



Third Sector Community Health and Wellbeing Forum

The third face-to-face Community Health and Wellbeing Forum was held at The Vault Arts Centre in Newton Stewart on Tuesday 9th April.

The forum welcomed new attendees as well as existing forum members, which led to rich and engaging conversation on the topic of the day - Change.

Guest speakers discussed change mindset, their experience of change, and its impact on their organisation and beneficiaries.

Dedicated discussion on change encouraged attendees to explore what the term meant for their organisation, staff and beneficiaries.

Key takeaway messages:

- Change is often dictated by others - people we support, Carers, communities, statutory partners.
- Change is sometimes not voluntary but forced.
- There is fear of change
- Organisations are not always notified of change.
- Looking for a period of stability and normalcy.
- Rural communities need change in order to sustain.

Emerging Themes

- Need for real, honest conversations about resource and demands.
- People need to be willing to think differently and be adaptive, including a willingness for **REAL** collaboration.
- Change should be dictated by service demand, service beneficiaries and communities. Too often change is dictated by “a need to think differently” or statutory partners.
- Rural communities are facing a need for change in order to maintain acceptable levels of health and wellbeing but there is real fear for change.



Feedback and recap

At the last Community Health and Wellbeing Forum in January, the focus was on 'Procurement, Partnerships and Possibilities'. The forum supported conversations with Dumfries and Galloway Health and Social Care Partnership in relation to the 'Review of Third Sector Commissioned Social Care Services' which launched in December 2023.

From this event, TSDG were asked to support further by providing procurement training and 1:1 support, which we did between January and April. In addition, we were also asked to assist with the initial set up of a support network and are in the process of helping with this.

Strategic and Statutory Updates

- The previously mentioned 'Review of Third Sector Commissioned Social Care Services' is currently running behind schedule due to post tender negotiations in the first phase.
- The Scottish Government have sent out communication detailing compulsory annual health checks for individuals with intellectual disabilities. In Dumfries and Galloway, these health checks will be part of the remit of the Community Intellectual Disability Team but the capacity is not there within the team yet. The checks will be completed by a registered nurse and planning is underway to plan for this.
- Workforce Plan 2022-25 - guidance will be drafted between now and August 2024, which will then go through the relevant bodies e.g. HR Directors, SSSC, COSLA etc. After this Boards will be informed of the new process in October 2024. There are two timescales for publication currently being mooted;
 - Option A - publish in April 2025 (aligns with financial and delivery planning nationally)
 - Option B - publish in October 2025 (more time for Boards)
- Work has commenced on a Physical Activity Strategy for Dumfries and Galloway. Niomi Nichol is currently the third sector representative and will engage with the sector as this piece of work progresses.
- The Integration Joint Board have now approved the next step in the Right Care Right Place consultation.
- On 1st April 2024, Stephen Morgan was appointed new Chief Social Work Officer and Director of Social Work
- Also on 1st April, Nicole Hamlet was appointed Interim Chief Officer of Dumfries and Galloway Health and Social Care Partnership following Julie White's successful move to her new position as Chief Executive NHS Dumfries and Galloway.



Presentations

- **Niomi Nichol, Lead for Community Health and Wellbeing, Third Sector Dumfries and Galloway**

Niomi Nichol, Lead for Community Health and Wellbeing, Third Sector Dumfries and Galloway, presented on changes within TSDG since its inception in 2013. Niomi focussed on the delivery of support to the sector in relation to health and wellbeing and how this has evolved in response to emerging need, internal change and development and service demand.

She provided insight into TSDG's current level of support and what the Community Health and Wellbeing team may look like as the team move forward with service design in the next few weeks. You can view Niomi's presentation by clicking [HERE](#).

- **Stephen Morgan, Dumfries and Galloway Council's new service director social work services**

Niomi Nichol interviewed Stephen Morgan as part of our series of 'Getting To Know You' interviews, where we get to know the human being behind the position they hold, alternating between third sector and non third sector.

Stephen was presented with a series of questions and provided the audience with a real insight into his childhood, his life, the reason he works in the social work field and a plethora of information to help us understand the human behind his position.

Event feedback

Very interesting - I've learned so much.

We don't see ourselves as a group who work in community health and wellbeing but now see the impact we have. It was great meeting and talking with other similar organisations

It's my first forum for a while and I thoroughly enjoyed it.



Spotlight and updates

In The Pursuit of Purpose

- **Steve McCreadie, The Lens**

Steve McCreadie is the CEO of The Lens, an organisation who aims to develop intrapreneurship, acting with the mind-set of an entrepreneur within an existing organisation to generate improvement and innovation.

Steve spoke about change and growth mindsets and gave examples of individuals who have participated in The Lens intrapreneurship programmes and successfully developed their ideas to become leaders in change and idea development. He introduced Prism, a programme of support for those ready to explore personal growth, career and personal development and intrapreneurship. You can find more information by clicking [HERE](#)

Spotlight

- **Lothlorien Therapeutic Community, Jill Dobbie**

Jill Dobbie, Support Worker at Lothlorien Therapeutic Community, hosted this month's organisation spotlight session.

Jill talked to forum attendees about Lothlorien's ethos, support available and the importance of organisations and services such as Lothlorien.

You can see Jill's presentation by clicking [HERE](#)

Organisational updates

- Wigtownshire and Stewartry Partnership's March Newsletter can be accessed [HERE](#) or by contacting them at wigtownshirestuff@gmail.com or StewartryAS@gmail.com
- Stroke Association Scotland -
 - [Stroke specific physiotherapy classes](#). As a result of the funding ending, these were due to finish at the end of March. However, additional funds have been found and these are now available for two extra term time blocks in spring and autumn. If there are further queries about this, please contact Erin Trill at Positive Steps positivestepsphysio@gmail.com
 - [Stroke awareness Presentations](#). One of the volunteers from Newton Stewart has taken part in several stroke awareness talks (including a feature on Atrial Fibrillation awareness) around the region since New Year. He has spoken to The U3A in Castle Douglas, Challoch SWI, Kirkcowan Autumn club and the day centre at Newton Stewart.
 - Hospital stroke support and information hubs – staffed by volunteers, sharing information on Stroke Association and offering listening and supportive ear.
 - DGRI have a volunteer every Monday attached to the Carers centre 10am-2pm.



Updates

Stroke Association Scotland (continued)

- Stranraer have just started with the next meeting on 24th April 10-11.30am and then every fortnight
- [Stroke support information poster](#). We now have a poster with QR codes that is available to be shared. You can view this by clicking [HERE](#). If anyone wants a hard copy, please contact

EngagementTeamScotland@stroke.org.uk for this or any other information

- Dumfries and Galloway Carers Centre now have rentable space downstairs from their Dumfries office. For information click [HERE](#) or visit www.dgalcarers.co.uk

Useful Information

The Lens

www.lensperspectives.org.uk/

Lothlorien Therapeutic Community

www.lothlorien.tc/

DGLocator:

Download the free DGLocator mobile app for Apple at <https://apple.co/3BbTNs8> and Android at <https://bit.ly/dglocatorandroid>
Website: <https://dglocator.org.uk/> or access using the QR code.



Contact



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Third Sector, Dumfries and Galloway is the operating name of Dumfries and Galloway Third Sector Interface, a Scottish Charitable Incorporated Organisation SC043832.