



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 (November 2021)
SWSC Movement – building the network relationships.	<p>Working with key community assets to use SWSC logo as a symbol for community cohesion. Using the Making Every Opportunity Count (MEOC) (can you expand this acronym please?) approach to educate and encourage friendly and welcoming community spaces. Links to MEOC / website.</p> <p>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.</p>	<p>Working relationships established with city library health & wellbeing advisors opening more locality sources of support, library staff are trained in MEOC and record conversations on website.</p> <p>Working relationships established with Quarriers Care Support Service & Respite. Carer appreciation card programme pan Grampian being established. Aberdeen city will incorporate both SWSC brand & Carer brand to advertise local welcoming community spaces.</p> <p>SWSC brand is integral part of AGILE (Aberdeen Guide to Independent Living & Enablement) and the 5 ways to wellbeing which expands the reach of the brand and expands access to many sources of support that don't need a professional referral.</p> <p>Connection made with national body - Health and Social Care Alliance Scotland – SWSC is now an active partner in the Alliance.</p>



			Collaborative relationships have been established with communication leads (ACHSP, ACVO, BAC & Sport Aberdeen) to expand communication reach.
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.	Model has now been created & will be used to promote Befriending as a volunteering opportunity for University of Aberdeen Arts students.
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 skills/experience for volunteer commitment.	Success of initial project has been built upon for the return of students to RGU September 2021. Five Occupational Therapy & one Sports & Exercise student have volunteered for befriending and will be on placement to Befriend for TLC. Referrals are identified through Link Practitioners.
S4	Social Walking Opportunities	Using the new SWSC network to work collaboratively to promote health walks for all.	Step Out September had 20 Walks across the City included in their programme. A report on this is almost complete which includes information on amount of walkers, Walk Leaders trained, website / toolkit "clicks". Torry History Walk is a new walk that was added to the Step out September programme and now runs fortnightly.
S5	Sheltered Housing Out-Reach Programme	To kickstart activities in BAC SH complexes. A programme of outside providers with community teams who can	Proposal & outline of project sent to BAC Reablement Facilitators. In principle, most providers have agreed



		deliver an activity in SH. Various types of activities to be included e.g. learning workshops, activity sessions, “discos” & dementia friendly reminiscence sessions.	
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.	Final PA Pack report will be completed and submitted in the next two weeks for funding & upscaling. Upscaling will allow the PA Packs to be requested by outside agencies to help increase PA levels through various adult populations - a request form has been established asking for details which will ensure we can further evaluate these packs. The NHS Falls team are already using the PA Packs developed by SWSC team.
P2	Multi activity leader course –	Interactive online training re creativity on getting variety of people to become more active. Interactive PowerPoint.	Renamed Physical Activity Champion eLearning. Design of resource is in draft form and will be a resource for those wishing to upskill staff/volunteers in the benefits of enjoying increased physical activity, being creative & having fun.
P3	Life Curve	Project being supported 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 practicalities of downloading and using app.	Pilot has now progressed & is part of a Peer Digital Placement in collaboration with RGU. Four OT students have 11 participants across 2 Sheltered Housing complexes (Hilton Court & Dominies Court) & will help to support them to get onto & use the LifeCurve App.
P4	“Oot n Aboot” Project with Red Cross	Pilot held between Nov 2020 and March 2021 to establish the benefit of providing	No further update due to Covid restrictions.



		volunteer support to people who had lost social confidence as a result of shielding or self-imposed isolation to reintegrate into community activity.	
P5	Community Physical Activity Plan	Planning group of ASV, Sport Aberdeen, AFCCT, ACHSCP & RGU:Sport will organise a tri-annual PA event which links activity to LOIP & SWSC objectives to encourage the non-active to be active in a targeted way.	Planning group established & a timeframe for 2022 drawn up.
Dementia Focus (incl. Cognitive Decline)			
D1	Dementia-friendly	Cross agency approach and linkages e.g. 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.	<p>Supporting & delivering online awareness sessions for those living with and caring for persons with dementia. The 3 online sessions will mirror the sections of AGILE and reflect the particular requests of persons with dementia & their carers so that they feel better connected and supported in their communities. These sessions will begin in January 2022 and are co -designed by the Dementia Focus Group.</p> <p>A co-produced online Dementia Friendly Activities Timetable is in process and will be available on the SWSC webpage from January 2022.</p> <p>Dementia Focus Group Report- Covid 19 Impact. Report now collated and shared. Reflects both the views of staff and carers.</p>



			Dementia Symbols - discussions with Early Onset Dementia group and Dementia Focus group indicated a need to look at how we promote “dementia friendly” activities. The phrase can be off putting for some. Test of change in 2022 looking at use of symbols on “dementia friendly” activities and the promotion and communication of this.
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 in 2022.
DI2	City Webpage and Brochure	Webpage (and support electronic info brochure) information and resources 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.	AGILE brochure & webpage went live on 1 st November 2021. Been well received and widely promoted & shared across all partners. Additional providers can add service information via downloadable form. https://aberdeencityhscp.scot/our-delivery/agile/
DI3	Digital Support and Promotion	Increase our understanding of individual confidence, knowledge, and access to resources. Identify gaps in delivery of digital support Promote local digital support services and resources to increase individual’s knowledge and confidence using digital devices.	City wide digital survey being developed looking at confidence, knowledge, and support with a focus on the protected characteristics. Survey results to help shape upcoming Digital Awareness events and to identify areas of development.



			Digital Awareness sessions- January. To be shaped based on the survey results.
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Buildings based – Day Support			
	Respiti	<p>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.</p>	<p>Aberdeen Carers Support Service – Respiti update</p> <p>Doorstep Breaks Successful in obtaining pilot funding for a project called Doorstep breaks which will enable us to work with 50 carers from high end care roles to test a menu of options organised with local providers that will give day out type respite opportunities for carers. The carers taking part will complete a wellbeing survey prior to take up and then again after the break and can get up to 3 funded break activities.</p> <p>Scotspirit voucher scheme Awarded £31,000 for the new Scotspirit voucher scheme – this is another pilot project through tourism and Scottish Gov. Carers will book hotel or B&B breaks with our respiti worker who has access to a database of hospitality partners that have signed up to be involved in the scheme. Alongside this we have been given additional funding to help with transport costs to the voucher break venues.</p> <p>Time to Live</p>



			<p>For those carers not wishing to go away we have started a new round of Time to live funding where carers can apply for up to £250 to purchase anything that gives them a break. Previous applications for this fund have provided garden shed makeovers, gardening equipment, exercise and sports equipment, horse riding lessons and spa treatments. For this funding carers don't need to be registered with the service to apply.</p>
	Carers Oversight Group	<p>Creation of a representative group of, carers and communities which uses the lived experience of group members to help influence and improve services.</p>	<p>Group (s) have been engaged with and opinions sought on carer health & wellbeing through the current review of ASCHP carer strategy.</p>