

# Community Capacity Building and Carer Support

2018/2019



## "The days can seem very long between home care visits"

Community Capacity Building and Carer Support (CCB&CS) is Health and Social Care North Lanarkshire's Third Sector delivery branch. Through the CCB&CS Strategy the Third Sector's contribution is co-ordinated, robustly monitored and works to the SCP based on a series of programme outcomes. The CCB&CS work is based on co-production (which includes co-commissioning at a community level); giving people choice and control and connecting people to their communities.

*It is widely recognised that a key component of managing future demand in terms of health and social care is prevention. It is also recognised that the health and wellbeing of the population can be negatively impacted upon by issues such as lack of physical activity, poor nutrition, poverty, inequality and more recently, evidence has been growing on the negative impacts on physical and mental health of isolation and loneliness.*

### Physical Activity

Co-ordinating and reporting on the combined investment in physical activity to include 'Active Health'; 'Weigh to Go' and the 'Macmillan Programme', through CCB&CS 1773 people were referred to specialist health classes; 4608 were referred to the Active Health Programme and 318 to Weigh to Go. From this, there were 3350 reports of improved independence and wellbeing.

The following demonstrates the individual impact and move to better physical and mental health that these classes have:

"Look forward to the class each week. Its happy and enjoyable place to be. Good company, instructor advice from teach – having been attending for a few weeks I feel I've made new friends and am more mobile, thank you."

MK 87 Kilsyth

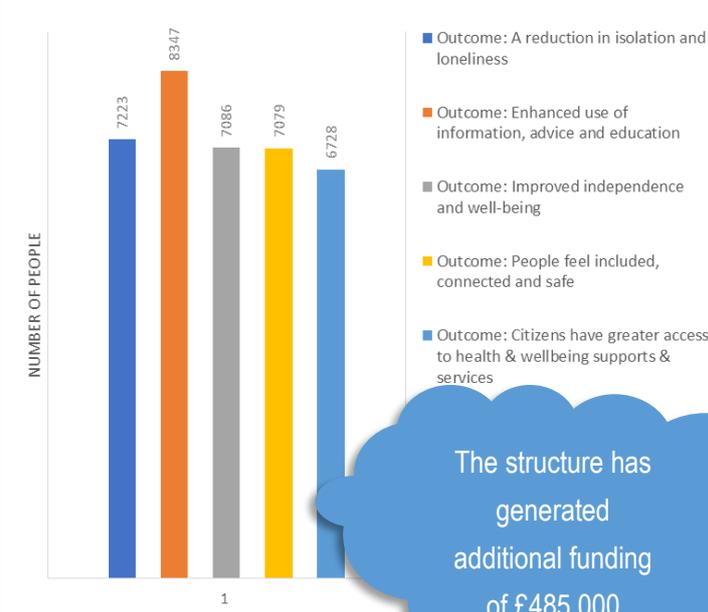


By having the overarching aims of preventing isolation and loneliness and addressing inequalities; by moving away from defining people by age or condition; by reconnecting people with their communities; and by looking at innovative approaches which support people to be more active and to have a better diet, we can significantly improve the health and wellbeing of the population. This approach will also build more inclusive, cohesive and resilient communities thereby reducing future reliance on statutory agencies and services.

# “I had no hope and now I see there are other people like me”

£1.1million was directly invested in fifty one organisations and community groups

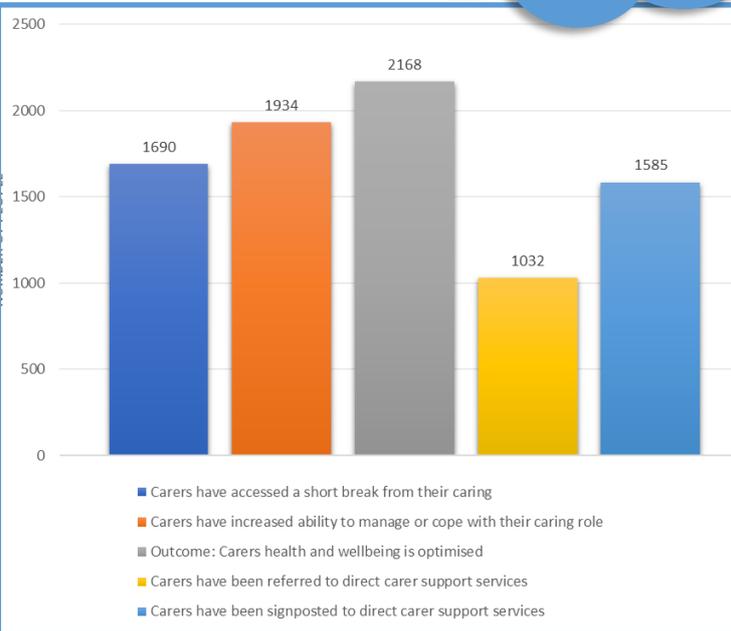
Outcomes for QTR 4



The structure has generated additional funding of £485,000

Jeanie is 86 years of age living in a local nursing home. She attended the Big Bike Revival with the help of support workers. She was brought down to the event as she had shown interest in cycling. Jeanie often reminisced about cycling to work at Kingshill Pit Allanton 60 years ago. She started cycling for two reasons 1. To save her bus fare – she was planning on getting married and needed to save for a wedding breakfast. 2. She was bigger than her older sister so needed to slim down to get into her wedding dress! Jeanie ‘held court’ with the younger attendees listening to her every word when she recalled having to cycle to work. Jeanie ‘road tested’ the assisted bike. Away for a good 20mins Jeanie returned revitalised advising her charges that this was what she needed....’ to feel the wind in my hair again !’

Outcomes for all carers QTR 4



1163 Vol Driver journeys  
3995 volunteering hours  
47,305 miles covered

**Community Transport** The impact of volunteer driving can not be underestimated since it is key to supporting participation and preventing loneliness. Mr A, a resident of a local care home and a non-transferable wheelchair user. Over the festive season of 2018, the family tried in vain to Mr A to the family Christmas and New Year’s day celebrations which he had not been able to attend for several years. GBT organised the transport for Mr A enabling him to participate fully in the family festivities. Another local family heard about the service and arranged for GBT to do the same for their mother – Mrs Z. Mrs Z was able to be with her family on Christmas Day for the first time in four years

## Community Food

The Community Food Project – led by Lanarkshire Community Food and Health Partnership – delivered 114 healthy cooking sessions to 339 locality participants across North Lanarkshire. These sessions were tailored to meet the needs of the localities and targeted specific long term conditions or vulnerable groups and resulted in 146 reports of reduced isolation and loneliness; 65 carers having a short break from their caring role and 115 family reports of increased sense of well-being.