



SCOTTISH BORDERS COUNCIL

# Wellbeing Programme Board

6<sup>th</sup> of June 2024



# Agenda:

1. Welcome: Chris Myers (*5 mins*)
2. Review Action Tracker: Chris Myers (*5 mins*)
3. Asset-Based Community Development: Chris Myers (*10 mins*)
4. Outcome of Wellbeing Activity Review and Next Steps: Jane Robertson and Lynne Waters (*15 mins*)
5. Wellbeing Governance, Lead and Project Group Membership: Jane Robertson (*10 mins*)
6. Funding Opportunities: Juliana Amaral (*15 mins*)
7. Role of the Third Sector Interface and Statutory Sector: Chris Myers, Jenni Craig and Juliana Amaral (*15 mins*)
8. Any Other Business



# Review Action Tracker (5 mins):

- The action tracker can be found on the Actions tab of the following link: [Wellbeing Programme Board - RAID Log](#).
- Below is a summary of the outstanding actions:

Meeting Date: <input type="text"/>	Action Required: <input type="text"/>	Owner(s): <input type="text"/>	Status: <input type="text"/>	Notes / Update(s): <input type="text"/>
18/04/2024	Juliana to send information to Jane, Kirsty and Lynne about the wellbeing activities Borders Community Action are aware of for inclusion to the mapping exercise.	Juliana Amaral	Not Started	
18/04/2024	Future sustainability should be looked at as an agenda item for a future Wellbeing Programme Board meeting as mapping data may become out-of-date.	Lynne Waters	Ongoing	
18/04/2024	Juliana, Jenni, Simon and Chris are to meet to discuss the Community Mental Health Fund.	Juliana Amaral	Ongoing	18/04/24 - Juliana will present information on this at the next Wellbeing Programme Board.



# Asset-Based Community Development (10 mins):

- The below information was circulated ahead of today's meeting:
  - Document from Nesta about how to rebuild relationships with communities through asset-based approaches:  
[https://media.nesta.org.uk/documents/Asset\\_Based\\_Community\\_Development.pdf](https://media.nesta.org.uk/documents/Asset_Based_Community_Development.pdf)
  - Video by Nesta about asset-based community development for local authorities:  
<https://youtu.be/kwbJieCRe9o?si=nu0K4FZ-gU7gjdXb>
  - TEDx Talk by Cormac Russell about sustainable community development: from what's wrong to what's strong: <https://youtu.be/a5xR4QB1ADw?si=7HHkTsuyUhhzXJ9>
- Please review these and consider how a similar approach could be initiated in the Scottish Borders.



# Outcome of Wellbeing Review (15 mins):

## Mapping Exercise Survey Overview:

43 responses were received and 30 respondents refer onto other services.

22 responses were for commissioned services vs 21 for non-commissioned services.

Services and activities provided include:

- Music Therapy
- Walking
- Youth Support
- Homelessness Support
- Family Support
- Addiction Support
- Community Transport
- Adults Learning Disability Support
- Wheelchair Provision

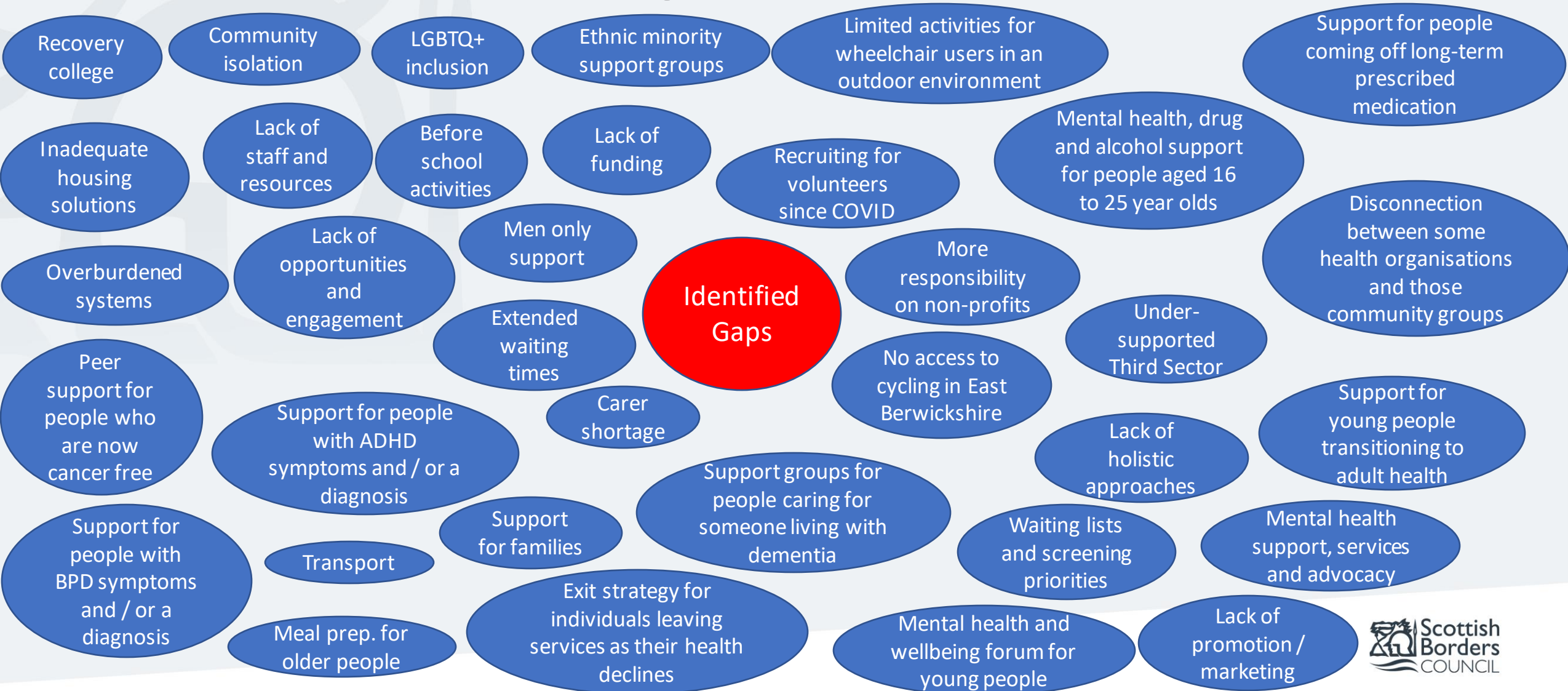
- Adult Mental Health Support
- Mental Health Support for 10 to 18 year olds
- Children and Young People's Learning Disability Support
- Social Centres and Activities for Older People

- Physical Wellbeing Support
- Carer Support
- Gardening
- Cycling
- Advice and Information Support
- Health and Wellbeing Advice
- Shopping Support

- The survey results are available here: [Wellbeing Activities - Mapping Exercise Survey Results.](#)



# Outcome of Wellbeing Review:





# Outcome of Wellbeing Review:

## Social Work Contracts Overview:

There are currently **241** active Social Care contracts which cover:

- Adults and Older People (x 85).
- Children and Families – Social Work (x 27).
- Children and Young People – Education (x 23).
- Early Years (x 58).
- Learning Disability (x 40).
- Public Health (x 3).
- Safer Communities & Homelessness (x 5).

## SBC Grant Funding Overview:

We're waiting on additional information, but information received so far advises:

- Community-Led Local Development 23/24 Funding awarded **£124,023** to **10** community groups that support health and wellbeing.
- The Cheviot Neighbourhood Support Fund 2023/24 awarded **£19,385.89** to **nine** community groups that support health and wellbeing.
- The Eildon Neighbourhood Support Fund 2023/24 awarded **£34,304.78** to **five** community groups that support health and wellbeing.
- The Teviot & Liddesdale Neighbourhood Support Fund awarded **£4,919.60** to **two** community groups that support health and wellbeing.
- The Tweeddale Neighbourhood Support Fund 2023/24 awarded **£946** to **one** community group that supports health and wellbeing.
- The Community Welfare Trust 2023/24 awarded **£3,804** to **three** community groups that support health and wellbeing. This fund also provided a Borders wide award to Interest Link to provide befriending links and group activities.
- Funding has also been provided to the Adult Learning Programme which aims to help increase adults' numeracy skills through fun and creative learning workshops.



# Wellbeing Review:

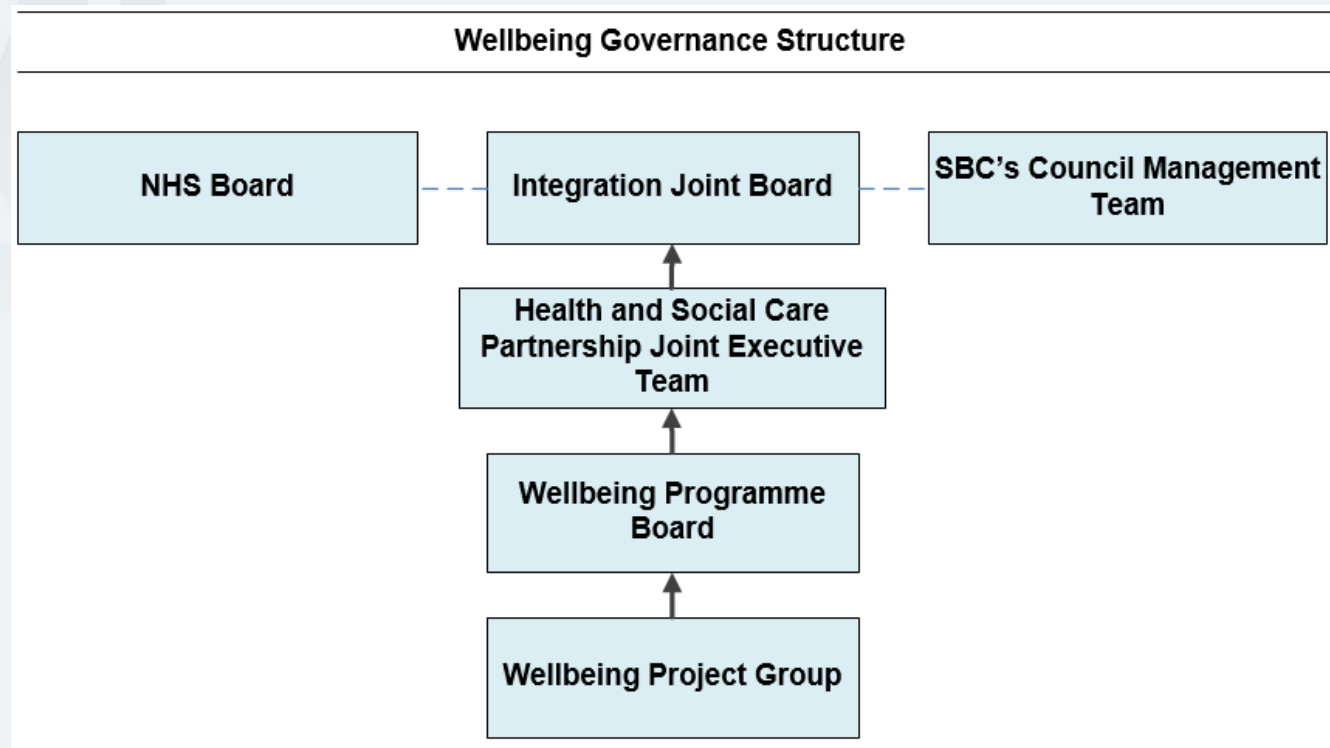
- What should the next steps be?





# Wellbeing Governance, Lead and Project Group Membership (10 mins):

- The proposed Wellbeing governance structure is:





# Wellbeing Governance, Lead and Project Group

## Membership:

- It is proposed that the lead for this work is Chris Myers. **Does the Board approve?**
- The current Wellbeing Programme Board is made up of: Jenni Craig, Simon Burt, Sohail Bhatti, David Mills, Gwyneth Lennox, Tim Young, Cathy Wilson, Philip Grieve, Kirsty Kiln, Yvonne Wilson, Christine Brown, Juliana Amaral, Jenny Smith, and Wendy Henderson. **Should anyone else be added?**
- A Wellbeing Project Group is required to take forward the actions of the Wellbeing Programme Board. **Who should be members of this group?**
- It is also proposed that the Wellbeing Programme Board meets monthly for an hour, and the Project Group meets two weeks after each Programme Board for an hour. **Does the Board approve?**



**Borders**  
Community Action

# COMMUNITIES MENTAL HEALTH & WELLBEING FUND

*(15 mins)*



APRIL 2024

# About the Fund



- The Communities Mental Health and Wellbeing Fund for Adults, and the Children and Young People’s Community Mental Health and Wellbeing Supports, have been awarded £15 million each for 2024–25.
- Launched in 2021, the fund for adults has supported grassroots community groups to deliver programmes for adults which build resilience and tackle social isolation, loneliness and mental health inequalities. Projects focused on connecting people and providing peer support were delivered through activities such as sports, outdoor activities and the arts.
- The Scottish Borders allocation is **£320K** for the Mental Health and Wellbeing Fund for Adults and **£320K** for the Children and Young People’s Community Mental Health and Wellbeing Support



# Borders

Community Action

- The fund has been distributed by Third-Sector Interfaces (TSIs) to community groups and organisations within their individual district.
- The funding is to reflect the importance placed on community support as part of an overall mental health infrastructure and a robust commitment by Scottish Ministers to increase direct mental health investment.



Peebles Can's Wellbeing and Skills Share



Riddell Fiddles project at Langlee Carnival



Cycling Without Age project funded in Peebles

## Overarching Aim of the Fund

Support **community-based initiatives** that promote and develop good mental health and wellbeing and/or mitigate and protect against the impact of distress and mental ill health within the adult population (aged 16 or over), with a particular focus on **prevention and early intervention**.



# Funding Outcomes

- More people can **live independently** and healthy in their own homes
- Health and Social Care inequalities in relation to mental health are reduced including **addressing barriers to access, advice, support and services.**
- **Safer and more effective care and support** for mental health and well-being that improve people's chosen outcomes and lived experience.
- More people are **supported to prevent or manage their mental health distress or crisis.**
- People and communities are enabled and supported to **self-manage their mental health and wellbeing, connect, be more resilient** and strengthen communities.
- **People who deliver unpaid care** and support to **improve mental health and wellbeing**, are better valued and fully supported to maintain their own mental health.



Social prescribing needs investment for communities to thrive, and this starts at a **hyper-local level.**

Small groups and organisations know the community they serve best but the process of applying for, and obtaining funding can be confusing and it's often difficult to know where to start

Consideration should be placed on all funding streams currently available and held by different organisations to create a significant investment plan aimed at prevention and early intervention.

## The Ask







# Role of the Third Sector Interface and Statutory Sector (15 mins)



# Any Other Business:

- How should wider communications be circulated to key stakeholders to ensure they are kept up to date on work being progressed?