



CAITHNESS COMMUNITY PARTNERSHIP MEETING MINUTES

Location: Online
Date: 14th June 2024
Time: 10.00 - 12.00
Chair: Eann Sinclair

Agenda Items

1	Welcome and Apologies	Eann Sinclair (HIE)
2	Notes and actions from last meeting 14 th April 2024	Eann Sinclair (HIE)
3	Presentations: Suicide Prevention Action Plan National Traineeship (SDF) Planet Youth Update	Martin Walker (NHS) Brendan Duggan (SDF) Vicki Clarke (NHS)
4	Highland CPP	Eann Sinclair (HIE)
5	Caithness Cares/ Here for Caithness	Amanda Snashall (CVG)
6	Caithness Poverty Action Group	Bryan Dods (CVG)
7	Caithness Employability (LEP)	
8	Caithness Child's Plan	
10	AOCB	Eann Sinclair (HIE)
11	Date of next meeting 2024 Meeting Dates: <i>Friday 27/09/24</i> <i>Friday 13/12/24s</i>	Eann Sinclair (HIE)

Attendees: Eann Sinclair (HIE); Amanda Snashall (CVG); Janet McEwan (Councillor); Jane MacIntosh (CAB); Fiona Carlisle (Homestart); Vicki Clarke (NHS); Catherine Patterson

(Befrienders Highland); Kirsteen Campbell (NHWWH); Daniel Macleod (Dunbeath & District); Christian Nicolson (NHS); Brendan Dougan (SDF); Bryan Dods (CVG); Lindsay Broomfield (NHS); Phil Tomalin (HC); Ron Gunn (Councillor); Helen (TYC); Alistair Jack (CVG); Pauline Gibson (Deaf Centre); Matthew Thain (Police Scotland); Martin Walker (NHS); Davie Snashall (Listening Ear); Luci Ireland (Climate Hub); Lynn McNeil (HC); Allan Farquhar (WCC); Gary Cringles (SFRS); Toni Magee (Home Energy); Caithness Klics; Leona Geddes (HC); Debbie Simpson (Social Security); Reay Young Stars; Alexander Glasgow (TCC); Phil Tomlin (HC); Michael Simpson; Alice Nicolson (DYW)

Apologies: Mike Youatt (CAB); Ann Gillies (WFWBT); Maggie Hume (WFWBT); Raymond Bremner (Councillor); Jennifer Baughan (WFWBT); Louise Anderson (Newstart); Stephen Mezals (Police Scotland); Matthew Reiss (councillor); Karen Munro (SFRS); Michelle Johnstone (NHS); Dianne Henderson (HC); Fiona Richardson (HC); Diane Woodward (NHS); Corinne Nicklin; Kyle Manson (TCC); Fiona Webster (HC); Katie Matthews (HLH)

ES – gave time for any comments on the minutes from the previous meeting held on 26th April 2024. Minutes approved. Apologies will be added to minutes of this meeting. (See above)

MW – Creating Hope Together Highland 2023-2025 - Suicide Prevention Action Plan for Highland. This mirrors the national vision and 10 year strategy. It was agreed that due to the high level of suicides in the highland there would be a separate strategy and a partnership was put in place, working with the Mental Health Delivery Group to work together to identify the relevant actions to reduce suicides, support those in distress and to support those suffering bereavement.

What we will do

- Identify those groups most at risk of suicide and seek to work to reduce the risk
- Identify places of concern and develop actions to make them safer
- Ensure that people bereaved by suicide in Highland have opportunities to access timely support
- Ensure timely and effective support for people expressing suicidal thoughts
- Ensure that people in Highland have consistent access to crisis support
- Ensure the Highland workforces and communities are informed and skilled in suicide prevention
- Develop communications work to inform and to increase public knowledge on suicide and distress.
- Work collaboratively with media outlets to provide guidance, information, sources of support, and stories of hope and recovery.

We want anyone who has thoughts or is affected by suicide to get the help they need and to reduce the level of stigma surrounding suicide.

There are a number of different steering groups that take on certain roles/actions to support the plan, some have already got together and are involved in the community and some like the data intelligence group have just been set up. MW also spoke about the learning and resilience group which are currently doing a piece of work to identify any

training needs around intervention and prevention at different levels depending on the organisation and need.

MW also spoke about some upcoming key dates – World Suicide Prevention Day is in September and the need to start the conversation to reduce stigma. Last year they had 270 people attending their suicide intervention & prevention training, MH first aid training, general wellbeing and MH training and are looking to expand the crisis and distress training. MW also spoke about the Prevention Suicide Highland App a safety planning app to help someone to get the appropriate support.

Link to the full plan can be found at [Creating-Hope-together-in-Highland-suicide-prevention-action-plan-2022-25.pdf \(highlandcpp.org.uk\)](https://highlandcpp.org.uk/creating-hope-together-in-highland-suicide-prevention-action-plan-2022-25.pdf)

and a link to the Highland Mental wellbeing resources is [Highland Mental Wellbeing – A collection of resources to support mental wellbeing \(scot.nhs.uk\)](https://scot.nhs.uk/highland-mental-wellbeing)

ES – mentioned some good points raised as this had been something that had been spoken about for some time and there not being a joined-up approach, which led to the creation of things like Listening Ear, Here for Caithness and others so the whole landscape has changed and I think what you are outlining there is that the co-ordination element of it is getting better and getting quicker as well which is fantastic to hear.

MW reiterated that it would take a bit of time and that we are aware of the resources, changes staff changing jobs etc so may take a bit of time.

AG reiterated the need for a multi-agency approach

KC highlighting those statistics for menopausal women with suicidal tendencies is really high, 1 in 10 women so it's really important to have improvements. Many that attend her groups have spoken about suicide and the difficulties faced.

ES reiterated that the ability to join all these up is what will really make the difference.

BD presented The National Traineeship programme with Scottish Drugs Forum – presentation sent with minutes. National Traineeship is for those with lived or living direct experience to support them in employment and training throughout the Highland Region.

MS spoke about a new film coming out today called Silent Men – and the theme is why so many men struggle to open up emotionally, the biggest killer of men under 50 is suicide.

Link to film BBC News - Silent Men film asks why so many still struggle to open up
<https://www.bbc.com/news/articles/ck5549xyrydo>

CP – how is BD finding placements in a rural area for pathways

BD – has been really lucky that he inherited a number of placements in Inverness and a few in the Highlands area and is very aware of the stigma involved in rural areas and how this can affect people from coming forward. He is trying to improve relations with new partners, and recruit and promote the benefits of this traineeship.

VC – update on planet youth – 348 S4 pupils completed the questionnaire in Sept 2023 – if we do it again will push for S3 to complete the survey as well. – 194 of these were from Caithness. PY asks for 80% completion rate but unfortunately one school only managed 50% but there were valid reasons for this.

PLEASE do NOT share this information without agreement from Planet Youth

PY is about prevention and intervention around risky behaviours and protective factors it is not about comparing each school.

Wellbeing – **School 1** 38% slept on average for 8 hrs or more

25% girls say their MH is good or very good compared to 49% for boys

54% girls say their PH is good or very good compared to 58% for boys

24% were drunk in the past 30 days & 21% believe most of their friends became drunk at least once in the last month

16% use e cigarettes daily

11% have tried cannabis

7% smoke cigarettes daily

53% spend 3 hrs or more daily on SM

21% play sports in a team 3x a week or more

21% participate in art drama etc once a week or more

20% stayed outside after midnight once or more in the past week

School 2 53% slept on average for 8 hrs or more

43% girls say their MH is good or very good compared to 54% for boys

73% girls say their PH is good or very good compared to 57% for boys

16% were drunk in the past 30 days & 12% believe most of their friends became drunk at least once in the last month

16% use e cigarettes daily

10% have tried cannabis

6% smoke cigarettes daily

51% spend 3 hrs or more daily on SM

28% play sports in a team 3x a week or more

18% participate in art drama etc once a week or more

18% stayed outside after midnight once or more in the past week

And from the data there is a direct correlation between staying out after midnight, getting drunk and other risky behaviours.

What next?



Wick Local Action Group was held last night - The community members identified the following 3 main aims for the Action plan. These aims are:

- To work in partnership to improve the mental health of our young people
- To support our young people to understand how to build healthier relationships
- To reduce the amount of young people vaping

We really would like to see more people attending these groups including more parents and carers- the success of this work relies on community involvement and engagement

Thurso Local Action Group is to be held **next Thursday at 7pm**. We would love to have you join us. Please contact Lindsay if you would like to attend. lindsay.broomfield@nhs.scot



Looking to work closely with different partners to identify how we can work together to support and work alongside our young people.

Looking to increase attendance at these groups – we need more involvement from the communities as it's the only way we can work together to support the community approach to tackling some of these concerns.

ES spoke about a recent presentation he had seen that spoke about the use of alcohol and drugs being lower than previously thought which he felt didn't come across from this presentation.

VC previous survey was 2 years ago September 2020-21 which was a coming out of COVID survey – we have only done 2 surveys so we can't give a proper trend but there is a very small sign of improvement.

KC – offer to help for any talks about presentation for menstruation, have a collection of products and the different sizes of spectrums for smear tests and the girls have done a workshop for young people around this.

VC – doing some work with RHSP as there is a lot of information around sex and pressures around having sex, sex whilst being under the influence so will definitely get in touch as it could work around that.

MS – is young people's MH worse now than 60's, 70's or 80's and secondly do you think that they are getting the resources that they need

VC – Don't think there is any data for the 70's etc to compare but we do know that it is a very different lifestyle that these young people are living now, very much online, being bullied online so is relentless and that ties in strongly with their MH. I think there is also less resilience now for a number of reasons. We know that the waiting list for CAMHS is very long and we also know that once they get to the end of the list that what CAMHS provides is not the solution that they need so that's why we are working so closely with KOOTH and also Mikeysline. Are they getting enough resources almost certainly not and that's why we need to go back with the Action plan and work out what they want and need and work with them and others to improve this.

BD - SDF did a bit of survey work around where people are intoxicated either through drink or drugs and as a result that then involves unwanted sexual contact and the impact of that.

ES spoke about engagement for those action meetings – are you looking from people from these groups

VC – absolutely we are looking for councillors, business owners, particularly parents and carers who will have up to date information. Really the more the better to allow us to engage better with the community. It's all about partnership working and will be the only way that we will make any difference.

Regarding the vapes – the pupils go into the bathrooms to vape and stick them up in the roof panels and of course all vapes have batteries so there is a real fire risk.

AS spoke about RASASH who had been keen to get into schools to talk about sexual violence and the issues of consent – am aware that they managed to speak to one school but not sure about the other. Additionally, I used to go into schools quite a bit to talk about consent and wondered Matthew if that was something Police did in Caithness

MT every school in Caithness has a school allocated to them but it is very much directed by the schools themselves about what is required.

VC – mentioned RASASH and the work they are doing as well as Stay strong & Free who are now going in to High schools about how to keep safe – working with those young people who have been excluded around violence and risky behaviour so it really is all about utilising those who are already doing good work in the community and how we can link that all together.

ES – has an update on CPP who have provided a written update which I shall circulate after the meeting which talks about the changes involved around the HOIP.

AS & ES mentioned about trying to establish who the lead would be for Child Care/plan updates and are awaiting feedback as to who this may be since the last person has moved on.

AS spoke about Caithness Cares meeting was held last month and we had presentations from SDF The National Traineeship, HUG/Spirit Advocacy & the HOIP update.

Mikeysline are now delivering face to face sessions at the UHI Morven Building 5-7.30pm and the uptake has been quite high so looking at the possibility of extending those hours and a move to Wick. Currently recruiting 3 support workers in Thurso.

Listening Ear have a number of peer-to-peer support groups and are looking to develop this further – currently are also providing breakfast clubs in both Wick & Thurso at a reduced rate.

HUG/Spirit Advocacy attended both Thurso & Wick last month to speak about the lived experience project and how this can be developed and support the community moving forward. There is to be a new post – lived experience support worker for MH by Summer, as well as a volunteer role both of which have funding for an advocacy course.

The additional support needs survey is now closed and we have received well over 100 returns for the survey which I am currently going through to collate all of the information we have and how that can be best placed to evidence the need in Caithness. Stand out themes are the incredibly long waiting times for diagnosis and the lack of services or the lack of knowledge of services, how to obtain them and the knowledge of whether they are even eligible.

A collaboration of various statutory, 3rd sector and families met up last week up to discuss services within Caithness for those requiring additional support needs and to identify solutions of how things could change moving forward. This is an ongoing piece of work.

Jane Weeden works for NHS Dental services as an oral health improvement co-ordinator – She attended the Caithness Cares meeting and is trying to branch out more to community groups. Poor oral health is linked to so many things and she will be attending the next CC meeting to update on all of the work they do. Dental services are also a concern in Caithness so will be interesting to hear about the work she does.

Harry Tedstone from Highland Hospice and also the 3rd sector rep on the health and wellbeing board is asking for any questions to be put to the board, via him, around social care in the highlands. The 2,500 unmet needs quite a lot of which is in the Wick and Thurso area is not being discussed. There are concerns that social care needs to be put up the agenda as, currently, it is being missed out of so many organisational structures. Separate work is being done with the survey with Encompass around respite which could feed into this question.

[Here For Caithness](#) now has a search button and I will be looking to relaunch this in the next few weeks.

BD – CPAG – don't really have any update at the moment – actions are continuing as previously mentioned.

No update from employability at this stage which can be carried over.

MT – Kay McCrae has just taken over as area inspector but unfortunately could not make it today. Also updated that he was moving to a different role and is not sure at this stage what is happening regarding some of the work that he does and how that may look. Mentioned the most recent newsletter and the link is provided here [1E8465385335ED9F142C4004F526F184 \(neighbourhoodwatchscotland.co.uk\)](https://neighbourhoodwatchscotland.co.uk/1E8465385335ED9F142C4004F526F184)

Also shared a survey - it does help form around our policing priorities so please take the time to fill out

[Your Police 2024-2025 - Police Scotland - Citizen Space](#)

AF – question going on in the County was among the number of sexual offences taking place and the link with drink

MT - All crime recording stats are published in general but offences have increased but perhaps this could be that there is more confidence in reporting and also people can do the forensic side of things before reporting the police but can then report it, if they change their mind at a later date and we have the forensic stuff collected from the time.

DS – social security - piloting the first areas to go through the pension age disability that is crossing over to them which will be October and they are expecting reasonably high volumes due to the aging population.

AG mentioned there is no algae bloom in the rivers this year due to cleaner waters.

DM spoke about the local place plans and how that is being rolled out, how that is looking so far.

PT – there is a lot of information and resources about place plans on the Highland Council website if you are looking to do one. I'm not aware of one being done in Caithness but they don't come across my desk – will share email with Daniel for any further questions.

ES closed meeting