

## Caithness & Sutherland Network Meeting

**Date:** Friday 10<sup>th</sup> May 2019    **Venue:** Wick

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**In attendance:** Kirsteen Campbell (GWT Coordinator), Naomi Watson (NHS Highland Community Development & Quality Improvement Practitioner), Carol Shaw (Manager at Kyle of Sutherland Hub), Doreen Leith (Wick Voices Leader), Garance Warburton (Community Engagement Officer), Maria Aitken (Highland Council, Early Years), Deirdre Aitken (Hearing & Sight coordinator), Karen Centre (Tesco Community Champion), Donna Murray (Neighbourhood networker at North Coast Connections), Elizabeth Sinclair (Deputy Manager at Pulteney House)

**Apologies:** Steven Szyfelbain (Befriending Caithness, Intergenerational coordinator), Cllr Nicola Sinclair (Caithness, Ward 3), Penny Cormack (NHS Highland Pulteney House Manager)

Previous minutes were handed out and approved by Garance and Doreen.

### **Annual Recognition Awards presented at this year's conference included:**

**1 Most innovative project** presented by Jackie Kay, Scottish Makar

Winner – Barrowland Ballet: Wolves, Highly commended – Fashion School Ltd, Dunbar and Connect the Elderly Penpal Project

**2 Most improved project** presented by Jackie Kay, Scottish Makar

Winner – Care Inspectorate, Highly commended – Anam Cara's Wee Pals/Dunbar Grammar School

**3 Award for promoting achievement and attainment in education** presented by Lesley Munro, Children & Young People, Scottish Borders Council

Winner – Care Inspectorate, Highly commended – Sanderson's Wynd Primary School

**4 Award for contribution to reducing loneliness and isolation** presented by the Minister for Older People and Equalities Christina McKelvie MSP

Winner – Fashion School Ltd, Dunbar, Highly commended – Raploch Community Partnership and Contact the Elderly Penpal project

**5 Intergenerational volunteer of the year** presented by Natasha Gilmore, Barrowland Ballet

Winner – Elizabeth Sime, Connecting Generations, Perth Grammar School

Highly commended – Ben Stewart, Lenzie Academy and Sheila Campbell, St Columba's School

**6 The Yvonne Coull, Local Network Coordinator Award** presented by Natasha Gilmore, Barrowland Ballet

Winner – Sue Northrop, East Lothian Network, Certificate of Merit – Ashleigh MacCaskill, Western Isles Network and Lindsey Drever, Orkney Isles Network

The new [publication for early learning and childcare practitioners](#) was launched at this year's conference. GWT will then work on the care publication which will be launched later in the year. **A black & white, no photo's copy will also be available to share online on the website.**

**Intergenerational Training course for Practitioners and Trainers** -details of coming dates were discussed. There was a discussion about cost of £50 per person. It is a lot of money if the person doesn't have an employer who is able to pay. Is there any funding available to help with the cost or anything that could be offered to help reduce the cost.

**International certificate on Intergenerational learning (ICIL)** next dates of 5<sup>th</sup> November to 17<sup>th</sup> December. Donna told the group she has completed the course and really enjoyed it as has Kirsteen.

**Eat Well Age Well** funding opportunities available. A few activities being offered by people around the table might benefit from this fund. Details to be circulated by myself so that everyone has a copy of the information.

### **NHS Highland Redesign update from Naomi**

The consultation period ended in November. After the consultation closed the team spent three days going through the forms they had received back. Transport and parking was the main concerns from people. The findings of the consultation were sent to the Cabinet Secretary for Health and Social Care, Jeane Freeman MSP, along with the proposed plans for the new care hubs. The plans have now been approved. It still hasn't been decided which site will be used in Wick but the Dunbar site will be used in Thurso. There has now been working groups looking at the ideas and developing things further. They have lots of plans to improve older adult services in Caithness. Intergenerational links will hopefully be available in both hubs.

### **Befriending Caithness Intergenerational Update**

Steven wasn't able to attend the meeting, but he did send over an update which was read out at the meeting. All students have now been in matches for several months, in Caithness General, Pulteney house, Seaview Care home and Bayview care home. Reports from the care homes and hospital has been really good and positive. Communication can still be a challenge. Some students will be due to move away after the summer break. Recruitment will soon be beginning for the next intake. They have now formed a steering group.

### **Round the table introductions**

#### **Liz from Pulteney House**

Regular visits from befrienders from the high school, primary school visits, baby group visits, Doreen from Wick voices, therapy ponies & dogs and a new pat cat. Introducing roof projector for dementia, a touch game, for example touch the flower and it will grow. Memory app on ipads. Garance suggested house of memories project (Garance has sent over details which I will email out with the minutes)

#### **Carol from The Hub, Bonar Bridge**

The hub is a social enterprise. They offer after school clubs, activities for children aged 0 to 3, school age children and holiday club activities. They are looking to organise something with the local day centre to come along and do some activities together with the P1-7 children. They also have a youth café, which offers kids the chance to have a meal and an activity such as mocktails or nerf gun fights. Also making kids aware of drink and drug challenges.

**Karen (Tesco)** spoke about the Step forward Wick Youth club, this has been set up by a group of teenagers in Wick High school. They want to create a safe happy environment for them to enjoy. They have been learning to cook, sports and various other activities. This project has so much

potential. Tesco is great supporters of local community events and they hope to organise a big community event themselves soon. Many thanks to Karen for organising the room for the meeting and the tea/coffee that was offered with it.

#### **Donna from North Coast Connections**

They started as a Day centre but lost their funding. They are now a health and wellbeing centre. They run a lunch club. They have had local kids come to enjoy the lunch club also. They have a gardening group, knitter knatter group, ability net, digital which they can link up with other hubs too. There was a suggestion of an intergenerational reminiscence group.

**Deirdre from Hearing & Sight care** reported that they received funding from your cash your Caithness to start an intergenerational IT project. They had identified the need for people with sight problems to adjust fonts, word colours etc. Currently they have one young volunteer who is due to leave school and go to university. He has been a fantastic volunteer and a big help to people setting up/making adjustments to ipads etc. This has received great feedback from the volunteer and the service users. Deirdre now needs more volunteers, it was suggested she speaks to Chris Aitken, teacher in Wick High school about suitable pupils.

**Maria from Highland council** talked about the lovely work going on between Seaview care home and Noss School Nursery. The visits have now been going on for over a year. The children visit every Thursday (term time). At Christmas residents from the care home came to the school to watch the nursery Christmas show. Maria also spoke about the Noss forest, it was a disused forest which has now been adopted by the school, a great outdoor space.

**Garance from Nucleus** is working with schools, partnership work and community work going on.

**Doreen from Wick voices** is busy collecting Wick Voices, varied ages. Now being asked to speak at lots of groups, conferences etc. Has also been working with Timespan in Helmsdale. Planning a project on how work in Caithness has changed. Needs help with editing, this could possibly be a good intergenerational link.

**Local councillors** are trying to regenerate the town centre. We talked about how it would be good to have a hub similar to Bonar Bridge with intergenerational links

**Any other Business** - There is a lot of good work being done in Caithness and Sutherland but we don't seem very good at highlighting it. We talked about the need to promote things better. Perhaps speaking to a local journalist to see if they would be willing to run a piece and a run of updates on social media. We also talked about how it would be nice to visit places such as The Hub in Bonar Bridge and North Coast connections to see what is happening in these places.

#### **Date of next meeting**

- **Thursday 26<sup>th</sup> September 2019**, Brora Village Hub, 56 Muirfield Road, Brora, KW9 6QL, 10.00am to 12.00pm