

# Perth & Kinross Getting it Right

## Working together to improve oral health in Perth & Kinross



In recent months, the NHS Tayside Oral Health Improvement Team (OHIT) (part of the Public Dental Service) have been working closely with Perth & Kinross CHP Children, Young People & Families to develop services for children and young people, as well as offer support to vulnerable groups.

The Childsmile programme is designed to improve the oral health of children in Scotland, utilising preventative measures and education to avoid the need for clinical intervention in the future.

However, the programme also recognises those children at heightened dental risk or those already showing signs of unmanaged

dental disease and offers a referral service to health professionals and third sector organisations to request support and access to treatment for families who are in need. As part of the joint working between OHIT and P&K CHP CYPF services, the following developments have been made:-

### PKAVS Young Carers Service

Oral Health training has been offered to PKAVS staff and the referral process explained. OHIT have attended young carer sessions and a plan is in place to apply fluoride varnish (with parental consent) to those not receiving within school. Ongoing fluoride varnish sessions are to be arranged every six months.

### Perth Autism Support

Oral Health training has been offered to PAS and the referral process explained. A data gathering exercise has also been undertaken with parents, highlighting that the majority of the children do not engage with Childsmile at school due to sensory issues. OHIT staff now attend childrens' groups as part of their schedule. OHIT staff have also undertaken autism awareness training with a

plan in place for further training of dental staff.

### Crossreach—HMP Perth Visitors Centre

OHIT staff are now present at the visitors centre one day per week with information, games for children and toothbrushing resources. Training has been offered to the visitor centre staff.

Links have also been made between OHIT and Rio House, Family Nurse Partnership and most recently Central Healthcare.

If you would like further information on what services OHIT can offer please contact Susan Bean on [susan.bean@nhs.net](mailto:susan.bean@nhs.net) or 01738 450 569



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## Childcare and Family Information Directories 2015/16

The Childcare and Family Information Service has been busy over the last few months updating the Childcare and Family Information Directories for 2015-16. The new documents are now available to download from [www.pkc.gov.uk/localdirectories](http://www.pkc.gov.uk/localdirectories).

These directories include details of a wide range of services, groups, organisations, and support in Perth and Kinross that are of interest to families, as well as to professionals working with parents, carers and children.

There are five directories in total, covering Blairgowrie & Strathmore, Crieff & Strathearn, Kinross, Highland Perthshire, and Perth & Surrounding Areas. If you know of any other groups or organisations in your local area which should be included in the directories, or come across any entries which are inaccurate or out of date then please let the team know.

A5 fliers to promote the directories are also available. Please get in touch if you would like a supply of fliers to distribute to families using your services. You can

contact the Childcare and Family Information Service by emailing [childcare@pkc.gov.uk](mailto:childcare@pkc.gov.uk) or phoning 01738 472350.



## PKAVS Young Carers Service

*As of the 4<sup>th</sup> of May 2015 PKAVS Young Carers Service has a new coordinator in place.*

Billy Morrison first started on placement with the young carers in 2008 as he worked towards completing his HNC in Social Care.

Despite finishing his placement Billy continued to attend the young carers service in a voluntary capacity for the next 4 years. In Spring 2012, the Young Carers Service secured funding and Billy was offered a position as a full time young carers support worker.

Billy has helped deliver both Bronze and Silver Duke of Edinburgh awards and, due to

his commitment, a large number of young carers now have a nationally recognised qualification to add to their CV's.

More recently Billy has been developing and delivering the outreach groups that the service delivers in the Blairgowrie and Crieff areas.

Raymond Jamieson, PKAVS Carers Service Manager and previous Young Carers Coordinator said, 'Billy is well liked and well respected by all at PKAVS and most importantly is much sought after when it comes to one to one support sessions requested by the young carers.'

As I move onto my new role I am delighted

that Billy has taken over the reins at the young carers service. I believe that he has the same desire to make a positive difference to young carers lives that I have.'

Billy Morrison can be contacted on 01738 567076 or [Billy.Morrison@pkavs.org.uk](mailto:Billy.Morrison@pkavs.org.uk)



## PKAVS Young Carers Consultation Night Success

*PKAVS Young Carers Project held its annual Consultation event at the Christian Outreach Centre in Perth on Wednesday 22nd of April 2015.*

The event was an opportunity for the young carers and their families we support to come together, alongside partner agencies, funders and all other professionals who work in conjunction with our service.

The focus of the event was to reflect on the achievements of the past year and to share thoughts and plans for the coming year.

The evening proved to be a great suc-

cess, with over 150 people in attendance.

Billy Morrison, PKAVS Young Carers Service Coordinator said "Once again this year's consultation was a great success and was well attended. Such a high attendance reflects the continued increase of awareness of young carers and their needs and how PKAVS helps make a difference. The event is also essential in influencing the support the service will offer young carers in the year ahead"

Young Carers are children aged between 5 and 16 years old who have caring responsibilities at home that you would usually associate with an adult. The Young Carers

service offers much needed respite time by offering a variety of activities. If you would like to know more about PKAVS, please visit our website at [www.pkavs.org.uk](http://www.pkavs.org.uk)



## PKAVS leads on new Carers Hub for Perth & Kinross

*Working with local partners, charity and interface for Perth & Kinross's Third Sector, PKAVS is developing its Carers Services to be a high profile "Carers Hub" in Perth & Kinross.*

The Carers Hub aims to be an easily identifiable, single point of contact for unpaid Carers of all ages who are looking for information, advice and support around their lives and caring roles.

The Carers Hub will have a multiagency approach to its development, to ensure effective partnership working across all sectors and promote the range of excellent supports available for Carers in Perth & Kinross.

The Carers Hub will provide quality information and online and in-person support, while connecting Carers to supports and opportunities in their community to help them with individual needs and aspirations, both within and beyond their caring role.

led and therefore carers will be key partners in shaping its development. As a partnership, we will promote carers having a voice and being active participants in care and support.

If you would like more information or to have your say in the development of the Carers Hub then please contact Stephanie Laidlaw on 01738567076 or email:

[Stephanie.Laidlaw@pkavs.org.uk](mailto:Stephanie.Laidlaw@pkavs.org.uk)

Our vision is that the Hub model is carer-

**Scaling learning from local tests**

Next month we'll be sharing the learning from two successful tests of change at two special learning sessions. The sessions will bring together staff from key areas to learn about each improvement project and then discuss where else they could be applied. If you are interested in attending either of these sessions please email us: [EYCollaborative@pkc.gov.uk](mailto:EYCollaborative@pkc.gov.uk)

The [PKC Parenting team](#) adapted the concept of holistic play to create Treasure Pouches – small easy to carry pouches containing natural/tactile objects which aid brain development in babies. By delivering this technique through the Small Talk programme the team helped to increase interaction between parent/baby as well as increasing their awareness of child brain development.

[Muirton Community Nursery's](#) test of change used a suite of ICT resources to effectively improve how they engage with families who have English as an additional language (EAL). By testing a variety resources they discovered which ones were most effective in helping to get EAL parents more involved in their child's learning and development. [Click here](#) to watch a short film on the EAL project.

**You can now find us online!**

We're developing a webpage to support the work of our local collaborative. Here you can find out about the aims/priorities for P&K as well as video introductions from workstream leads. We'll continue populating these pages with useful resources, including: presentations, storyboards and learning from local

tests of change. Find our webpage [here](#).

**Somewhere over the Rainbow**

Since November 2014 Allied Health Professionals have been delivering training on key messages about child development to CPP staff across P&K. The course is aimed at frontline staff that work with families but have limited knowledge of child development. The team deliver information from areas like speech & language, physiotherapy and nutrition & dietetics.

In P&K more than 40 frontline staff have received training, including people from health, education, housing, welfare rights, community learning & development and 3<sup>rd</sup> Sector. Training is ongoing, so if you or a colleague would like to gain a basic knowledge of child development please contact the Early Years Resource Team ([eyt.tayside@nhs.net](mailto:eyt.tayside@nhs.net)).

**Healthy Start Vitamins at Gowans**

One of our work experience graduates has been developing a new test of change to help increase uptake of Healthy Start (HS) Vitamins among eligible families at Gowans's Child & Family Centre. It's hoped that this will lead to improved maternal/infant nutrition for families as well as income maximisation.

With [Healthy Start](#), eligible families can get free vouchers every week to spend on milk, infant formula, fruit/veg and vitamins. Uptake of HS vouchers at the centre is good, with only 6/26 families not claiming, but parents don't access the vitamin component. It was also found that families weren't pur-

chasing a variety of fruit/veg with vouchers, using them to mainly purchase milk/formula.

The team has carried out a number of promotional activities to raise awareness of the HS scheme, with particular focus on the vitamin component.

Activities have included:

**Increasing staff awareness** – by presenting at the morning team meeting staff are now more aware of the scheme and better able to discuss it with parents;

**Weekly shopping demonstration** – the team bought a weekly shopping basket, to help illustrate the types of food parents can buy for the value of their HS voucher; and

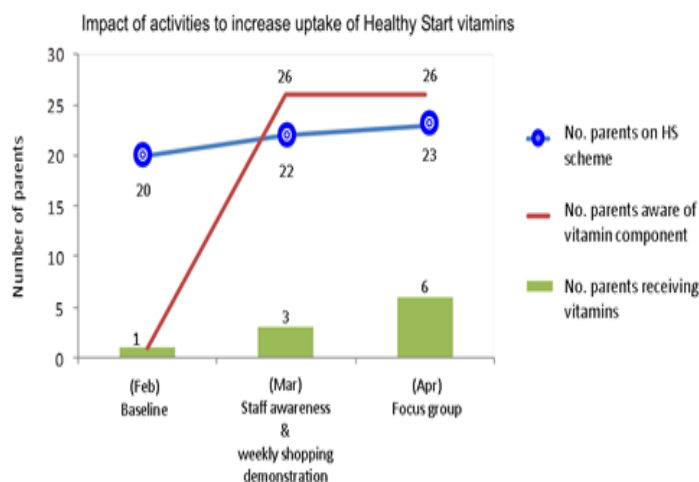
**Focus group** – most recently they held a discussion with 5 families to try to understand the barriers people experience in claiming the vitamins. Staff also explained the purpose of the vitamins and parents received either the children's drops or women's vitamins.

**Important dates:**  
The next EYC National Learning Session 8 will take place in Glasgow 10/11 November 2015.

If you missed out on the previous national learning session you can access resources [here](#)

Interested in learning to use the model for improvement?  
Contact us to find out about our learning sessions.

If you have any questions please contact us: [EYCollaborative@pkc.gov.uk](mailto:EYCollaborative@pkc.gov.uk)





## Do you have an article for this newsletter?

Editor: Miss Joanne Southern, Tel: 07793 746525 Email: [j.southern@nhs.net](mailto:j.southern@nhs.net)

The Perth & Kinross Getting it Right newsletter is a multi-agency publication produced and edited by Perth & Kinross Community Health Partnership. Editions of this newsletter are published in:-

**February (Article deadline 1st January)**

**April (Article deadline 1st March)**

**June (Article deadline 1st May)**

**August (Article deadline 1st July)**

**October (Article deadline 1st September)**

**December (Article deadline 1st November)**

Please send any articles you have for this newsletter to [j.southern@nhs.net](mailto:j.southern@nhs.net).

If you would like to be added to the distribution list for our newsletter please contact Jo Southern on the above contact details.

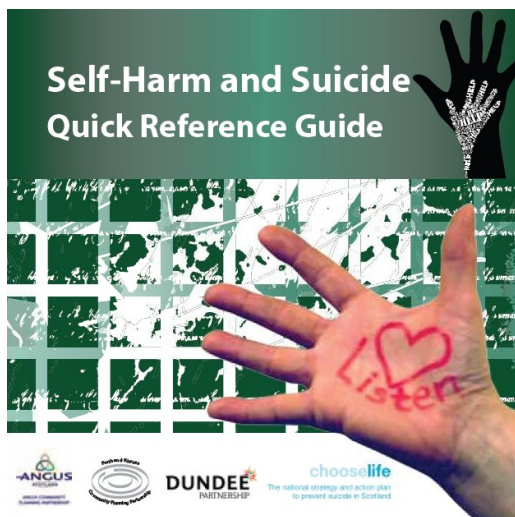
### Self-Harm and Suicide Quick Reference Guide

In 2011, NHS Tayside and Perth & Kinross Council launched guidance to help prevent self harm and suicide in young people.

3000 copies of the A4 'Supporting Children & Young People at Risk of Self Harm & Suicide' as well as 5000 copies of the Quick Reference Guide were distributed throughout Tayside, with positive evaluations.

Due to high demand, Choose Life has funded a further reprint of the Quick Reference Guides, which has been updated with links to local help and information.

If you would like a supply of the guides please contact [j.southern@nhs.net](mailto:j.southern@nhs.net) with the amount you require and contact details.



### Summer Special Activities Newsletter is back....

Following on from last year's newsletter, we plan to again publish the special edition of 'holiday activities', which can be distributed to all schools, etc, to highlight events which will be happening around the holidays (2nd July 2015 to 18th August 2015).

If you would like to submit an event to be included, please send details as set out below to [j.southern@nhs.net](mailto:j.southern@nhs.net):

Name of Event:  
Date, times and duration:  
Venue:  
Target audience:  
Brief Description of activity:  
Contact details for event:  
Any associated costs.

Deadline for all submissions is Friday 12th June 2015, and it is free to submit an event.

Alternatively if you would like to receive a copy of the newsletter via email once finalised please email [j.southern@nhs.net](mailto:j.southern@nhs.net) with your contact details.



## Time2Play

The Time2Play Easter Play Camp was held at Perth Grammar School grounds and garden area over the Easter holidays.

The Play Camp attracted over 50 families allowing them to enjoy daily play together in a stimulating environment. On offer was tennis, den building, obstacle courses, zumba, scootboarding, crazy golf as well as a range of changing different art and craft activities. Feedback from parents/carers

showed that they felt the service was well organised with lots of activities to choose from and that their children had lots of fun with the staff being helpful.

The Childcare Strategy Team continue to organise play events around Perth and Kinross. Please look out for details of free fun activities on offer for families in the near future. We plan to be in parks across the area during the summer and we are currently

planning our Annual Playday celebratory event to be held on Wednesday 5<sup>th</sup> August 2015.

Further information will be posted on Facebook, twitter, in the press and also at [www.pk.gov.uk/families](http://www.pk.gov.uk/families)

