



**There was a time when summer was a quieter time of year for us at Healthy Options, but not this year!**



Dr Rob Waddington



Gill Spink, our new Development Manager along with Ian Milarvie and Rob Graham our Community Exercise Professionals



April Barron with ArgyllNet participants

## SEPTEMBER NEWSLETTER

### Two recent appointments

We are delighted to announce that **Dr Rob Waddington** has agreed to join the Board of Directors of Lorn & Oban Healthy Options Ltd. We look forward to his involvement, both for his professional knowledge and his personal interest in health inequalities linked with the opportunities for creating health in our communities.

Rob's appointment also brings a very welcome reduction in the average age of Directors!

### Secondly, a very recent appointment

Joining us on the 3rd of September is **Gill Spink** in a new position of Development Manager.

Gill has lived and worked in Argyll since 2002, initially as a senior Occupational Therapist working in many different clinical areas and settings. Gill also developed her own health and wellbeing business, and has experience in managing a local business and Charitable Trust. Gill is a huge advocate for the benefits that positive community health initiatives bring and we look forward to Gill's enthusiasm shaping and developing Healthy Options in the future.

### ArgyllNet project receives continuation funding for 2018-19

This highly valued inclusive project supports people coping with health or social challenges. People can self-refer to the project which is based on a twice weekly programme of healthy activities and fellowship and peer support through sharing lunch together. Usually based at Atlantis Community Leisure we also partner with other local organisations and the group has been seen kayaking, coaststeering, walking and gardening. The project has been hugely successful with participants going on to employment, college, training programmes or simply and equally importantly enjoying a better quality of life.

- A few of our regular participants have got together and started a fortnightly 'Friendship Club' based at the Rockfield Centre.
- Four of our regulars are off on holiday together this summer!!

Supporting people to improve their health and wellbeing is what we are all about and that is exactly what our participants do!! If you think this programme is for you then contact **April Barron** on **07961 293444** for further details.

However this welcome funding award from the People & Communities fund comes with a caveat that it is the last from this source and we are currently approaching new funders for April 2019. Included in this we are looking to develop the programme to support more people accessing the service by offering initial 1-2-1 support to encourage and build confidence.

## Self-managing long term conditions

Over the past two years, in partnership with Arthritis Care Scotland (part of Arthritis Research UK), and North Argyll Carers Centre, we have piloted a project to deliver courses on Self Management for people with long term conditions in the Oban and Lorn area.

The courses are led by paid staff and volunteers from Healthy Options and North Argyll Carers Centre. The focus is on developing people's skills to self-manage their medical conditions using community-based resources. Programmes have been run, and are being run, in Oban, Taynuilt, Appin, Seil, Dalmally, where 50 people have received the benefit of these courses to date.

The exciting news is that a new partnership is being formed to spread this delivery model throughout Argyll. Organisations currently round the table are: Healthy Options; North Argyll Carers Centre; Arthritis Care Scotland; MS Centre, Lochgilhead; NHS Highland; Argyll and Bute Third Sector Interface. Representatives of these organisations include volunteers who have been delivering self-management courses in their communities.

We recently submitted an application for funding recently to the Self-Management Fund to support this work. Through this funding we would hope to train more volunteers and deliver 11 courses across Argyll and Bute. We believe this project to be the start of a journey for improved self-management which will enhance the capacity of people living with long term conditions to control manage and improve their health and wellbeing.

The above only touches on some of the issues involved. If you would like to read more, please see the full report on Self-Management in Argyll on our website. The report was undertaken by Imani Enterprise Ltd for Arthritis Care Scotland.

*Thanks to Arthritis Care Scotland, the Oban Lorn & Isles Health and Wellbeing Network and the Scottish Sea Farms "Heart of the Community" Trust for funding self management programmes over 2017/18.*

## A little knowledge could be the healthy option?



Healthy Options has a new range of activities on offer at Atlantis Leisure Centre including a new healthy lifestyle education programme.

The education sessions run every Monday morning from 10:45 – 11:45 and will include information and guidance on healthy eating, increasing physical activity levels and making long term behaviour changes. The program is

designed to offer realistic nutritional and physical activity changes without too much background science and we definitely take a light hearted approach. So far the sessions have been very well attended with a great atmosphere and our participants have enjoyed the ability to debate amongst themselves and share ideas.

The session are open to all Healthy Options participants and those attending through Argyll Networks and our Healthy Village Project. For more information please contact **Rob Graham** (Community Exercise Professional) on **07375 416783** or **rob@lornhealthyoptions.co.uk**

## Professor Jason Leitch

Scottish Government  
National Clinical Director  
Healthcare Quality & Strategy  
visits Healthy Options

We were delighted to welcome Professor Leitch and two colleagues to Healthy Options in August. This visit follows on from an earlier visit by Healthcare Improvement Scotland who commented on the unique level of collaboration and integration between the NHS, 3rd sector organisations and the community that is not seen anywhere else in Scotland.



Jason was equally complimentary and supportive of the community approach to creating health in the

community and we look forward to continued dialogue and agreed engagement as we develop new collaborative approaches for healthy living communities.

## Healthy Villages

The self-management programmes are part of the Healthy Village initiative where we along with North Argyll Carers Centre working alongside the communities of Appin, Taynuilt, Seil and Dalmally offer programmes of exercise, falls prevention, Tai Chi, self-management. We are grateful to Argyll & Bute Council Supporting Communities Fund which has supported our health communities initiative and more recently the public who voted for funding the Dalmally activity classes for 2018-19. Each week approx. 55 people take part in healthy village programmes.