



East Lothian Community Care Forum

Annual Report

2017-2018

The year in view

Over the past year, East Lothian Community Care Forum has been as active as ever.

We have been working alongside a background of change within the local council and health authorities to deliver more integrated services. Our projects all focus on promoting an independent voice for people who use health and social care services - mainly through Community Action Research which is the mainstay of the Forum's work.



Our long serving Communications Officer George Paterson retired in May 2017. He is much missed by members of the Forum. We thank him for giving ELCCF a

public image and brand over the years of accessible documents and style that is so easily recognisable. A very fine legacy. We wish George a very happy retirement!

A new addition to the ELCCF Team

Following George's retirement ELCCF recruited Steven Nelson as an Outreach Worker on a part-time secondment post from East Lothian Works in August 2017.



Over the year Steven has been out and about meeting up with peer groups of people living with a disability and/or

long term condition asking..What matters to you?

Peer groups play a very important part in supporting people to manage their condition emotionally, physically and practically. The purpose of Steven's work has been to hear from members of the groups what would make a difference to their daily lives.

Steven also approached day centres for people who experience learning disabilities to find out what matters to them and how they well they spend their time at the centres. Findings from both pieces of work will inform planning.

Wellbeing Passport.

Thanks to Lothian Health Foundation the Wellbeing Passport template and guidance can be accessed on our website by individuals and organisations who wish to use it.



This has been a very popular project and many organisations and individuals have shown interest. Sadly as it is not included in our core funding from East Lothian Council we have shelved any further promotion, training and support until we can source new funding.

On the personal front, staff have had to cope with events in their own lives but have succeeded in accomplishing an impressive body of work which we will touch upon in this annual report.

Representation in Planning

Five new strategy groups were put in place in September 2017 to support planning and implementation of services within the East Lothian Health and Social Care Partnership.

- **Strategy Group for Mental Health**
- **Strategy Group for Physical Disability and Sensory Impairment**
- **Strategy Group for Dementia**
- **Strategy Group for Learning Disability**
- **Strategy Group for Caring**

ELCCF was asked to support representation on these new Strategy Groups for people with a lived experience. This is familiar territory for us and part of our original remit when we were set up in 1999.

To ensure robust representation ELCCF has joined forces with other advocacy organisations and individuals interested in public involvement in health and social care.

Co-productively over the year this collective have recruited representatives and offer training and support through quarterly network meetings.

Network meetings are where representatives can discuss their experiences of being a representative, compare notes with reps from other

strategy groups and address issues of common interest collectively.

Network meetings are also open to the public where people can come and meet a representative and give any views or concerns about the health and social care services they receive.

If you would like to attend a network meeting to find more about health and social care services or to give a view or to become a representative yourself please look at the ELCCF website for dates and venues.

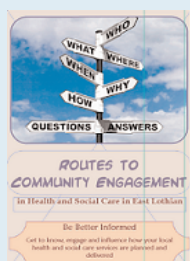
www.elccf.org

A footnote to this section is that representation can only be effective if the strategy groups are regular, open and accessible. Demanding agendas can diminish meaningful involvement and transparent planning. The Community Care Forum will continue to work with our planning partners to ensure that service user involvement on the new strategy groups is well supported and meaningful.

ELCCF pays tribute to the representatives past and present who have given/give up their time selflessly and often with no financial compensation to attend meetings and speak out on behalf of members of their communities.

Information and Communication

Following George's retirement, the Forum's communications and information work has been taken on by Lesley, ELCCF's Development Manager. This year worked focussed on creating an improved website where all our Community Action reports can be found as well as any other work we have been doing on **www.elccf.org**



The other major piece of work this year was to complete the '**Routes to Community Engagement**' publication. A collaboration between several organisations and individuals to produce a guide to help local people navigate health and social care services both nationally and locally. This can be found on our website.

Community Action Research

Also known as participatory action research is now a well established work stream for the Community Care Forum. Over the last few years ELCCF has built up a body of research work. There is substantial evidence that this form of research has built the capacity of individuals and communities to evidence the need for and achieve positive change in the service or support provided to their community. ELCCF would like to thank all its volunteers for giving their time and expertise to give these reports a meaningful and accessible community voice.

Over the last year through our research projects over 700 people were given the opportunity to give their views. Reports can be found on our website: www.elccf.org

Discharge to Assess

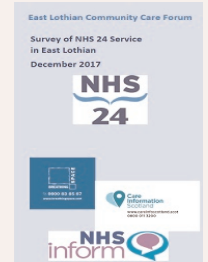
ELCCF completed an evaluation of a new service called 'Discharge to Assess'.



This is an NHS run service that provides assessment at home for people in hospital and who no longer require to be there for treatment but may require short term support to ensure they are safe to manage at home. The service was very well received by patients who used it as it got them home from hospital much more quickly and gave excellent short-term support to help them get back on their feet.

NHS 24 - What people in East Lothian think of NHS 24 services

ELCCF worked collaboratively with NHS 24 in carrying out a community action research report on what people in East Lothian think of their NHS 24 service. The report focussed on specific groups of people who use NHS 24 more regularly: families with small children and people with long term conditions.



What Matters to the Senior Citizens living in the Musselburgh Area

ELCCF was approached by the Musselburgh Area Partnership to develop the health and wellbeing agenda. ELCCF worked with the Senior Citizen's Network to carry out a Community Action Research project to find out what is important to the senior citizens in the Musselburgh Area to help maintain an independence life for as long as possible. Many of the questions addressed health and social care needs as well as wider community support and financial strains. This report will be completed in September 2018.

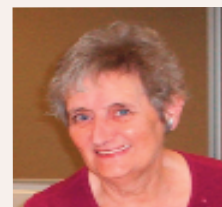
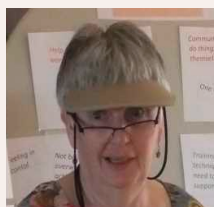
Outreach work

Since September 2017, ELCCF's Outreach Worker, Steven Nelson has been visiting peer groups across East Lothian to hear what matters to them and pass on their views and concerns to the new Health and Social Care Partnership's planning process through our community action research reports. Steven visited Headway groups, Stepping Out, Mens Sheds, Smart Talk, the Port Seton group for people living with a physical disability, Chest, Heart and Stroke, Haddpeer, the Forsight Homes Group.



Steve joined forces with Andy Murray from Partners in Advocacy to gather views from people living with a learning disability who attend the three resource centres in East Lothian. ELCCF will produce Community Action Research reports on the findings.

Report from the Trustees



Trustees, Janice Thomson, Alan Brown and Ann McCarthy.

This year we said au revoir to a well-loved member of staff on his retirement, George Paterson. George gave the Community Care Forum a public image and helped produce so many of our publications from newsletters, reports and videos to courses in community journalism.

We also welcomed a new member of staff Steven Nelson who brought different skills and knowledge to our organisation. As Outreach Worker, Steven connected with many peer groups of people living with a long term condition or disability across the county gathering their views.

It's what we do best and this year has been no different in terms of what we have achieved. As a small organisation of 2 part-time staff we have been involved in many different ways to support meaningful involvement in health and social care planning and ensure that the voice of people who use services are independently heard through our Community Action Reports.

We kept our popular Wellbeing Passport project on the boil through making available free templates and guidance documents on our website for people to use. We also showcased the passport at the national Allied Health professional conference for stroke care. We will continue to seek independent funding to develop and promote the Wellbeing Passport project further.

We forged positive relationships with a number of organisations working together to improve how people living with a long term condition and/or disability influence how services are delivered. We look forward to collaborative working in supporting involvement on the new health and social care strategy groups.

We would like to thank community volunteers who support the work of the Forum in all our endeavours to ensure lived experience and views from the grassroots are heard and embedded in service design and delivery.

Last but not least, thanks as ever to ELCCF's core funders, The East Lothian Health and Social Care Partnership ensuring that people with lived experience of disability and/or a long term condition influence how services are planned and delivered.

Thanks also to Edinburgh and Lothian Health Foundation for supporting the Wellbeing Passport project.

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