd June 2023 – 10am to Noon

Remaining 2023 meetings dates are:

Friday 1st September 2023 – 10am to Noon

Friday 1st December 2023 – 10am to Noon

ACTIONS:

Eann Sinclair and Allan Tait	Discuss Here for Caithness support for co-ordinating activity re the Green Health presentation at the next Leads meeting and follow up with Ailsa.
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