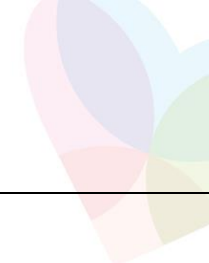## Alternative options for support (tests of change)

Working in collaboration with partners we are currently undertaking several projects and tests of change to support those with requiring support and the wider general population. Summarised below.

	Project / Test of change	**Outcomes**	**Progress to date (April 2021)**
	SWSC Movement – building the network relationships.	Working with key community assets to use SWSC logo as a symbol for community cohesion. Using MEOC approach to educate and encourage friendly and welcoming community spaces. Links to MEOC / website. It is recognised that the increased networking and relationships has allowed for improvement cross fertilisation of ideas and pulling of resources into where it is required.	Training opportunities may link with ongoing MEOC work Potential for communities, HIO, wellbeing colleagues to assist. Links to website
Social Isolation			
S1	**Befriending**	Multi agency steering group is designing a sustainable model of befriending in the City with a view to creating a City that is connected in multiple ways.	
S2	**Student Befriending (RGU)**	Collaboration with RGU students in Physiotherapy, Occupational Therapy and Sports/Exercise Science to link with SWSC befriending projects to allow for a mutually beneficial exchange of	Pilot project in Oct -Dec 2020 established the success of utilising student placement time to support older adults identified by SWSC group to provide befriending support and support to use technology. This has been upscaled with 15 volunteers (mainly students) being trained this

		skills/experience for volunteer commitment.	month. Referrals identified through Link Practitioners.
S3	**Building Digital Confidence**	Work to identify those who are digitally exclude and upskill them. Evidence from Connecting Scotland shows users who are enabled to use technology to meet a set goal for them, go on to have greater confidence and success online.	Working with 3rd sector IT supports in the City (Abilitynet/Silver City Surfers & Housing) to pilot showcase sessions in a set environment: common room of sheltered housing block. Showcasing of key "apps" so people to allow them to see what they are missing. E.g. showing them video calls, how to use NearMe, YouTube
S4	**Social Walking Opportunities**	Using the new SWSC network to work collaboratively to promote health walks for all.	
Physical activity			
P1	**Physical Activity Packs Pilot**	This pilot is a direct response to the sedentary behaviours, inactivity and deconditioning caused by lockdown. Well evidenced that physical activity has a positive impact on functionality and good mental wellbeing.	Pilot started March 2021. Working with Bon Accord Care to roll out across Sheltered and Very Sheltered Housing.

Learning from first pilot will allow a level of co-production which can then be replicated for other client groups where appropriate. |
| P2 | **Multi activity leader course** | Interactive online training re creativity on getting variety of people to become more active. Interactive PowerPoint. | |
| P3 | **Life Curve** | Project being supporting by RGU OT student and Connecting Scotland (via Libraries) for devices/digital.
Poster is being drafted to get people involved. Need a mix of residents and | Pilot starting mid may in Sheltered Housing with 6 residents. Using a QI / Case study approach. |

		practicalities of downloading and using app.	
P4	**"Oot n Aboot" Project with Red Cross**	Pilot held between Nov 2020 and March 2021 to establish the benefit of providing volunteer support to people who had lost social confidence as a result of shielding or self imposed isolation to reintegrate into community activity.	Pilot originally aimed at 50 plus, but this was opened up when referrals were coming through for younger ages. Pilot dealt with individuals who pre-lockdown had led independent lives, but had lost this confidence. Scope to work with volunteers and those supported to roll out this project for Spring/Summer 2021.
Dementia Focus (incl. Cognitive Decline)			
D1	**Dementia-friendly**	Cross agency approach and linkages eg. Alzheimer Scotland, Unpaid carers, BAC, Livingwell, guiding where the focus should be and to inform all above workstreams to ensure dementia-friendly. Also focusing on equipping staff/volunteers with right knowledge and tools to support those with dementia needs.	
Digital Divide			
DI1	**Connecting & Information Sharing**	SWSC webinars used to cascade information on all things wellbeing in communities, showcase new projects, celebrate successes.	Staff time from SWSC workstream to organise and deliver these.
DI2	**City Webpage and Brochure**	Webpage (and support electronic info brochure) information and resources	Content is being collated into 3 sections: 3 sections:

around wellbeing. Project idea is to create an online resource which is easy to navigate for staff and citizens to find information on and resource on staying well and connected.

Linkages to Risk Assessed Care for Care at Home.

1. Stay Independent
2. Stay Well & Connected
3. Stay Informed

This will support staff and groups to focus on enablement and increased connections and social cohesion in our communities. Website will be hosted on ACHSCP website - will be based on the brochure but will allow more detail.

Buildings based – Day Support		
Respitality	Looking at how traditional respite could be approached differently Being an unpaid carer can have positive and rewarding aspects, but it can also be isolating as well as physically and mentally demanding. For a range of reasons, including financial pressures, carer concerns and limited time, it is often difficult for carers to take the time out to fully recharge, or to spend quality time on their own or with family and friends.	Quarriers are currently recruiting to a part time role which will coordinate breaks for carers. The role will focus on building the respitality capacity in the city and developing tools for carers. Transferring people from VSA to Quarriers.
Carers Oversight Group	Creation of a representative group of, carers and communities which uses the lived experience of group members to help influence and improve services.	Being supported by AHCSCP and Quarriers, this is a recognised method of engagement endorsed by Healthcare Improvement Scotland representative group of service users, carers and communities which uses the lived experience of group members to help influence and improve services.