

Sustainability Workshop Community Health Organisations Report

26 May 2006
Edinburgh



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The first of the regional networking events took place in Largs - 30 March 2006, the seminar addressed issues around sustainability and supported HLCs to look at the barriers and levers the sustainability of their project and to take the first steps in identifying sustainability outcomes. This workshops have been developed from the first event in Largs and the Aberdeen event. The agreed outcomes for the Edinburgh workshop were as follows:

- To raise understanding of Community Health Partnerships (CHP) purpose, structure and process.
- To raise understanding of sustainability routes and options.
- To develop the capacity to develop a strategic approach to sustainability.
- To provide the opportunity to learn from other participants.

17 delegates attended the workshop, they included Co-ordinators and stakeholders from LGBT HLC, Inverkeithing Area Project, Lothian Community Health Project Forum, Our Health Matters, Midlothian Healthy Living Partnership Project, South Edinburgh Healthy Living Initiative, Fife Healthy Living and Sensory Awareness Project and Changes Community Health Project (Workshop evaluation available on request).

Attendee List

Lesley	Bartolo	Lothian Community Health Projects Forum
Sam	Gordon	The Inverkeithing Area Project
Pat	Haikney	Our Health Matters - The Pilton Partnership
Sandra	King	Midlothian Healthy Living Partnership Project
Anne	Langley	South Edinburgh Healthy Living Initiative
Gwenn	McCreath	South Edinburgh Healthy Living Initiative
Joanne	McCreery	South Edinburgh Healthy Living Initiative
Neil	McCulloch	LGBT Healthy Living Centre
Laura	Mitchell	Lothian Community Health Projects Forum
Liz	Mitchell	Fife Healthy Living & Sensory Awareness Project
Gary	Smith	Changes Community Health Project
Tony	Stevenson	LGBT Healthy Living Centre
Lesley	Bartolo	Lothian Community Health Projects Forum
Sam	Gordon	The Inverkeithing Area Project
Pat	Haikney	Our Health Matters - The Pilton Partnership
Sandra	King	Midlothian Healthy Living Partnership Project
Anne	Langley	South Edinburgh Healthy Living Initiative

Presentations

Anne Marie Walsh (HLC Support Programme) discussed how projects can become involved in Community Health Partnerships. The discussion centred on the one place for the voluntary sector at CHP level. Delegates questioned how this individual can effectively represent the varied and diverse voluntary sector. Anne Marie advised that if projects are experiencing difficulty with their CHP then they could approach the Scottish Health Council. The presentation then centred on the structure of the CHP, she pointed out that their approach and structure differs from area to area. The key advice for HLCs is to:

- Identify the key health improvement lead within the CHP.
- Sell HLC uniqueness
- Get your project included within the joint Health Improvement Plan (JHIP) – if possible use same planning approach.

Make contact with the Community Planning Partnerships and identify key Regeneration Outcome Agreements

Following the presentation the discussion centred on how CHPs would address equalities and that the Health Inequalities strategy may have replaced the Joint Health Improvement Plan (JHIP). Delegates noted that the structure does not promote a level playing field for the voluntary sector as it'll be difficult for the voluntary sector representative to speak for such a diverse network/sector, and that the level of pay (if any) for the vol. sector rep. will not be on a par with the professional bodies. The group also added that there appeared to be no distinction between the community and voluntary sector.

Linda McCartan, (Community Health Development Manager) Community Health Improvement Partnership (CHiP) – East Ayrshire discussed how her project has gone on to sustainability following Big Lottery Funding. Based within East Ayrshire Culture & Leisure Services, Linda advised the group on the development of the project which is currently receiving funding from the Community Planning Partnership, Community Health Partnership and NHS Ayrshire and Arran. The project is involved in a number of strategic frameworks including:

Local

- Community Plan/Joint Health Improvement Plan
- Children's Service Plan
- Cultural Strategy (former Leisure Strategy)
- Social Inclusion Strategy
- Local Health Plan

National

- Towards a Healthier Scotland,
- Improving Health in Scotland - The Challenge
- CHD/Stroke Strategy
- National Cultural Strategy
- National Physical Activity Strategy
- Scottish Diet Action Plan

One of Linda's key strategies for sustainability was gaining recognition of the work of the project, valuable time was allocated to putting the project forward for various awards:

- Labour and Local Government Best Practice Awards – Best Overall British Project 2004
- Project contributed to the achievement of Scotland's Health at Work Gold Award for East Ayrshire Council and winning the CoSLA Excellence Award for Promoting Health in the Workplace 2001

- Finalist (Great Britain) in the Association of Public Service Excellence Awards (APSE) – Best Community Initiative 2003
- Finalist (Scotland) in the Coalfield Regeneration Trust – Community Project Awards 2004
- Active participation in national academic research initiatives
- Formation of 3 community health forums which are now accessing external funding
- Major impact on the health and wellbeing of East Ayrshire's residents
- Hosted "Health for All" Conference March 2005

While the funding hasn't changed substantially in terms of the amount, Linda finds the project taking on more and more work from the NHS – it'd be interesting to find out how much this is saving the service!

CHiP's vision for continued sustainability is:

- Secured funding from Community Regeneration (formerly East Ayrshire Coalfields Social Inclusion Partnership and Better Neighbourhood Services Fund) and NHS Ayrshire and Arran.
- Continuous improvement and development of services based on monitoring, evaluation, consultation, key local and national drivers.
- Update and launch revamped Chip Van.
- Continue to raise profile of initiatives at a local and national level through research, conferences, workshops and sharing of best practice.

Delegates advised that there have been cuts in Edinburgh which means that there's no chance that projects will get Community Regeneration Funding. They commented that the NHS are getting a good deal for £60,000 – Linda's project is filling a huge void in the NHS.

Workshop1

Groups looked at the levers and barriers to sustainability.

Some of the identified barriers were:

- **Capacity**
 - too many meetings
- **Funding**
 - No clear strategic approach to funding of vol. sector.
 - Short Term funding.
 - Council & Healthboard cuts.
- **Organisational – internal/external**
 - Sustainability involves change – not everybody likes change.
 - Changing planning structures
 - Competition between projects
 - Gap between rhetoric and reality

- No independent political critique
- Health inequalities no longer on political agenda
- Our contribution undervalued

Some of the identified Levers were:

- **Knowledge**
 - Projects know what to do and how to do it in the community.
- **Challenging Power**
 - Political pressure to influence decisions
 - Make decision makers less comfortable
 - Knowledge of people with real power when time is right.
- **Schmoozing/lobbying**
 - Knowing who to talk to
 - Knowing the right people who know the project works.
 - More use involvement – voicing from the ground
 - HLCs working together to lobby
- **Delivering**
 - Having & identifying Unique selling point
 - Good reputation, being able to deliver
 - Being able to demonstrate effectiveness, impact
 - Evidencing success
- **Partnerships**
 - Accessing support networks
 - Agreeing priorities with partners, CHP, CPP
 - Commitment and support of partners
 - Partners that champion our work and support funding applications
- **Funding**
 - Developing new areas of income generation
 - New streams of funding hopefully
 - Being a resource for other vol. sector organisations – being open to new developments.

Workshop2

- Visioning Exercise – delegates were supported to think about a sustainability vision for their projects and key activities which would be needed to make this happen.

Evaluation

Of the 17 people who attended the event 7 filled in evaluation forms.

- 28% (2) of respondents reported that the day had raised their understanding of Community Health Partnership purpose, structure & process.
- 71% (5) reported that the event raised their understanding of sustainability routes.
- 57% (4) reported that the event had enhanced their capacity to develop a strategic approach to sustainability.
- 85% (6) said that the event gave them the opportunity to learn from other participants.

What the delegates said:

'Good to hear an example
of a project that had
attained sustainability'

'Sharing frustrations with
colleagues.'

'focused and increasd
confidence about the way
forward.'

'I have gained a
better understanding
of strategic bodies,
committees etc.'

'Good to have some concrete
outcomes