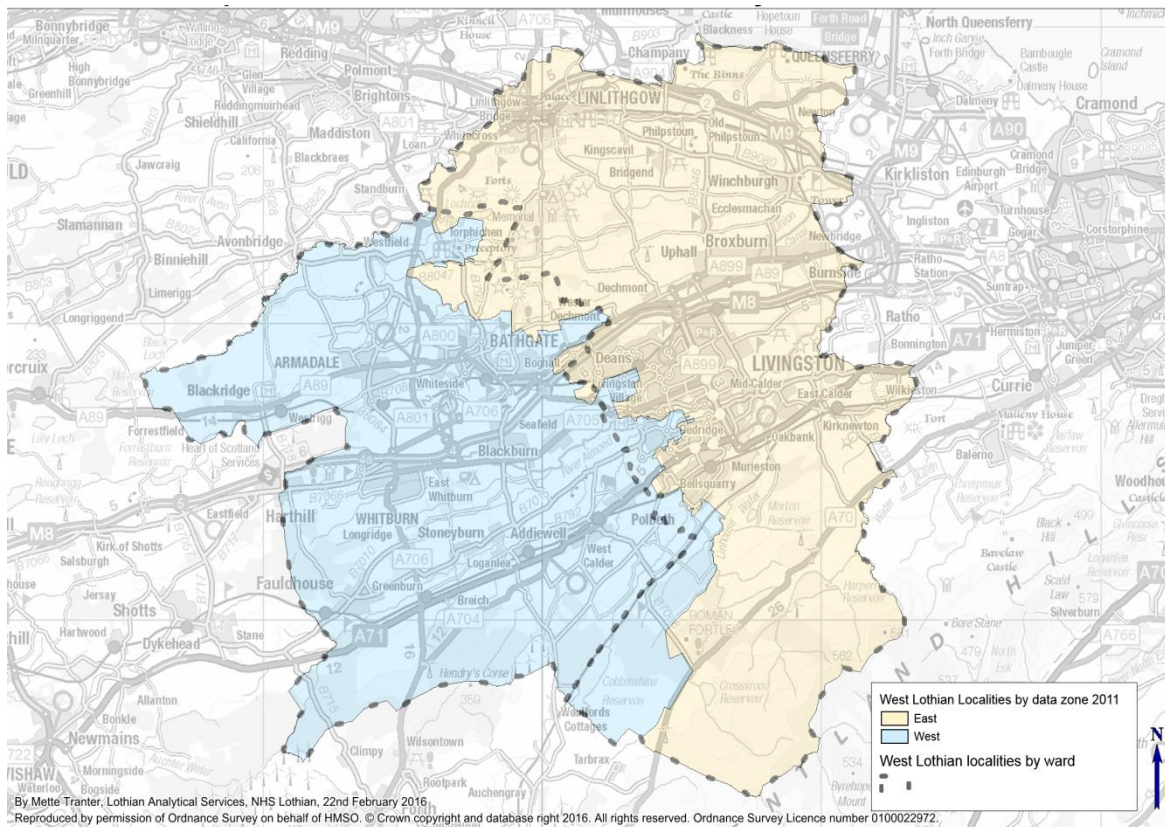


# West Lothian Integration Joint Board

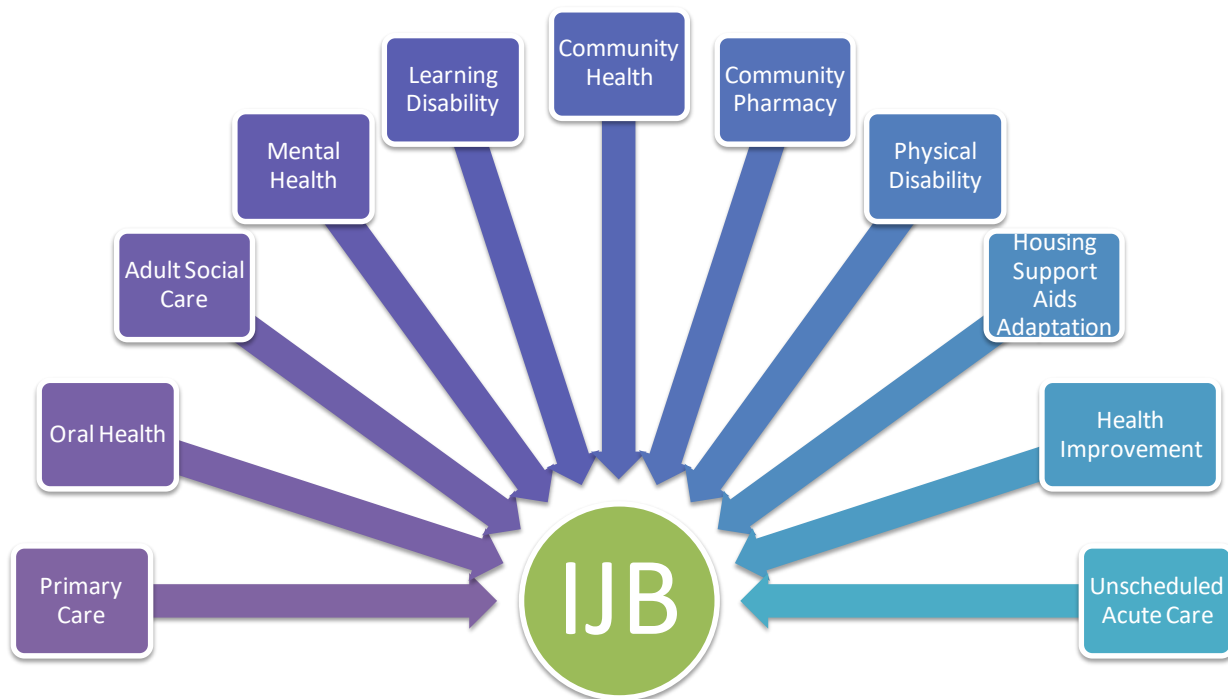


# West Locality Plan 2019-22

# 1 Introduction

## What is a Locality Plan?

The Public Bodies (Joint Working) (Scotland) Act 2014 requires Integration Joint Boards to divide its area into two or more localities for the purpose of carrying out its “functions”. In West Lothian, these functions include:



We have defined two localities in West Lothian, East and West. The Locality Plan sets out how we will develop new ways of working at a community level in a way that is engaged with the community and contributing to effective strategic commissioning of services.

It is anticipated that locality planning will build upon the insights, experiences and resources within localities, support improvements in local networks, enable development of robust and productive professional relationships and improve health and wellbeing outcomes.

Most importantly, we want to support people and communities to support themselves too.

## Who is this plan for?

This plan is for everyone who lives in the West of West Lothian and is focused mainly on adults in line with the functions delegated to the West Lothian IJB.

## Who will carry out the plan?

The way health and social care services are delivered locally can have an impact on addressing the main health and wellbeing challenges. Locality Groups were formed to ensure local involvement in strategic planning with the direct involvement and leadership of:

- Health and social care professionals involved in the care of people who use services
- Representatives of the housing sector
- Representatives of the third and independent sectors
- Carers and patients' representatives
- People managing services

Going forward, locality planning will take place alongside strategic planning at the IJB's Strategic Planning Group. The commitments set out in this plan will be taken forward with by key partners including those listed above and by working closely with our Community Planning Partners.

## How did people have a say in this plan?

A joint development session took place in December 2017 to examine the profile of West Lothian's East and West localities in detail. This session was well attended by members of the Locality Groups. Key priorities for each Locality were identified.

A survey was conducted seeking views on the key priorities and a wide range of stakeholders were targeted including health and social care professionals, providers of health and social care, users of health and social care and their carers, providers of social housing, third sector providers, community councils and equality forums. The majority of respondents were supportive of the priorities proposed.

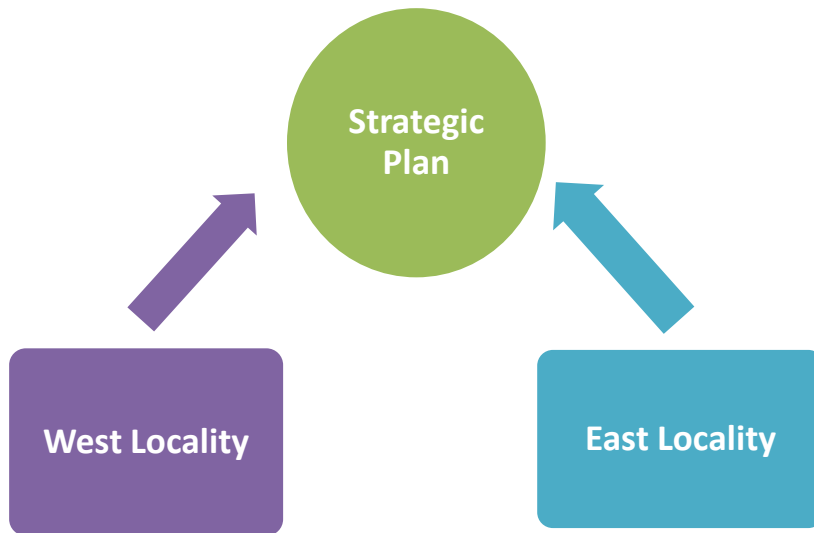
The Locality Groups held a further joint development session in May 2019 and discussed what was working well in their communities, what could be developed and what action was required to meet the key priorities for each Locality and the IJB's strategic priorities.

The outcome of the development sessions and engagement with stakeholders has been used to formulate this plan.

All comments received as part of this consultation exercise will be taken into account by the relevant Planning and Commissioning Board for the individual care group Commissioning Plans.

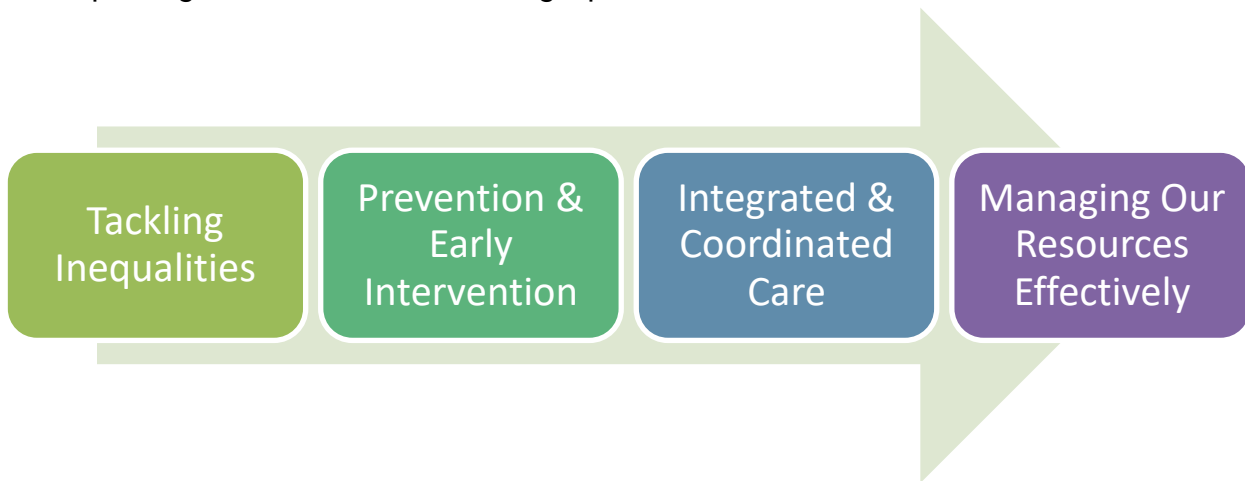
## Where does this plan fit in with everything else?

The views and priorities of the localities will be taken into account in the strategic planning and commissioning of services. Locality planning will support the delivery of the IJB's Strategic Priorities at a local level and help to inform future versions of the Strategic Plan.



The Strategic Plan is focused on achieving a sustainable health and social care system for West Lothian. This will require **transformational change** over time in order to improve health and wellbeing outcomes and support the transition to the future model of care.

Underpinning all of this are four strategic priorities:



This Locality Plan is intended to support the aims and strategic priorities of the IJB whilst helping to inform planning and commissioning of services at a local level.

The Strategic Plan is closely aligned to the nine National Health and Wellbeing Outcomes:

<ul style="list-style-type: none"> <li>• People are able to look after and improve their own health and wellbeing and live in good health for longer</li> </ul>	<ul style="list-style-type: none"> <li>• People as far as possible including those with disabilities or long term conditions, or who are frail, are able to live as far as reasonably practicable, independently and at home or in a homely setting in their community</li> </ul>	<ul style="list-style-type: none"> <li>• People who use health and social care services have positive experiences of those services, and have their dignity respected</li> </ul>
<ul style="list-style-type: none"> <li>• Health and social care services are centred on helping to maintain or improve the quality of life of people who use those services</li> </ul>	<ul style="list-style-type: none"> <li>• People who work in health and social care services feel engaged with the work they do and are supported to continuously improve the information, support, care and treatment they provide</li> </ul>	<ul style="list-style-type: none"> <li>• People who provide unpaid care are supported to look after their own health and wellbeing, including reducing any negative impact of their caring role on their own health and wellbeing</li> </ul>
<ul style="list-style-type: none"> <li>• People who use health and social care services are safe from harm</li> </ul>	<ul style="list-style-type: none"> <li>• Health and social care services contribute to reducing health inequalities</li> </ul>	<ul style="list-style-type: none"> <li>• Resources are used effectively in the provision of health and social care services</li> </ul>

## What do we want to achieve?

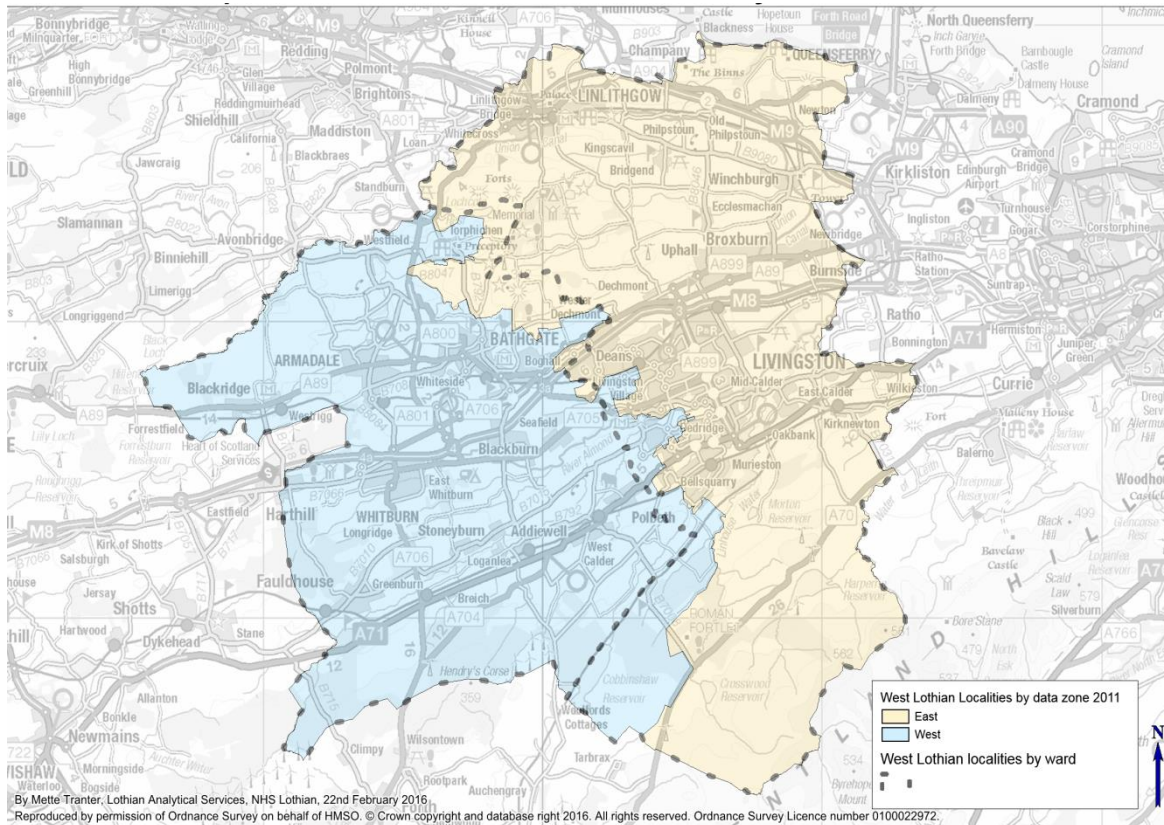
The West Lothian IJB has set out its vision, values, aims and strategic priorities in its Strategic Plan for 2019-23. You can access the Plan here (*new web link to be inserted*).



*Vision and Aims of the West Lothian IJB, 2019-23*

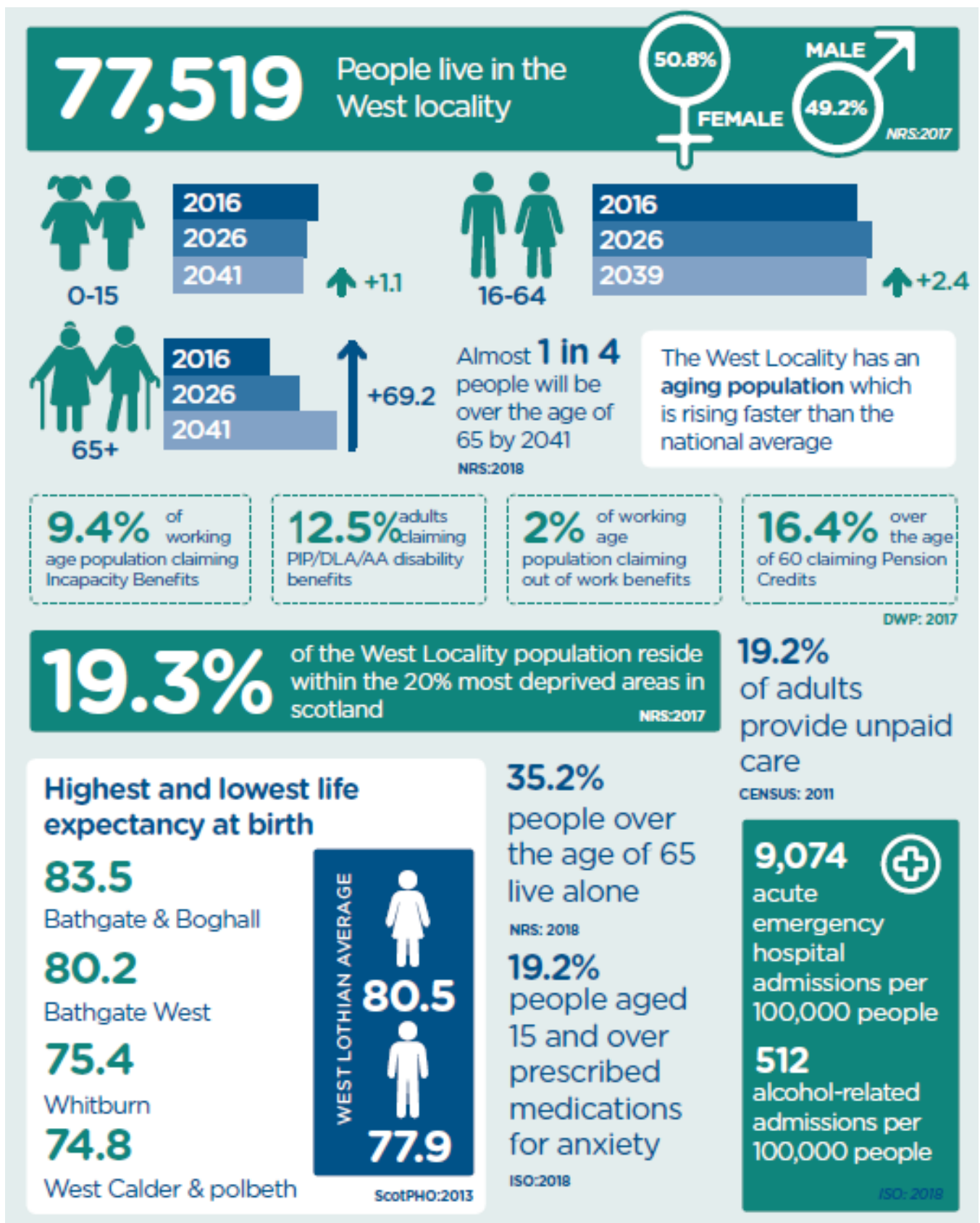
## 2 About the West Locality

### West Locality Geography



The West Locality is home to Bathgate, Whitburn, Stoneyburn, Fauldhouse, West Calder, Armadale and Blackridge. The West Locality has more industrial history in comparison to the East Locality, evidence of which can still be seen when examining the health and social landscape of the area.

## Summary profile of the West Locality



## Key Priorities for the West Locality

### Tackling Poverty and Health Inequalities

- 19.3% of the population reside within the 20% most deprived areas in Scotland
- There is a link between poverty and poorer health outcomes
- There is an increasing number of people with multiple long-term conditions, including dementia

### Supporting Carers

- Across the whole of West Lothian, almost 7800 adults provide unpaid care for 20 or more hours per week and 4600 of these for 50 or more hours
- The population in West Lothian is aging faster than the national average – this means more people need cared for. There are less working-age people to provide care
- There is an increasing number of Carers needing greater levels of support to reduce the negative effect their caring role may have on their own health and well-being

### Improving Mental Health

- A high number of people (excludes under 16s) are prescribed medication for depression and anxiety
- Older people or people with disabilities living alone are more likely to become socially isolated

### Supporting Positive Lifestyle Change

- There were nearly 400 alcohol-related admissions to hospital in 2016/17 from the West Locality
- It is recognised that lifestyle can significantly impact your health and the NHS spends hundreds of millions of pounds treating preventable health issues associated with smoking, alcohol misuse and obesity



### 3 What is working well?

This section sets out what people said worked well in their community to address the key adult health and social care priorities for the West Locality.



#### First STEPS to Health & Wellbeing

This programme supports people with long term conditions to self-manage and increase their functional capacity; the project is committed to reducing health inequality by targeting deprived communities and individuals with the aim of promoting and supporting initiatives to improve the health of the community as a whole. The capacity of STEPs has steadily grown to be able to address needs of those who are not used to using physical activity to improve health and positively manage their long term condition. Supporting self-care is vital if we are to improve health outcomes, slow disease progression and ensure better management of long term conditions. Promoting the health and wellbeing benefits of an active lifestyle and encouraging professionals to promote self-help techniques and alternatives to prescribing and other service dependencies promotes independence and positive self-management, improves health and well-being and will contribute effectively to control of health and social care costs.

From the onset of the Programme (2008), over 24,000 patients have been referred to Xcite from health professionals within West Lothian of which 16,161 having engaged. A recent evaluation suggests that the West Lothian First STEPs to Health & Well-Being project can improve both the physical and mental health of patients referred over the 12 weeks of their participation.

“I have enjoyed these classes not only for my health but socially, meeting some now great friends. I feel better physically and emotionally”

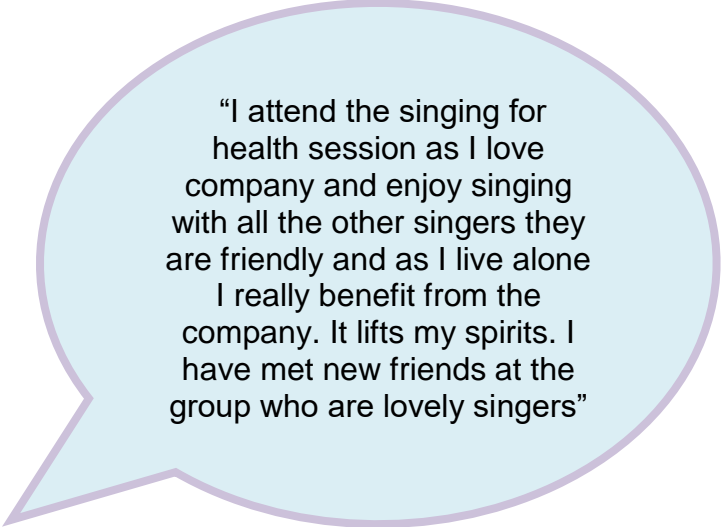
## Polbeth and West Calder Community Garden

The Polbeth and West Calder Community Garden SCIO is a charitable group working to develop a community garden for everyone from Polbeth and West Calder and the surrounding areas in West Lothian. Their aim is to provide an opportunity for local people, schools and community groups to grow fruit and vegetables and take part in a range of outdoor leisure activities. The group have transformed a derelict site into a thriving garden and visitor attraction and they encourage people of all ages to come along and help out in the “green gym” gardens. It is staffed by volunteers and it is free to come along. Some activities have a small cost attached to pay for materials. The garden is accessible to visitors with wheelchairs and mobility issues, buggies and prams.

## Ageing Well Project

This project, a partnership between Xcite, West Lothian Council, NHS Lothian and community groups, offers free, low cost activities to improve, maintain and promote the physical and mental health and wellbeing of older people and improve their quality of life.

Singing for health participant Janet says:



“I attend the singing for health session as I love company and enjoy singing with all the other singers they are friendly and as I live alone I really benefit from the company. It lifts my spirits. I have met new friends at the group who are lovely singers”

## Community Wellbeing Hubs

With a focus on early intervention and prevention, community wellbeing hubs opened in June 2019, which are based in newly refurbished community resources in Boghall (West Locality) and Livingston (East Locality).

Located in each of the West Lothian localities, the hubs offer support to adults with mild to moderate mental health problems. Services are provided through a community link worker and well-being service, provided by Lanarkshire Association for Mental Health (LAMH). There is support available from psychologists, community psychiatric nurses, mental health occupational therapists, mental health link workers, and practitioners offering mindfulness, Tai Chi, yoga and relaxation classes. The service offers early intervention through a person-centred approach to help people manage their symptoms and improve their wellbeing.

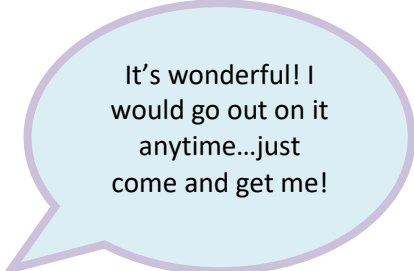
It is too early to know what impact the hubs have had but it is a positive step towards community based services and the impact will be closely monitored.

## Time Bank Project – Fauldhouse and Breich Valley Community Development Trust

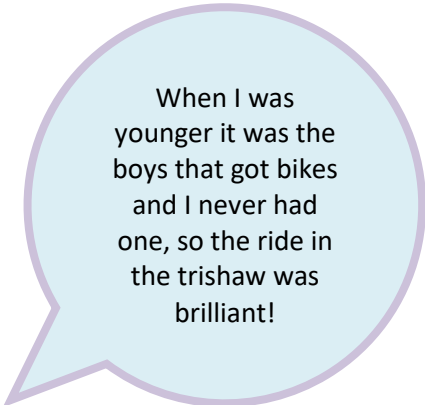
The Time Bank Project has over 200 volunteers and takes a social prescribing and asset based approach to addressing the issues, needs and aspirations of the community. Over 9,000 volunteer hours were exchanged between individuals and groups to address issues such as social isolation, ill health, mental health and wellbeing. The project also aims to develop capacity in individuals, families and communities to encourage self-help. The benefits of the project include building confidence and self-esteem, enabling learning and development and bringing people together to address needs, concerns and aspirations. The project receives referrals from GPs, Health Visitors, mental health services and social care services. The Fauldhouse and Breich Valley Community Development Trust are currently examining how this project could be extended to other areas of West Lothian.

## Cycling Without Age – Fauldhouse

The Fauldhouse and Breich Valley Community Development Trust were successful with a funding application to West Lothian Council's Village Improvement Fund to purchase a trishaw, which has been fondly named after its first passenger, 83 year old Fauldhouse local, Alice. This project is the first Cycling Without Age chapter in West Lothian. Trishaw pilots were recruited through the Time Bank Project to take residents of Crofthead Care Homeout, Bield residential housing and other individuals who may be isolated and lonely, out for a trishaw ride. Heriot Watt University have been studying the impact of these schemes and found multiple benefits to passengers, pilots and staff in care homes. Benefits to the passengers were a sense of freedom, friendship and social opportunities, mood and mental health improvements and just enjoying doing something different in the fresh air.




It's wonderful! I would go out on it anytime...just come and get me!



When I was younger it was the boys that got bikes and I never had one, so the ride in the trishaw was brilliant!

## Integrated Discharge Hub at St John's Hospital

A new Integrated Discharge Hub was launched at St John's Hospital in December 2018 bringing together staff from the hospital, community, social work and Carers of West Lothian in one place to work alongside inpatient teams, patients, carers and families. The intent was to improve hospital discharge planning and reduce the



I think that being part of the Hub is raising Carers of West Lothian's profile within the hospital and other staff out-with the Hub are now seeing us as being part of the team, this is a situation that can only get better when we start spending more time in the hospital on a daily basis (**Carers of West Lothian**)

length of time people had to wait in hospital for arrangements to be made for ongoing care and support in the community.

The hub team holds daily, multi-disciplinary 'huddles' to discuss complex discharges working in partnership with the hospital inpatient teams, carers and families. The discharge planning process has been streamlined because everyone who needs to be involved in decision-making and discharge planning can be consulted almost immediately. Improvements are already being seen such as: better communication, reduction in unnecessary delays and reductions in the average length of stay within the medical inpatient wards.

### **Cyrenians OPAL (Older People, Active Lives) Service**

This service aims to maintain or increase older people's independence and well-being across the West Lothian Council area. The free service is funded through a collaboration with West Lothian Council, West Lothian Health and Social Care Partnership, and NHS Lothian and is available for those typically aged 60+.

The service is delivered by a team of dedicated, trained volunteers. Volunteers offer encouragement, companionship and support to help older people engage in social, leisure and community activities.

Through the groups programme, 13 regular social and activity groups are delivered across West Lothian which provide a welcoming and relaxed way of getting to know people. Through the One to One/Befriending service, support is offered to older people who additionally may be experiencing one or more of the following:

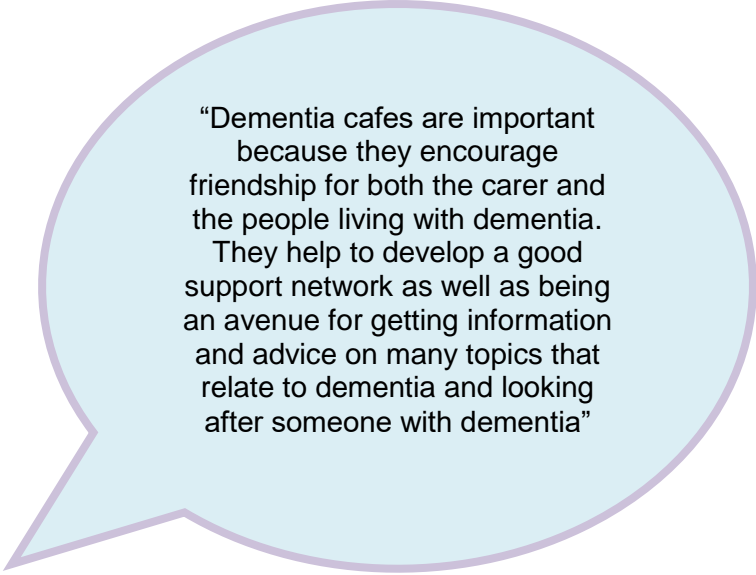
- Bereavement
- Returning home after a recent stay in hospital
- Living distantly from family or friends
- A Carer responsibility
- Depression and/or anxiety
- A recent/early dementia diagnosis

### **The Dale Pantry – Armadale**

The Dale Pantry aims to support families in the area who are affected by food poverty. The project provides surplus food donated by local businesses to those in the community who are in need. Along with the food element, the project has also branched out and is providing a range of second hand clothes for local people to utilise. Other 'community fridges' have opened in Polbeth, Fauldhouse and Stoneyburn.

## Dementia/Memory Cafes

Dementia cafes are designed to provide a safe and supportive place for people to discuss their own dementia diagnosis, or someone else's, and think about what it means for the future. There is usually someone from Alzheimer Scotland there to answer any questions and people can meet and learn from other people in similar situations. Feedback from people living with dementia is that Dementia Cafes are an invaluable resource. There are a number of these cafes in the East Lothian. Click here to see the list of [local Dementia Cafes.](#)



“Dementia cafes are important because they encourage friendship for both the carer and the people living with dementia. They help to develop a good support network as well as being an avenue for getting information and advice on many topics that relate to dementia and looking after someone with dementia”

## Technology Enabled Care

**myCOPD** is a self-management tool that helps people with Chronic Obstructive Pulmonary Disease to manage their condition better. It can be used to help with inhaler technique, improve breathing, reduce flare ups and track medication. It works by the user logging on to a web based portal, from where they can access a range of self-care tools. The purpose of encouraging the use of myCOPD is to help people manage their COPD independently and reduce reliance on GP and hospital appointments. myCOPD can also be used by health professionals to check in with their patients remotely, track their condition, update medication and improve their overall care. myCOPD has been shown to correct 98% of inhaler errors without any other clinical intervention.

Florence or ‘Flo’, is a text messaging system that sends patients reminders and health tips tailored to their individual needs. Flo has had a huge impact on people’s lives, revolutionising the way patients manage their own health. Since 2010 it has been used by more than 30,000 people in over 70 health and social care organisations in the UK. In West Lothian, Flo is being used in a range of GP practices as well as with a number of individual service users. ‘Flo’ is being used in the management of Vitamin B12 injections and for medication reminders. It is also being used by patients to check blood pressure with a text being sent back to the appropriate health professional.

## 4 What do we need to do?

### Community Planning

West Lothian Community Planning Partnership (CPP) is made up of 21 partners from the public, voluntary and private sectors. Community Planning is the process by which people who live, work and provide services in an area work together in partnership to improve how local services are planned and delivered, to make life better for people. Community Planning focuses on how the collective efforts of working as a partnership can improve the quality of life and reduce inequalities in communities.

CPP's are required to produce a [Local Outcomes Improvement Plan \(LOIP\)](#), which sets out the long term outcomes for the CPP. CPP's are also required to produce locality plans which focus on the areas which experience poorer outcomes. In West Lothian, 13 locality plans have been developed based on the areas within the bottom 20% of the Scottish Index of Multiple Deprivation (SIMD). These were originally developed as Regeneration Plans through the regeneration planning process. These plans set out the specific themes, priorities and actions for the local area and are based on extensive, ongoing dialogue and engagement with local communities. Input from partners has brought local knowledge, experience and resource. Steering Groups have been established in each locality area to enable local stakeholders to work in partnership to progress the plans.

### Health and Wellbeing Partnership

The CPP's Health and Wellbeing Partnership has been established to take forward health, prevention and inequalities work at a CPP level in West Lothian. Using a determinants of health approach, the partnership provides a platform for preventative efforts to be developed across the CPP. Health inequalities work will be part of a wider CPP approach to issues like poverty, employment, education, housing and transport, enabling inequalities and prevention policies and actions to be developed in a whole system approach involving a broad range of partners. This will allow Community Planning partners, and others to collectively agree a set of priorities around inequalities and prevention and ensure that a local approach is taken in delivering on these.

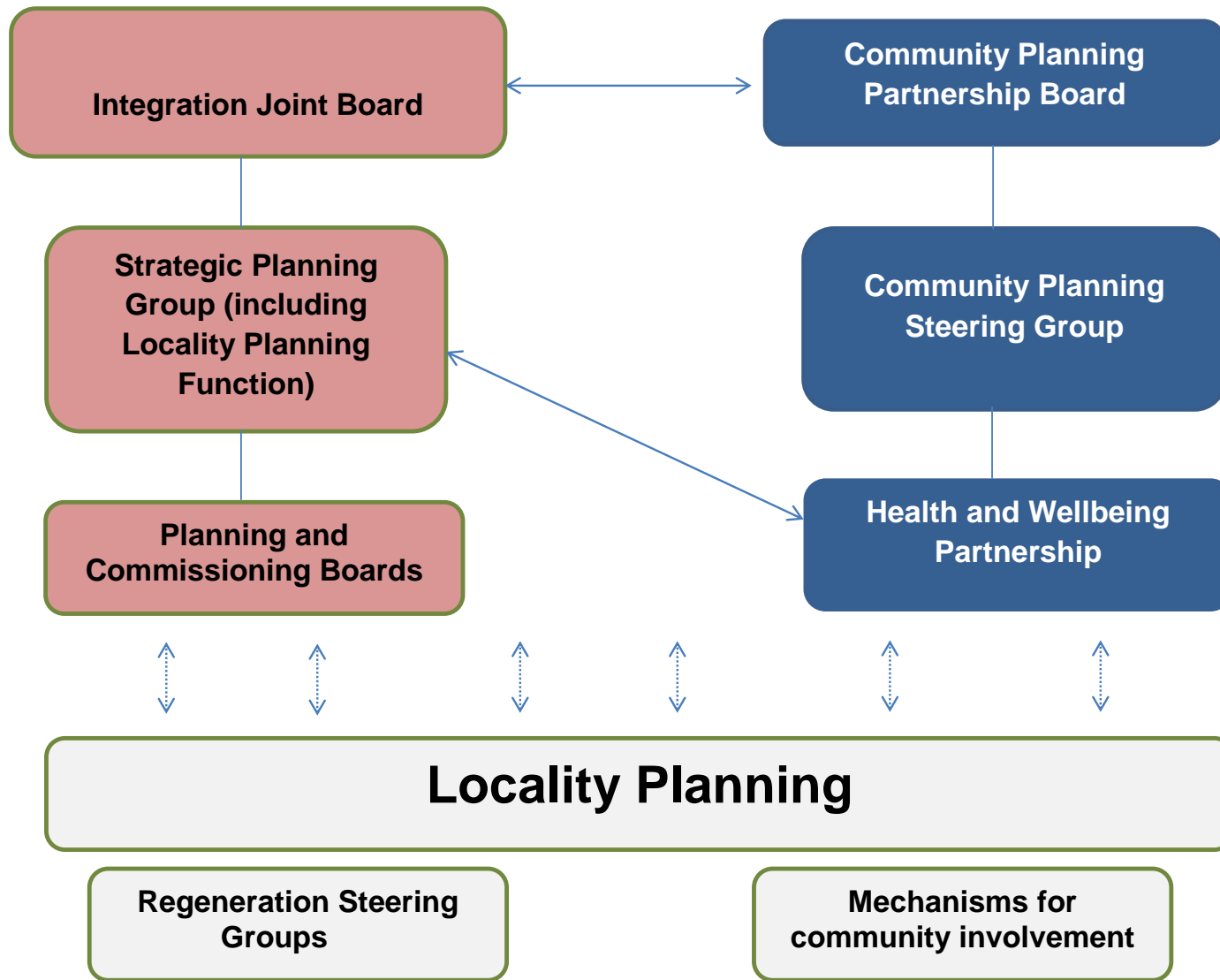
### Linking IJB Strategic Planning to Community Planning

The CPP's Regeneration Planning process has provided a robust foundation for engaging with communities, identifying local issues and planning services at a local level. Strengthening links between the IJB and the CPP, at both a strategic and locality level will provide opportunities to further enhance locality activities and reduce duplication, therefore improving outcomes for our local communities as a result of a more streamlined, coordinated approach to locality planning.

Going forward, Community Planning will be represented on the IJB's Strategic Planning Group and the remit and membership of the Strategic Planning Group will be widened to ensure both East and West Localities are represented at a strategic level.

In addition, the [13 existing locality plans](#) will be adopted as joint, comprehensive community plans with the added value of a health and social care perspective.

An illustration of links between Strategic Planning and Community Planning for joint Locality Planning







## Areas for Development

Community priorities have been identified through the CPP's plans and many of these relate to health. Creating stronger links between the CPP, the Health and Wellbeing Forum and the IJB, (particularly around locality planning) will further enhance these priorities and accompanying actions. Further areas for development have been identified in response to what people told us were the gaps in their communities in relation to the key priorities set out in this plan. West Lothian IJB is committed to working with partners such as the Community Partnership and its Health and Wellbeing Partnership, the third and independent sectors, carers and patient representatives and housing to explore how to address these gaps through closer partnership working.

Area for Development
Access to a range of health and wellbeing resources for people in rural areas ( <i>Tackling Poverty and Health Inequalities; Supporting Positive Lifestyle Change</i> )
Joined-up services and closer links between organisations and professionals ( <i>Tackling Poverty and Health Inequalities; Supporting Positive Lifestyle Change</i> )
Post-discharge community support ( <i>Tackling Poverty and Health Inequalities; Supporting Positive Lifestyle Change</i> )
Social opportunities for those at risk of isolation including carers ( <i>Tackling Poverty and Health Inequalities; Supporting Carers</i> )
Timely access to Mental Health services ( <i>Improving Mental Health</i> )
Identifying and supporting carers in rural areas ( <i>Supporting Carers</i> )