

# Sustainability Workshop Community Health Organisations Report

30 March 2006  
Largs



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## Sustainability Workshop Report - 30 March 2006 Largs

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 strengths and weaknesses of their project and to take the first steps in identifying sustainability outcomes. The need for regional sustainability workshops was identified at the HLC Conference 2005 and again with a focus group representing Healthy Living Centres and Community Health Initiatives in Edinburgh - 2 March 2006. The agreed outcomes for the regional workshop were as follows:

- To raise understanding of Community Health Partnerships 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.

20 delegates attended the Workshop in Largs, they included Co-ordinators and board members from Big Lottery Funded (BLF) projects including Bute HLC, Stepwell-In HLC, Islay HLC, West Dunbartonshire Healthy Living Initiative, Community Health Improvement Partnership and the Live Life Network. The Three Towns and Kintyre HLC were invited but were unable to attend. Representatives from Community Health Initiatives (non BLF Funded Projects) also attended, including Phoenix Healthy Living Project and Renfrewshire Healthy Living Project.

### **Delegate list**

Frances	Bryce	Renfrewshire Community Health Initiative	Co-ordinator
Malcolm	Bulloch	West Dunbartonshire Healthy Living Initiative	Board Member
Jonathan	Cavana	Live Life Network	Physical Activity Co-ordinator
Anne	Crawley	Phoenix Community Health Project	Lay Community Health Worker
Karen	Devine	The Big Lottery Fund	Grants Advisor
Audrey	Hall	Live Life Network	Stress Management Team Leader
Pete	Leach	Phoenix Community Health Project	Project Co-ordinator
Fiona	Malcolm	West Dunbartonshire Healthy Living Initiative	Board Member
Carol	Muir	Islay Healthy Living Centre	Project Co-ordinator
Linda	McCartan	Community Health Improvement Partnership	Community Health Development Manager
Tara	McCulloch	Phoenix Community Health Project	Lay Community Health Worker
Isobel	McCully	Stepwell In - Inverclyde's Health Living Initiative	Chairperson
Stuart	McKenzie	Live Life Network	Web Manager
Deborah	Niven	West Dunbartonshire Healthy Living Initiative	Project Manager
Irene	Pollard	Phoenix Community Health Project	Chairperson
Doreen	Polson	Renfrewshire Community Health Initiative	Chairperson
Rose	Stewart	Stepwell In - Inverclyde's Health Living Initiative	Stress Management Team Leader
June	Todd	West Dunbartonshire Healthy Living Initiative	Board Member
Yennie	van Oostende	Bute Healthy Living Centre	Project Co-ordinator
Eileen	Wilson	Islay Healthy Living Centre	Chairperson

## **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.

The group discussed their involvement with other statutory structures and sustainability possibilities from this, for example Yennie from Bute HLC advised that she is involved with the JHIP.

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.

### **Workshop1**

Sustainability Routes and opportunities – Using SWOT analysis delegates were formed into their project groups to look at the Strengths, weaknesses, opportunities and threats for their initiative.

### **Workshop2**

Visioning Exercise – project groups were asked to think about sustainability outcomes for their project and associated key tasks. Some of the outcomes which emerged from one group were:

- To have a service level agreement or more.
- Recognition and value of our work amongst partners – demonstrating the impact.
- Sustainability Plan.
- Have the capacity to fill unmet need.

## Key actions

- Joint presentation to CPP on HLC in Argyle & Bute.
- Leap training and implement it.
- Set up a marketing sub group to ensure we are recognised.
- Stakeholder exercise at next board meeting

## Evaluation

Of the 20 people who attended the event 14 filled in evaluation forms.

- 86% (12) of respondents reported that the day had raised their understanding of Community Health Partnership purpose, structure & process.
- 100% (14) reported that the event raised their understanding of sustainability routes.
- 100% (14) reported that the event had enhanced their capacity to develop a strategic approach to sustainability.
- 100% (14) said that the event gave them the opportunity to learn from other participants.

What the delegates said:

'Inspiring presentation from Linda (CHiP East Ayrshire).'

'Well thought out and timely. Good to have a mix of community and project employees working together.'

'My thinking processes have changed and gone up a gear. Given more confidence as to how to go forward.'

'I have gained a better understanding of the importance of sustainability and how to plan for it.'

'Good to discuss with project co-ordinator how, when, where volunteers fit with reorganisation of the Project.'  
Board Member

'Excellent day, good speakers and good venue.'

'Some good ideas about where to (re)focus my energies for sustainability and some ideas for improvement of HLC Partnership.'

'Most useful part of the day was Linda's presentation on how projects can link in with wider agencies.'

'Increased understanding of CHP & JHIP and how they relate to the voluntary sector.'

'Valued skills and experience of others and opportunity to do SWOT analysis with my Director.'