

ELCC Meeting Minutes – 16th June 2020

Virtual meeting (Webex)

Present:

Colin Bloomfield (Webex Host); Chris Bruce (Chair); Cris Thacker; Janice Hanvidge; Anne Lyall; Janette MacDonald (part), Donna Collins, Julia Harrison

Apologies

None

Visitors attending (part meeting)

Caitlin Rodgers, Brian Glass (Changes Community Health Project)
David Hogg (GP Lauderdale Practice, Dunbar)

Previous Minutes

Minutes from 19th May were approved (Proposed AL, seconded CT)

Items

1. Changes Health Project

Two people involved in the project attended the meeting to clarify aspects of the Changes Project

The attendees were:

Caitlin Rodgers (Changes Manager), Brian Glass (Changes Mental Health Training and First Response)

The Project is currently operating by video call and phone, as face to face is not currently possible. Anyone living in East Lothian over the age of 16 can use the service. Whilst the service is used by GPs to refer people, any public individual can contact Changes directly for help. Offices for face to face services are based in Musselburgh. Changes services and training are all free but alternative private provisions are also available as an alternative such as the East Lothian Counselling network, currently charging around £20/hour during the COVID crisis (normally it's more than this).

Various forms of help are available:

Counselling service
Cognitive Behavioural Therapy
Mindfulness

Other courses normally run are on hold currently, but probably may restart in July. They include:

Stress management
Men's Group
'First steps' Group mental health support

The First Response service, which provides a signpost type conversation to point people to the right other professional service to meet their needs - usually with around 24 hrs phone back (phone number 07966 526522)

Training – none is being provided currently owing to the current COVID crisis – normally these would be:

Safe Talk (suicide risk assessment)

Applied Suicide Intervention Skills (2 days)

Mental Health First Aid (12 hrs flexible format course timetabling) – focusing on Scottish issues such as depression, anxiety, alcohol issues, bipolar etc.

Very importantly, all these courses are free to individuals, although a small charge is applied for businesses and professional organisations.

2. Neart na Gaoithe (NNG) Windfarm Presentation Follow up (from previous meeting)

Cable-laying Works between Thorntonloch and Crysal Rig had re-commenced. One Innerwick resident had highlighted lack of information regarding this, and after being invited had subsequently volunteered to be part of the proposed future liaison group, led by Julia Harrison (this now includes other local residents and the head of the Primary School).

Following discussions with Rosie Scurr (EDF Project Manager), the first liaison group meeting would be held over the next couple of weeks. A wider circulation of the EDF newsletter information had been delayed but was now actively progressing.

3. SSE Windfarm proposed project

Sam McMillan from SSE has approached CB to suggest attending our August meeting. They are currently in process of circulating info to local 'potentially affected' residents. (**Action CB** to send ColinB the relevant email address to invite for next meeting) . Local Environmental surveys are starting over the next few weeks

4. Hallhill Development

Dunbar Medical Centre have not yet received information regarding the new care home development specified as part of this scheme. Further virtual consultation on this was to be expected to happen over the next few weeks.

5. Liaison Groups

Julia Harrison would attend the postponed Torness Annual Liaison Group on the 25th June (virtual). ELCC request would be to ask for more direct local information. A question that should be raised was how are they planning to engage local communities in their emergency planning.

JaniceH questioned whether local works contractors for both the NnG and other local projects are briefed on emergency plans at EDF.

Dunbar and East Linton Partnership meetings are restarting on-line from next week.

6. Treasurers Report

Local Priority funding had been received and dispersed. Each of the 4 Community Associations had received £567.50.

Innerwick welfare and Spott had also received Support funding £500 from Crystal Rig Community Benefits Fund.

To date it was noted that ELCC COVID Support Funding totalling £8316.43 had been utilised.

7. COVID response/Support Fund

The SPoC (Single Point of Contact for each village) meeting had recommended that Risk Assessments/Emergency Plans should be in place for Community Councils and Associations. AL would circulate info and a Risk Assessment she had received (**Action AL**).

Strive (now renamed Volunteer East Lothian) and SPoCs have had some Virtual Meetings and discussions around when this current crisis winds down and responsibilities hand back to the Council. Caitlin McCorrie from ELC had attended owing to her role in Connected Communities.

CB proposed to put together a combined ELCC response for the Council representing the experience of Coronavirus and the pandemic in our 4 villages. Everyone attending should feedback their views on 3 key questions (**Action All present**):

What's it been like

What's been helpful

What would have been helpful if we have to do this all again

If responses can be sent to CB by the end of the first week in July he will compile a single response from ELCC and submit to the Council.

JuliaH had circulated info regarding a Community Links worker at Dunbar Medical Centre, which is almost set up. Dunbar is focusing on exercise on referral, and ELCC funding could possibly help with this.

David Hogg (GP Lauderdale Practice, Dunbar) joined the meeting. He explained the Community Links worker role was to put people in touch with the right local services for their needs. These Community Links roles are highly valued by GP practices as they provide individuals with practical help from everything from smoking cessation, Universal Credit guidance, exercise programs and so forth – a wide and huge range of support areas. In terms of other support services at Dunbar, then these were currently being assessed.

DH stated there is not a need for funding for things already contained within the scope of the NHS contracted services, which already include Community Link Workers, but other areas such as exercise referral (for either physical or mental health reasons) are not funded in East Lothian. However, these services are already offered in the other Lothian areas. Potentially this could be an area ELCC could support with initial funding to try this in East Lothian (longer term there should be Government funding for this service if proven a requirement for the area)

CB asked whether a Wellbeing Support Officer (e.g. Thistle Foundation) type role would be of benefit. DH mentioned that medical practices have to be very careful to ensure funding longevity for any new contract services offered, owing to the risks of that funding ceasing in the shorter term. Other locations (e.g. Prestonpans/Tranent) have already gone down the Links worker route, so a similar approach may be adopted in Dunbar, once the Health & Social Care Partnership fund can commission the service. DH provided contact details for the Commissioning Officer and CB agreed to contact her to discuss whether ELCC could augment the NHS funding in any helpful way.

Terry Prior of the Dunbar practice Patient Participation is very active in other service options, such mental health support within the Dunbar area. A service such 'as exercise on prescription' can be an outcome from both mental health requirements as well as physical requirements for a patient.

CT asked whether ELCC could usefully fund gym equipment. DH commented that the area was a little more complex in that a lot of emphasis is on motivation of the individual concerned, rather than just equipment provision.

CB would ask the Dunbar Practice about the appropriate services. **(Action CB)**.

A question was raised whether there was an open tendering process for the service, and if so whether various organisations such as Thistle and Link would be tendering. JH would ask DH for the name of the person involved in running that process **(Action JH)**.

More COVID support applications to ELCC had been received and these were approved. One application for 'Treat Bags' for key workers was questioned as this had already been done by many other organisations previously. It was thought our limited monies would be best saved for those facing additional financial challenges as a result of the Covid-19 crisis (e.g. for those in dire financial difficulty, facing redundancy, etc.).

JaniceH had contacted Megan at Innerwick Welfare and confirmed that whilst they had planned to apply for £2500 from BeGreen/Community Windpower no application had yet been made.

CT had made contact with the mental health worker in North Berwick High School supporting for youths in East Lothian last week but to date no reply had been received. This was being followed up. **(Action CT)**.

From the previous meeting there was also a need to at least establish 'rough ball park costs' of Thistle Foundation type services on a part-time basis initially from Ross Grieve, recognising that there may also be other service providers. Ross had been contacted and an answer was awaited. **(Action CT)**.

Community Windpower/Be Green issues – no feedback had been received as yet. Whilst CW/BG will want good public relations for any monies donated, a discussion followed in terms of the fact that nothing had been forthcoming for many years. **(Action CB** – to contact R Fryer at CW). It was suggested ELCC release a press statement regarding the commitments already received from Fob Fryer at CW. It was decided to invite both Rob Fryer and his boss to the next virtual meeting where we could discuss issues more fully.

8. ACOB

AL had spoken with Miriam Black at Sustaining Dunbar and they are offering various types of support : advice and consultancy for issues, help with fund-raising and publicity, signposting groups to connect with other organisations and resources. JH commented that MB had also mentioned Sustaining Dunbar may be in a position to help with COVID support funding.

A question was raised as to whether it was possible to open Spott Village Hall for the Children First organisation, given the right assurances from ELC, the Hall insurers and so on. The meeting thought that Halls had to remain shut until Government rules change, although single individuals could enter a Hall if required for specific purposes. AL would check further with relevant bodies **(Action AL)**

Colin Bloomfield offered to take a note of meetings held virtually, and this offer was gratefully accepted.

9. Date of next meeting

14th July 7.30pm by Webex