

# North Area Local Area Partnership Third Sector Update Report

**From:** Eleanor Campbell (Third Sector Representative)  
**To:** North Area Local Area Partnership Members  
**Date:** Activity to December 2013 included in report  
**Prelude:** This quarter's report has been tailored to focus specifically on Reshaping Care for Older People third sector activity, and good news stories relating to the local third sector.

## 1.0 RESHAPING CARE FOR OLDER PEOPLE CHANGE PLAN THIRD SECTOR ACTIVITY

### 1.1 Introduction to Change Plan and Third Sector Involvement ⇨

The Reshaping Care for Older People Change Plan is a significant four-year Scottish Government investment (introduced in 2011) to help divert spend from acute health care services to precautionary and preventative measures due to the expected increase in the older people's population in years to come. Alongside local authorities, local NHS services, and the independent care sector, the third sector was identified as a key partner nationally in the Change Plan process.

In North Lanarkshire, Voluntary Action North Lanarkshire (as the Scottish Government's local Third Sector Interface) signs off the Change Plan on behalf of the voluntary sector, and works in partnership with North Lanarkshire Council, NHS Lanarkshire and the local independent care sector to make a positive impact through the Change Plan.

### 1.2 Community Capacity Building and Carers Support ⇨

A key strand of the Reshaping Care for Older People Change Plan is Community Capacity Building and Carer Support. These are recognised areas which the voluntary sector has significant knowledge and expertise in, and is able to contribute to in relation to the Change Plan. Such is the importance of the third sector's contribution to these areas, the third sector in North Lanarkshire was allocated a devolved budget of 20% of Change Plan resources to lead on delivery of Community Capacity Building and Carer Support priorities. This budget is hosted by Voluntary Action North Lanarkshire on behalf of the local third sector. The primary focus of all Community Capacity Building and Carer Support work centres around meeting personal outcomes for older people and their carers.

To efficiently manage the distribution of this budget, North Lanarkshire Voluntary Sector Partnership Group endorsed the establishment of a Third Sector Locality Partnership Development Programme. This involves Voluntary Action North Lanarkshire overseeing and supporting a partnership of six local third sector organisations to act as lead organisations for Community Capacity Building and Carer Support within six geographical localities in North Lanarkshire. The Locality Partnership Development Programme commenced in April 2012, and is now approaching the final stages of its second year of delivery.

CACE Older People Active Lives is the lead third sector organisation for the North area under the Locality Partnership Development Programme. The organisation, which delivers a range of community and wellbeing services for over 65's in the greater Cumbernauld area, is ideally positioned to undertake this role and has vast experience of supporting older people in a variety of ways.

As the local third sector lead organisation, CACE Older People Active Lives hosts a local

consortium - a local group with partner representation from statutory partners, older people, and carers - to facilitate the distribution of funds. A locality activity programme budget of £15,000 is provided to the North Area consortium each year. The North Area consortium is able to 'co-commission' whatever service, support or programme best meets local needs.

A range of local projects have been funded by the North Area consortium, who recommend awards after key consideration as to how the investment made will contribute to the wider Change Plan (the ethos of the Change Plan is for every £1 spent to be balanced with a £1 saving in hospital care).

To avoid duplication of similar projects supporting older people in the North area and to offer an activity-based focus, ten thematic strands for Community Capacity Building and Carer Support have been established. These are advocacy, carers and carer support, community based palliative care, community food, community transport, dementia support, digital inclusion, home-visiting and befriending, physical activity, and volunteering development. A thematic lead organisation has been identified for each strand. North Lanarkshire Leisure operates the thematic lead role for physical activity from The Tryst Sports Centre in Cumbernauld.

Moreover, locality and thematic leads have used Community Capacity Building and Carer Support investment to lever additional funding, build the capacity of local voluntary sector groups, take an asset based approach, and share best practice.

Francine O'Donnell at CACE Older People Active Lives is the lead locality contact for third sector activity relating to the Reshaping Care for Older People Change Plan. Francine can be contacted on 01236 451393, or by e-mail at francine@careatcace.com.

### **1.3 Change Plan Investment Making an Impact in the North Area ↻**

Football Memories, a project which supports people with dementia and older people with memory problems to discuss and share football stories and experiences, was one of a number of services showcased during a special road show of open days hosted for older people in the Cumbernauld and Northern Corridor area.

The open days, which took place in various community venues in the North area from 22-30 October 2013, were arranged through the Reshaping Care for Older People Change Plan and provided useful information about supports, clubs and services for older people in the local area.

A host of third sector organisations displayed information about their services at the events. Members of older people's groups also engaged with CACE Older People Active Lives at the events to find out how they could access support and funding to develop their current activities through the Reshaping Care for Older People Third Sector Locality Partnership Development Programme.

Three ten-week Football Memories projects, provided by CACE Older People Active Lives, have been ongoing during 2013-14 in Cumbernauld, Kilsyth, and Moodiesburn, with a range of positive outcomes achieved through encouraging older people to engage in stimulating cognitive exercise.

As well as helping older people with memory problems, Reshaping Care for Older People investment has also supported third sector organisations in the North area to provide a raft of other valuable services, including a basic gardening course for older people and publication of a booklet for over 65's relating to Kilsyth heritage.

Services funded by The Locality Partnership Development Programme include a North Locality Activity Resource Library, which offers resources for a variety of groups working with older people including holistic therapy sessions, entertainment, mobile phone training, arts and crafts sessions, exercise sessions and local bowls tournaments.

Meanwhile, Muirfield and District Seniors Forum obtained funding for an exercise and socialise-with-friends project through The Locality Partnership Development Programme. The group purchased Tai Chi equipment, an eight-week Tai Chi training course and a sound system for the benefit of older people in the local area.

## **2.0 THE THIRD SECTOR MAKING A DIFFERENCE: A POSITIVE STORY TO REPORT**

### **2.1 Dedicated Team of Volunteers Support Cumbernauld 10K Ahead of 2014 Games** ➡

A team of enthusiastic Volunteer Stewards supported North Lanarkshire Leisure to help create a fun and memorable experience for all at the Cumbernauld 10K, which took place at Broadwood Stadium on Sunday 22 September 2013.

The local volunteers geared up for the Glasgow 2014 Commonwealth Games coming to the Northern Corridor this summer by undertaking a range of tasks to ensure that 800 runners and fundraisers were able to safely participate in the race, which attracts a broad spectrum of competitors from elite athletes to fun-runners.

The Cumbernauld 10K has become a popular annual event in the Scottish athletics calendar, with several athletes returning year on year to achieve personal best times and raise funds for charity. The smooth operation of the event is reliant upon volunteers to direct runners, man drinks stations, and help facilitate and manage spectators around the course.

Two national third sector organisations based in Cumbernauld, Scottish Spina Bifida Association and Scottish Centre for Children with Motor Impairments, supported a special Victory Mile on the day for children and families affected by disability and ill health, with volunteers also supporting organisation of children's 1K and 3K runs.

On Thursday 31 July 2014, local volunteers will be a huge part of the day which will see the Cycling Time Trial of the Glasgow 2014 Commonwealth Games pass through the villages of Muirhead, Moodiesburn and Stepps during the 40K (for men) and 30K (for women) races. Volunteers of both the Games Organisers (Clydesiders) and North Lanarkshire Council will be on hand to ensure that the course is ready for around 100 cyclists, and to help direct and support the crowds cheering on the athletes.

Elsewhere, a team of local Volunteer Community Ambassadors helped raise funds for Scottish Spina Bifida Association at a special bag-packing day at Asda in Cumbernauld on Saturday 14 December 2013.

The Scottish Spina Bifida Association, whose central office is located in Cumbernauld, is the only specialist charity in Scotland to provide a lifetime commitment of dedicated support services, training and projects for people affected by spina bifida, hydrocephalus and related conditions.

A team of fifth and sixth year students of Kilsyth Academy helped out on the day, and will receive Saltire Award Challenge Certificates for their efforts.

## **3.0 VOLUNTARY SECTOR UPDATES FOR LAP MEMBERS**

### **3.1 Cumbernauld and North Area Voluntary Sector Locality Network** ➡

The next Cumbernauld and North Area Voluntary Sector Locality Network Event has been

scheduled for Friday 21 February 2014 from 9.30am-12.30pm at Cumbernauld New Town Hall, Bron Way, Cumbernauld, G67 1DZ. Feedback on LAP activity will be provided to local volunteers and voluntary sector organisations at this Event.

An invitation is extended to LAP members who would like to attend to find out more about the third sector in the local area. For further information or bookings, please contact Craig Russell at Voluntary Action North Lanarkshire on 01698 358866 or e-mail [craig.russell@vanl.co.uk](mailto:craig.russell@vanl.co.uk).

### **3.2 Voluntary Sector Children and Families Event ⇨**

Voluntary Action North Lanarkshire, on behalf of North Lanarkshire Voluntary Sector Partnership Group, is hosting a special local authority-wide event for the voluntary sector focussing on children and families structures at Sir John Wilson Town Hall, Airdrie, on Friday 17 January 2014.

The event will include an update on the Voluntary Sector Children and Families Network, an *Early Years Collaborative update*, and a GIRFEC (Getting It Right For Every Child) update, as well as incorporating a series of activities to gauge ideas and feedback from the voluntary sector with relation to supporting children and families. Further information can be obtained by contacting Voluntary Action North Lanarkshire on 01236 748011, or e-mailing [info@vanl.co.uk](mailto:info@vanl.co.uk).

### **3.3 Local Volunteers Nominated for Queen's Baton Relay Honour ⇨**

Voluntary sector organisations in the North area have been busy nominating deserving and outstanding local volunteers to be considered for the honour of participating in the Queen's Baton Relay, which will pass through North Lanarkshire this summer ahead of the Glasgow 2014 Commonwealth Games. All individuals nominated will be considered by a specially-formed North Lanarkshire selection panel in the New Year. The panel will include mandated third sector representation.

### **3.4 Volunteer Scotland Re-Launched ⇨**

Individuals in the North area interested in giving time to volunteering can search a local database of volunteering opportunities by visiting Volunteer Scotland's re-launched website at [www.volunteerscotland.org.uk](http://www.volunteerscotland.org.uk).

The new website, which went live in December 2013 and will be officially launched at Volunteer Scotland's AGM in the New Year, combines information previously included in the old Volunteer Scotland, Volunteer Development Scotland, and CRBS (Central Registered Body in Scotland) websites. Volunteer Development Scotland is now trading as Volunteer Scotland.