



## A MARATHON NOT A SPRINT



Hello,

The title of this edition sums up, in some ways, my recent experience of doing the Edinburgh half marathon. Lessons learned? Although I did a decent time (1 hr 53) I set off too fast and half way through I felt the results of that kick in.

Thinking about this in the context of change, I suppose it might feel a bit like that for many of you. There has been a gigantic amount of energy used just to get us to this point and I am mindful of that. With one year of the Partnership under our belts, year two will see a real step change as we start to really implement change across community services, in our hospitals and with our partners.

As we push forward at pace, I want to know what things matter to you and how we can support each other stride out into the next phase of change. So drop me a note via our new online ideas and feedback form: [letsconnect.fife.scot](http://letsconnect.fife.scot)

I'd like to finish by reminding you that Tuesday 6 June is What Matters To You? Day, an international movement which hundreds of you across the Partnership are supporting by asking patients and service users, but maybe also your colleagues, friends and family, this very powerful question. Thank you.

Meanwhile, read on to find out about activities across the Partnership.

Enjoy!

Michael Kellet  
Director

- What Matters To You? Day
- Localities Engagement Update
- IJB Update
- Dementia Awareness Week – review
- OT teams at national conference
- Adult Protection – new resources and training
- W@W Campaign event 14 June

# 'What matters to you?' day

## 6th June 2017

'What matters to you?' day aims to encourage and support more meaningful conversations between people who provide health and social care and the people, families and carers who receive health and social care.

[whatmatterstoyou.scot](http://whatmatterstoyou.scot)



### What Matters To You? Day – Are you asking the question?

Hundreds of colleagues across the Partnership are flying the flag for Fife and supporting 'What Matters To You?' day on the 6 June.

As a carer they saw me as a person. That's what matters to me.

"The District nurses really listen to me.

From ward nurses, sexual health teams, Hospital at Home, PCES to School Nursing Teams, colleagues will be asking the question to patients and service users across the Kingdom. I recognise that you and many colleagues are doing this every day in one shape or form, but it is so powerful to step back, reflect and think about how we can start with this most powerful of questions. If the Partnership was a stick of rock, I'd want to see the words What Matters To You? running through it!

Teams have been asked to capture their day in pictures and words and to feedback the results. What Matters To You is more than one day. Look out for stories appearing in social media, intranet and beyond to shine a light on our colleagues in Fife. Visit my [blog](#) on the WMTY?website and remember you can follow me on Twitter @FifeHSCP

### 'It's personal' – a Carers story

The Carers outreach service at the Vic has only been going for just over two months but is already having an impact on people's lives. Here's Jacqui's story:



"Having Sandra from the Carers Service at the Victoria Hospital step into my life was like a light bulb going on in a very dark tunnel. I've been coping for years with my Mum and Dad's progressively deteriorating health. When mum was diagnosed with a terminal illness and supporting my Dad with his ailing health I hit an all-time low. I was no longer coping. I met Sandra at my mothers' hospital bedside and the difference, even in the first few weeks is immeasurable.

She said "I hear you". This is powerful and goes way beyond just support. It's personal. I realised that I too was entitled to have 'me' time – even if it's just a quiet cuppa. It's the difference between struggling and having a life to live."

## Localities Engagement Update



All seven of the 'Creating Healthy Communities' locality events have been completed. There was a great range of views and opinions on how services can be improved in each local area with various people coming forward to get involved and inform and shape change. A full update will follow with the first of our local network groups, Glenrothes, meeting in the next week. We'll keep you posted.

## IJB Update

Following the Scottish Local Election on the 4 May Fife Councillors have been nominated by each of their political parties to sit as representatives on the Integration Joint Board:

Councillor David J Ross (Conservative)

Councillor Richard Watt (Conservative)

Councillor David Alexander (SNP)

Councillor Fiona Grant (SNP)

Councillor Samantha Steele (SNP)

Councillor Tim Brett (Lib Dem)

Councillor David Graham (Labour)

Councillor Mary Lockhart (Labour)

The next meeting of the IJB will be the 22 June 2017, Fife Voluntary Action Offices, Craig Mitchell House, Flemington Road, Glenrothes. Papers will be available [online](#) from 15 June.

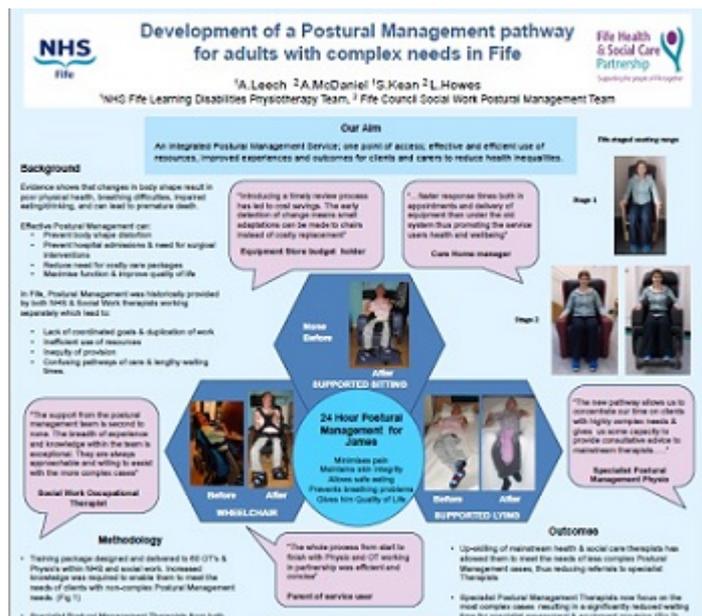
## #dementiaawarenessweek17 – a week in view



Teams across the Partnership rallied with various local events held and activity across social media to promote the services and support available for those living with Dementia as part of Dementia Awareness Week. This included Dementia Glenrothes Forget-Me-Not Tea at Rothes Halls, Dementia Carers Café at Queen Margaret and videos featuring the work of staff. Click [here](#) to watch

Senior Charge Nurses, Kerry Lowe and Gillian Grubb, who have sought about improving the care delivered to vulnerable patients on our older peoples wards.

## Poster to strike a pose at Conference



A poster developed by OT Teams across the Partnership and NHS Fife is to take centre stage at the NHS National Postural Management Conference between Monday 17th - Wednesday 19th July 2017 at the Motorpoint Arena, Cardiff.

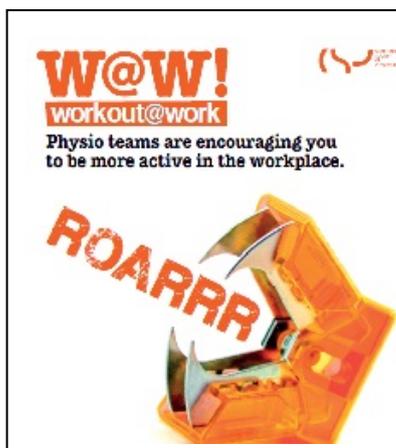
The Postural Management service in Fife has received a lot of interest and praise from other authorities who are keen to learn and model their services on Fife's approach which includes the provision of a range of staged seating, a core stock of appropriate seating and accessories, a multi-disciplinary approach and single standardised approach, including paperwork, for assessing patients and the effectiveness of our input.

Congratulations to Amanda Leech, Neil Carnegie and their teams.

## What's new in Adult Support and Protection

Fife Adult Support & Protection Committee (ASPC) has worked with service user groups to create easy read information to support participation of the adult at risk in the adult protection process. Training courses are also available including a free e-learning module about Adult Protection legislation and a one day course at the College of Midwifery and Nursing Science, Kirkcaldy on the Adult Support & Protection (Scotland) Act 2007. A range of additional courses are available for Council Officers. To find out more click [here](#).

## Release your inner tiger – Workout at Work 14 June



The Physiotherapy team at Queen Margaret Hospital are planning a local event as part of The Chartered Society of Physiotherapy's national Workout at Work (W@W!) campaign.

A 'Walk, Jog, Run' event on 14th June, with a lunchtime walk planned from Queen Margaret Hospital and a Run/Jog for people finishing work in the late afternoon is to promote the value of physiotherapy and activity in improving people's lives.

## NHS Staff Achievement Awards 2017

With so many colleagues being nominated and recognised at the awards last month, it's worth saying congratulations again – check out the [fantastic videos](#) featuring all those nominated and the winners.