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Community Planning Partnership Annual report; summary.

West Lothian's Community Planning Partnership (CPP) has a 10 year plan in place, the Local Outcomes Improvement Plan (LOIP). (Originally this was the CPP's single outcome Agreement) The plan has four themes and 8 priority outcomes in place which aim to improve the lives of those living in the communities of West Lothian. The themes are Health & Wellbeing, Economic, Safer communities and Environment. Priority outcomes include that all of us live longer, healthier lives and experience reduced health inequalities; that our children have the best start in life and are ready to succeed; we have better education and improved job opportunities; that we live in resilient, cohesive and safe communities; that we use resources effectively to reduce impact on the built and natural environment. In addition locality plans have been developed in 2016 to target the most deprived local areas.

The community Empowerment (Scotland) Act 2015 gives the CPP the power to improve outcomes, reduce inequality, increase community participation and to produce the two plans. A Community roadshow has been planned for this year to help raise awareness of the Act and the CPP has published a set of associated FAQs.

There is now an Annual report available which sets out progress made in the past year in achieving the 8 outcomes set out in the LOIP for West Lothian. It contains performance information and examples of good practice. The next section of the report focuses on how planning has been taken forward which encompasses priorities as laid out in the Community Empowerment (Scotland) Act for the communities of West Lothian. I have summarised the report here under the relevant themes. For the full report visit www.westlothian.gov.uk/communityplanning

Health & Wellbeing

Mitigating the effect of child poverty



Much has been done to address child poverty over the past year. For example, advice and support during pregnancy has been offered by the Citizens Advice Bureau (CAB) through the Prevention & Intervention Money Advice Project allowing women to access benefits information.

This has been run in partnership by NHS Lothian and West Lothian Council. The advice shop are now referring new parents for a full financial health check to maximise their income. The advice shop has also become an approved verifier of receipt of a benefit payments. The advice shop has also been working in partnership with education services to deliver training sessions on Poverty awareness for 40 probationary primary school teaching staff. This pilot scheme has been a great success and the aim is to extend this service for all CPP staff. Another very important activity is to increase awareness of how a family can save money in other ways. Examples include free school meals, school clothing grants and the Educational maintenance allowance (EMA). Other positive changes are sending texts to inform people of benefits, universal application forms and an EMA form which is reduced in length.

Support for 2yr olds. The Early intervention family centre service was introduced in 2013 and provides child support for families who receive benefits or are on a low income. It is aimed at children who are 2yrs old and prepares them for nursery at 3yrs. The goal is to enhance children's social and emotional wellbeing and build confidence and resilience. The service also provides the opportunity for group work with parents and carers.

Antenatal support. The vulnerable pregnancy service was introduced by Sure Start in 2016. There may be concerns about parental substance and alcohol misuse, mental illness, parental learning disabilities or historical domestic abuse. An assessment takes place by 24wks and a care plan is then created for the unborn baby. It will be established whether parental support is needed. If the mum is under 25yrs she may be referred to the Young mum's initiative also run by Sure Start. Child protection measures may need to be put in place.

Child healthy Lifestyle Programme. This is a pilot scheme which has been run in St. Marys and Balbardie primary schools in partnership with Xcite and Enterprising Bathgate. It includes healthy lifestyle classes as well as physical activity. Feedback has been positive and the programme has now been offered in all Bathgate's primary schools from April this year.

West Lothian Play strategy. This strategy and its action plan was published in 2016 aims to improve and widen play opportunities for children. A range of development

work has been undertaken to build knowledge of play theories and practice. Key partners involved in producing the strategy and plan include the Health Improvement Team, NHS Lothian and SureStart.

Frailty Programme. It is anticipated that there will be an increase in the frail elderly population over the next 10 years so there will be an increased demand for services. The aim is to provide a joined up plan across health and social care. Four main areas of improvement were identified which includes rapid access clinic and REACT hub, inpatient redesign, intermediate care and older peoples mental health. Patients should be assessed rapidly in hospital and have a quick recovery and discharge. Patients with a dementia diagnosis must also be supported.

Home safety visits focus on the elderly and offer advice on trips and falls as well as fire prevention and to signpost to services to stay mobile and safe.

Carer support. Carers of West Lothian offers advice and support to families and hold fortnightly sessions at their premises. This service engaged with over 100 carers with a dedicated advisor taking these sessions. Receiving benefits that you are entitled to allows carers to get out and about and meet others giving them a break allowing them to remain healthy.

Hair and beauty service. This successful service offered hair and beauty treatments to the elderly at Braid house in Howden. It was delivered by the lecturer and hairdressing students from West Lothian College. A series of visits were organised. Feedback has been very positive and Braid house would welcome college students again.

Economic

School holiday lunch and activity clubs. Research has shown that there is a pupil learning loss during school holidays, particularly with pupils from poorer backgrounds. The aim has been to target those most in need. There was a summer pilot held in 2016 which included Knightsridge, Polbeth and Whitburn. Positive feedback has resulted in the plan to extend the pilot over 2017/18 and to include community education centres.

School leavers. There has been a "Skilled to go Programme" delivered to s4-s6 pupils who were leaving in May this year. This is a 4 week programme and schools were allocated a number of places. Workshops were held in local community centres each week. Sessions focused on topics such as employability skills, increasing confidence, and the transition to work, training or college. The programme was supported by a range of partners including StepsN2Work, Skills Development Scotland and WLC key worker service. Feedback from students has been really positive and that the programme allowed them to build relationships with partners that can provide support for them in the future.

Business Gateway. In 2016-17 Business gateway assisted 407 businesses to start and has resulted in 626 new local jobs. The offered assistance such as to recruit staff and locate larger premises. Further investment and growth has taken place over 2016/17 with a grant of £2 million being awarded to 45 local firms which has created 300 jobs.

Project Search programme. This project has been designed for young adults with additional learning support needs and is first of its kind in Scotland which has support from a manufacturing employer. It offers learning and skills development at college, employment coaching delivered by the council and work experience by the local employer Jabil. The project was a great success and most of those taking part



gained full time employment. The project is set to continue with another employer now on board.

One-to-one project. This project began in October 2016 and is for adults with long term mental health conditions. The project offers a dedicated advisor to support clients to maximise their income (benefits) secure a tenancy, manage debt and budgeting. They will also offer additional support to help people improve their personal circumstances.

SIMD Partnership workshop. A workshop was held in January this year focusing on the Scottish Index of multiple deprivation (SIMD). The most deprived areas in West Lothian were identified and practical issues established alongside the development of CPP Locality plans. The workshop was very well received with over 50 people attending from across CPP. Briefings were also made to particular services and partnership groupings which included Anti-Poverty development group, More Choices and the Community Learning and Development Steering Board. A positive outcome has been achieved in Boghall and this has helped established effective ways to tackle deprivation.

Safer communities

Community safety. In 2016 there was a week-long initiative in Armadale called “**Operation pinpoint**” delivered by Police and partners to tackle anti-social behaviour and improve public safety and promote crime prevention. Daily police surgeries were held to engage with young people and talk about issues such as drugs, violence and financial harm. The Police Scotland Youth Volunteer scheme were involved with providing information and signposting to other services. As a result of the event there was a reduction in anti-social behaviour. The aim in the future is to continue these initiatives across West Lothian as they increase quality of life.

Operation Alcohol. In October 2016 Operation Alcohol was launched and an education seminar was delivered to licensees in West Lothian Civic Centre. It was produced in association with Police license officers and WLDAS. The initiative aimed to prevent the sale of alcohol to children and young people and to raise awareness of the harm caused by alcohol. Police Scotland Youth volunteers distributed information leaflets and signposted people to other agencies for support.

Road Safety. In West Lothian there is Road safety plan and community safety strategy. It states the need for a road casualty reduction programme. 79 safety schemes have been completed since the introduction of the programme in 2007/08 and have successfully reduced casualties. In addition they are good value for money.

Community justice services. The CPP is responsible for the planning, management and delivery of community justice services. A Community Justice Outcomes Improvement Plan (CJOIP) has been developed for 2017-18 and includes outcomes and actions. There is a reduced reoffending sub-committee. This new approach to services by the CPP aims to reduce reoffending and build safer communities. A full strategic plan is under development this year and will be implemented next year.

Young Scot. Co-designing active travel. Vennie youth group have been commissioned by SEStran to deliver glow in the dark cycle paths “Star Paths” with the aim to improve perception of safety. It has been implemented in several locations locally this year.



Environment

Open space strategy. This has been implemented since 2005 in which time there has been £40 million investment. Improvements have been seen in country parks Almondell, Beecaraigs and Polkemmet, and with sports and play facilities. There is a dedicated team of open space officers which engage with the community. A play coordinator is responsible for the safety and refurbishment of parks. There is a yearly budget of £500K which is used to upgrade 6-8 parks each year. The aim is to develop an Open space plan which details improvements from 2020 which will include woodlands, public art and cemeteries.



Recycling and waste. There has been significant changes implemented in the last ten years regarding recycling and waste such as the introduction of the alternate weekly service via the blue bin and introducing the brown bin. Awareness has been increased in a variety of ways including social media and drop ins.

Biodiversity. Bankton primary school p7 pupils had the opportunity to develop their gardening skills by growing, harvesting and selling vegetables to staff and parents. They will also develop food technology skills and maths skills by making and selling soup. They will also learn about how to prepare cheap nutritious food which they can then share with their families.

Photovoltaic (PV) project. This project has introduced solar panels in all council homes with no mains gas heating; areas include Wilkieston and Breich. Benefits include free electricity for customers, a reduction in fuel poverty and the council will save money.

Taking planning forward

Locality Plans. Regeneration plans are now in place for 8 regeneration areas (locality plans) in 2016-17. Work has begun in Blackburn, Craigshill, Bathgate and Livingston central. Steering groups deliver these locality plans. Engagement with the community is at the heart of this process. Further locality plans involving health and social care will be developed by the Integrated Joint Board (IJB).

Community participation. A good example of community involvement in decision making is via charrettes. “An intense community engagement and planning exercise”. The result is the creation of an action plan. In 2016 a charrette was held in Whitburn. Partnerships in place were the Whitburn Advisory group and the Whitburn town centre management group. Types of actions including to review marketing and branding of the town, development of a heritage trail and support for centre enhancement projects. Actions were implemented by the council and community development trust.

Participatory budgeting (PB) “Community choices” A pilot project was carried out “let’s get it right for Autism”. Aims of the project were to increase the quality of life for those living with autism in west Lothian. It had to be decided how to best spend £10,000 of Autism Strategic funding. An initial consultation was held between parents, carers and other groups and key themes were developed. Funding applications were accepted and an event held on the 25th March this year were presentations were put forward by applicants to try and secure the funds. The audience then voted and 6 projects were awarded funds. The event was a great success and that PB should be carried out in other areas in the future.

Toolkit & Training. Training sessions were provided in 2016 by the Community Engagement Priorities Network (CEPN) to 42 people from council/CEPN staff and voluntary organisations. Five sessions were held including topics such as introduction to community engagement



and communication skills. The main aim of the CEPN was to embed community engagement across CPP through this practical resource.

Equality Forums. A number of Equality forums are supported by CPP and include the Disability forum, WLSUF, LGBT, Youth group and Senior Peoples forum. A partnership event was held in May 2016 in West Lothian College organised by the faith group and race forum. It provides the chance to learn about other people's beliefs and make new contacts around food prepared by cooking students. The event was a great success. A faith handbook has been created by the Faith group to increase people's knowledge of different faiths and to encourage people to talk about their beliefs. It is now available widely and is distributed by Interfaith Scotland, across CPP, schools, libraries and St. Johns.



Citizen's panel. There is a citizen's panel which carries out surveys every 3 years to gather information on a range of topics such as Health, travel and safety. The latest survey was carried out in 2016 which included both an online survey and at stalls in public venues. Results indicated approaches to service delivery are being focused correctly. Wider points included the need to reduce barriers to improve life chances and to improve quality of life through reducing anxiety and promoting trust.

Tenant participation. Housing, Customer and building services (HCBS) engage with local communities. There are many ways in which tenants can engage with others through various tenant participation activities. These include homeless and housing networks, tenant led inspections, focus groups and tenants Facebook group. Queue buster sessions have been held in several areas to promote the use of services new online self-service portal. This provides another way to pay rent, update personal information or booking repairs.

Tackling Inequalities. West Lothian council has become a living wage employer and has signed up to Poverty Alliances "Stick your Labels campaign". This campaign aims to destigmatise poverty and to encourage others to become a living wage employer. A Poverty profile is being maintained for West Lothian and reviews trends in child poverty, in work poverty and area based deprivation.

Resources. The CPP has a resource Aligning group (RAG) which involves targeting resources for better impact. An Action plan is under development which involves alignment of partner's budgets to priority outcomes, progressing PB across West Lothian and development of a funding forum. This forum will allow CPP to be more proactive in identification and accessing available funds.

Moving Forwards. This Annual report has highlighted the many positive activities that are taking place throughout West Lothian to combat deprivation, reduce inequalities and increase quality of life for residents in every community. Priority outcomes set out in the 10 year plan will continue to be reviewed regularly to ensure they are relevant to local communities today and going forward. A CPP development plan has been developed through discussion with partners in 2016/17 and findings from the 2015 audit. Recommendations were made which included a number of actions to ensure CPP operates at its full potential this year.

Health & Wellbeing

The flu jab. This service is available free on the NHS every year for over 65s, and those viewed as high risk including adults over 18 and children from 6mths – 2years with long term health conditions and pregnant women. It is so important that those at risk are protected as with flu there can be serious complications such as pneumonia.



Research indicates that the flu jab will prevent you getting flu but that it is not 100% effective. If you do get the flu it is likely to be milder and resolve much more quickly if you have had your jab. It is wise to get a jab each year as flu strains will change during this time.

You flu jab will be available at your local GP surgery or pharmacy.

If you are not eligible for a free jab on the NHS you can opt for a private service at a local pharmacy where there will be a charge.

The best time to get your jab is from October – early November but it is ok to be later than this.



Local News

Mental health Advocacy Project (West Lothian) [Annual General Meeting 2017](#)

We would like to invite you to our Annual General Meeting which will take place on Friday 3rd November at 12.30pm – 2.30pm at St. Mary's Hall, Livery Street, Bathgate, EH48 4HS.



Followed by a light buffet

Please rsvp to:

Email: admin@mhap.org.uk

Tel: 01506 857230



General Interest

Mental Welfare commission (MWC) – Place of safety orders

Throughout September and October this year the MWC wants to meet with people who have been taken to a place of safety by the police. This may happen if the police view someone with a mental illness in a public place who they believe needs urgent help. The police can detain someone against their will so that they can be medically assessed. This is called a place of safety order.

Most often a place of safety is a hospital but unfortunately it may be a police cell.

The commission wants to gather people's experiences of what happened to them with the aim being to improve the process for others in the future.

If you have been taken to a place of safety in the last year, please contact Graham Morgan at the MWC at Graham.Morgan@mwscot.org.uk or text 07710712783 and leave a message. Graham will happily travel and meet with you at a suitable location.

Support There is a new support group for families and friends affected by suicide. It is taking place at Strathbrock partnership centre in Broxburn. It is held on the **1st & 3rd Wednesday of each month.**



For more information please contact Donna on 07446717501 or Email neilshugsfoundation@g.mail.com .

Leisure



Event; Gig Buddies Scotland

Gig Buddies is hosting a night of live music, accessible for everyone at Howden Park Centre in Livingston.

It is taking place on **Thursday 26th October from 7-10pm.**

You do not need tickets the event is free. Just pay whatever you can afford. (Proceeds go towards Gig Buddies and the bands).

Musicians performing have additional support needs and celebrates the launch of Gig buddies in West Lothian.

For more information please contact Sam, the Gig Buddies coordinator at

Samuel.maggs@thera.co.uk

Useful Contacts

Advice shop

Telephone: 01506 432 977

Website: www.westlothian.gov.uk

Business Gateway West Lothian

Telephone: 01506 669 521

Website: www.bgateway.com

Citizens Advice Bureau West Lothian

Telephone: 01506 432 977

Website: www.cabwestlothian.org.uk

Email: enquiries@cabwestlothian.casonline.org.uk

Carers of West Lothian

Telephone: 01506 448 000

Website: www.carers-westlothian.com

Email: office@carers-westlothian.com

Community Planning Team West Lothian

Telephone: 01506 281086

Website: www.westlothian.gov.uk/communityplanning

Email: community.planning@westlothian.gov.uk

Mental Welfare Commission

Telephone: 0800 389 6809

Website: www.mwcscot.org.uk

Email: enquiries@mwcscot.org.uk

Project Search-West Lothian College

Telephone: 01506 418 181

Website: www.west-lothian.ac.uk

Email: enquiries@west-lothian.ac.uk

Sure Start

Telephone: 01506 77 4700

Website: www.westlothian.gov.uk

West Lothian Council

Telephone: 01506 280000

Website: www.westlothian.gov.uk

Xcite Livingston

Telephone: 01506 237 970

Website (New) www.westlothianleisure.com

If you have any ideas you think would be of interest for future newsletters or if you just need to ask any questions please phone or e mail advocacy. The help will be very much appreciated! Thanks.

Mental Health Advocacy Project West Lothian SCIO. Mental health Resource centre, Strathbrock Partnership Centre, 189a West Main Street, Broxburn, West Lothian, EH52 5LH Tel :(01506) 857230 F: (01506 852954) Email:

admin@mhap.org.uk *Mental Health Advocacy Project (West Lothian) is a Scottish incorporated Charitable Organisation Charity No. SC01 1560*

This newsletter was produced by Claire. I am a service user with a severe and enduring mental health problem. I currently am a volunteer with the Advocacy project in Broxburn and produce this newsletter for them. I am also a member of the reps group and service users forum that advocacy runs. I am also a member of their Management Committee.

