



Mental Health Delivery Group Newsletter Autumn 2022

*Welcome to the Autumn 2022 edition of the Mental Health Delivery Group (MHDG) newsletter
produced by NHS Highland - Health Improvement Team, on behalf of the Highland Community
Planning Partnership (HCPP) Mental Health Delivery Group*

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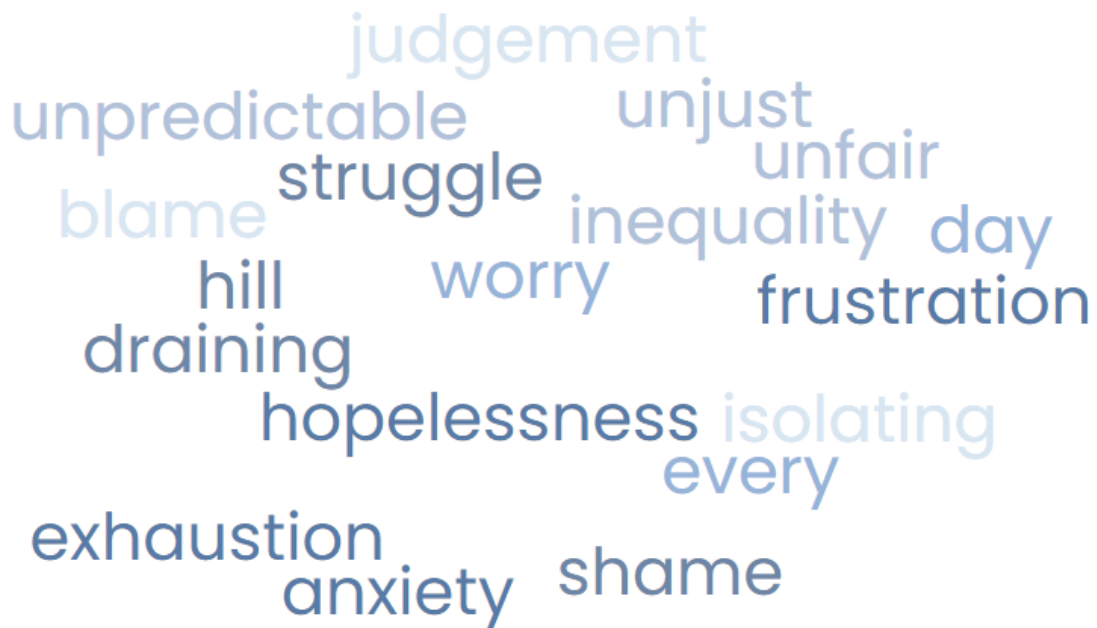
Supporting the Wellbeing of our Children and Young People

Highland Wellbeing Website - update

Spread the word via this newsletter! Keep us updated please?

The Mental Health Delivery Group Explained

Poverty and Mental Health



Regardless of which comes first, the link between the two are without question.

In this edition we are focussing on the impact of poverty and money worries and the impact on people's mental health. You will find information which can help you help others and if need be, yourself.

There is a stigma associated with poverty and a perception that people living in poverty should just try harder to get themselves out of it. Rooted in the belief that poverty is a result of personal failings, these negative judgements will undoubtedly impact on someone's confidence and self-esteem and result in a greater likelihood of mental health issues developing.

"It doesn't seem to matter how hard I try, I never feel like I'm getting anywhere"

"I feel people judge "

" I am crying inside"

"It's draining"

"It seems as if you are fighting against the tide, and the tide is always running against you"

Just some of the words used by the people in this video to describe their experiences.



Having a secure and higher income is likely to result in better health.

Good health allows you to gain and sustain employment and to have more options to live a more active life.

A secure and higher income is likely to enable you to meet your own needs and allow you to take part in healthy activities as well as access things like better housing and higher quality food.

Insecurity and less income results in exactly the opposite.

But first - Taking Care of You



If you or someone else is experiencing mental distress and you are worried about your own or someone else's immediate safety:

- Call 999 or go straight to A+E immediately.
- If you are calling for someone else, try to establish the person's, name, contact details and location

If the crisis is not life-threatening but you are concerned for your own or somebody else's mental wellbeing:

- Advise them to call NHS 24 on 111 or speak to their GP. The route into formal mental health services is through a GP surgery.
- If someone discloses to you that they are already being supported for their own mental health, it's useful to link them to where they are currently receiving support

Important Support Line Numbers and Links

- [NHS 24](#) on 111
- [Samaritans](#) on 116 123
- [Breathing Space](#) on 0800 83 85 87 (6pm Friday – 6am Monday & 6pm – 2am on weekdays)
- [Mikeysline](#) text and multimedia crisis support
- [Shout](#) by texting 85258
- [Clear Your Head](#) website

Download the HCPP Signposting to [Mental Health and Wellbeing Resource](#) for more information and support options

Signposting to mental health and wellbeing resources



The impact of the measures to reduce the spread of the COVID-19 has placed increased pressure and uncertainty on everyone so it's important to know where to find help and support for our mental health and wellbeing when it is needed. There are services where you can find confidential and trusted support, these include:

Help in a crisis

The following advice is intended for crisis situations which happen only rarely. A mental health crisis is when someone feels their mental health is at breaking point and they need urgent help and support.

If you are concerned that you are, or if you feel that someone else is, in immediate danger call **999**. If you are calling for someone else, try to establish the person's, name, contact details and location.

If the crisis is not life-threatening but you are concerned for your own or somebody else's mental health, advise them to call NHS 24 on **111** or speak to their GP. The route into formal mental health services is through a GP surgery. If someone discloses to you that they are already in receipt of support for their own mental health they should be directed to link in with that pre-existing support.

Support, advice and resources can also be found at:

- Samaritans - 116 123 (calls are free and do not show on a phone bill)
- Breathing Space - **0800 83 85 87** (Monday to Thursday 6pm – 2am; Friday 6pm to Monday 6am)
- Mkey's Line - **07786 207755** (Sunday to Thursday 6pm - 10pm, Friday to Saturday 7pm - 7am)
 - Young People can email yp@mkeyline.co.uk for an appointment
 - The Hive , 19 Academy Street, Inverness – closed during lockdown
- Ewen's Room - **0800 689 3317** (Weekdays 5pm - 10pm; Weekends 12 noon - 10pm)
- National Scottish Domestic Abuse Helpline - **0800 027 1234**
- Rape and Sexual Abuse Service Highland (RASASH) - **03330 066 909** (Monday/Wednesday/Friday 9.30am till 12.30pm; Tuesday and Thursday 1.30pm till 4.30pm). Text support Service: **07451 288 080**
Support email: support@rasash.org.uk
- Rape Crisis Scotland - **08088 01 03 02** (Phone free any day between 6pm and midnight)
Text: **07537 410 027** (If no immediate response, let them know when is a safe time to contact you)
- LGBT Helpline Scotland **0300 123 2523**
- Childline - **0800 1111**
- CRUSE Bereavement Care Scotland - **0845 600 2227**
- Jamies Support group - **07563 572 471** (24 hour helpline)

Non-crisis situations

In most instances where mental health concerns are raised it will not be a crisis. If you have, or someone you are in contact with has concerns about mental ill health, a GP should be the first point of contact.

It is understandable in the current pandemic that many people will feel anxious, worried or stressed. For those who are in need of emotional/wellbeing support or who are affected by isolation due to the current COVID-19 circumstance, you might want to look for local voluntary organisation who can offer a regular welfare call or suggest contact with a befriending service.

Additional resources

While we can't control many of the challenges around us, there are still things we can do to protect our mental health and wellbeing. Check out any of the resources:

Befrienders Highland

www.befriendershighland.org.uk

A small voluntary organisation working to improve the lives of people who are lonely and isolated and have experience of mental ill health, memory difficulties or dementia and carers.

Clear Your Head

clearyourhead.scot

Great tips from the Scottish Government and partners to help get you through these difficult times.

Highland Mental Wellbeing

www.highlandmentalwellbeing.scot.nhs.uk

A collection of resources gathered by NHS Highland to support mental wellbeing

Highland Digital School Hub: Wellbeing for all

www.highlanddigital.schoolhub.com/wellbeing-for-all

Resources to use at home to help with going back to school, and resources for school staff to support themselves

SAMH Information Service

www.samh.org.uk/information-service

You can talk to their Information team about mental health on **0344 800 0550**, and there is a range of information on support, including:

- If you urgently need help - <http://bit.ly/3buW3QE>
 - SAMH have put together a list of organisations who can help if you need to speak to someone.
 - Protect your wellbeing in winter - <http://bit.ly/2N24WY3>
- Some of us may struggle with our mental health and wellbeing during the colder months.

Prevent Suicide – Highland App

The 'Prevent Suicide – Highland' app can be downloaded for smart devices from:

- Apple App Store - <https://apple.co/3akb2nf>
- Google Play Store - <http://bit.ly/37F7Fu6>



NHS Education for Scotland (NES) national animations (each video is approximately five minutes in length)

A series of videos promoting children and young people's mental health and preventing self harm and suicide:

- What is mental health? - <https://vimeo.com/450051310>
- How to talk about mental health - <https://vimeo.com/450052951>
- Self-harm and suicide prevention - <https://vimeo.com/450054407>

A series of videos for adults are also available:

- Ask, tell, look after your mental health - <https://vimeo.com/338176495>
- Ask, tell, have a healthy conversation - <https://vimeo.com/338176444>
- Ask, tell, save a life – every life matters - <https://vimeo.com/338176393>

This resource has been produced by the Highland Community Planning Partnership Mental Health & Wellbeing Delivery group. If you require a copy of this guide in an alternative format please contact the Highland CPP by emailing cpp@highland.scot.nhs.uk

Encourage everyone to download the FREE Prevent Suicide Highland App
An information resource and safety planning/discussion tool for the whole community



Available for both Android and iPhone



If you need urgent help with suicidal thoughts call:
Samaritans on 116 123 or
Breathing Space on 0800 83 85 87

Mental Health and Money



The [Mental Health and Money Advice](#) service has 3 informative podcasts entitled 'Money on Your Mind' focusing on mental health, money and how they are related.

There are 3 short 15 minute episodes on:

- How talking about your money worries can help your mental health
- The link between money and mental health
- Managing your money when living with a mental health condition

Follow the link to access all 3 episodes:

[Podcast - Mental Health UK \(mentalhealth-uk.org\)](#)

Trying to Make Ends Meet?

With the current rising cost of living crisis, it is appropriate to help make sure people are receiving all the benefits and entitlements they should be. This Worrying About Money leaflet is a step-by-step guide to identifying what someone's financial issue may be and where they can access the most appropriate help.

[Worrying About Money Leaflet](#) - download or click on the image to reveal page 2 below

Step 1: What's the problem?

I suddenly have no money

- Lost job / reduced hours
- Lost money / unexpected expense
- Disaster (e.g. flood or fire)
- Relationship breakdown
- Money stopped (e.g. failed a medical)
- Sanctioned - see option 5

See Options: 1 2 5 6

My money doesn't stretch far enough

- Deciding between food / fuel / mobile credit
- Low income or zero hours contract
- Statutory Sick Pay too low to cover costs
- Not sure if eligible for support
- Change of circumstance (e.g. new baby / bereavement / illness / left partner)

See Option: 2

I have debt

- Rent or Council Tax arrears
- Gas or electricity
- Payday loans
- Owe friends and family
- Benefit repayments

See Option: 3

I am waiting on a benefit payment/decision

- Made a new claim for benefit
- Benefit payment is delayed
- Waiting for a benefit decision

See Options: 1 4

Step 2: What are some options?

1 Scottish Welfare Fund

People on low incomes may be able to get a **crisis grant** from the Council.

This is a payment to help you cope during an emergency or disaster, or due to unexpected expenses. Crisis grants do not have to be paid back (not a loan).

Where can I get help? A B C

2 Maximise Your Income

Anyone who is struggling financially can get a benefit check and speak to an advisor for free and confidential advice.

A **benefit check** can ensure that you are receiving all the money you're entitled to, especially if your circumstances have changed recently. Speaking to an advisor could also help you **find cheaper deals** on things like gas and electricity and **make sure you're not missing out** on things like school clothing grants or free school meals.

Where can I get help? A B

3 Debt Advice

Debt can happen to anyone. Free advice and support can help you find ways to manage your debts and reduce how much you pay each month.

Where can I get help? A B

Step 2: What are some options?

4 Benefit Advance

If you have made a new claim for benefit and are in financial hardship while you wait for your first payment, you may be able to get an advance to afford things like rent or food. It's important to get advice before taking out an advance. Benefit advances must be paid back, and the money will be taken from your future benefit payments (a loan).

Where can I get help? A B

5 Hardship Payment

If you have been sanctioned, you may be able to request a hardship payment from the Jobcentre. Hardship payments are not always paid immediately, and they're not available to everyone. Hardship payments of Universal Credit need to be paid back (a loan), but hardship payments of Job Seekers Allowance or Employment Support Allowance do not (not a loan).

Where can I get help? A B

6 Challenge a Decision

You can challenge a benefit decision if your benefit has been stopped / sanctioned / reduced / refused or you have been overpaid. Most benefit decisions need to be challenged within one month.

Where can I get help? A B

Step 3: Where can I get help?

A Highland Council

The Welfare Support Team provide free, impartial and confidential support to claim all entitlements that are due to you

0800 090 1054
welfare.support@highland.gov.uk

B Citizens Advice Bureau

Free, impartial and confidential advice on benefits, debt, money and housing

Caitness
01947 894243
bureau@caithnesscab.casonline.org.uk

North and West Sutherland
01871 521730
NWS@bureau@NWSCAB.casonline.org.uk

East and Central Sutherland
01408 633000
advice@ecscab.org.uk

Ross and Cromarty
01349 883333
bureau@rhscab.casonline.org.uk

Skye and Lochalsh
01478 612032
adviser@scab.org.uk

Naim
01867 456677
bureau@naimcab.casonline.org.uk

Lochaber
01397 705311
adviser@lochabercab.casonline.org.uk

Inverness Badenoch and Strathpey
01463 237664
enquiries@invernesscab.casonline.org.uk

Step 3: Where can I get help?

C Scottish Welfare Fund

Crisis Grants to cover the costs of an emergency

0800 083 1887
www.highland.gov.uk/welfare-fund

Other Support

Home Energy Scotland
Free and impartial energy efficiency advice
0800 806 2282
www.homeenergyscotland.org

Shelter
Free housing advice
0800 800 4444
scotland.shelter.org.uk

Social Security Scotland
Speak with someone about a benefit application
0800 182 2222
www.mygov.scot/benefits

Breathing Space
Confidential helpline for anyone feeling low, anxious or depressed
0800 83 85 87
www.breathingspace.scot

Clear Your Head
Ways to help mental health and wellbeing
www.clearyourhead.scot

Salvation Army
Housing Advice
01463 234123
invernesssettlement@salvationarmy.org.uk

Updated on: 16/11/20

Feedback? Share your experience of using this guide by visiting www.fli.ly/ncrpaqubv0t6enback

Worrying about money?

Financial advice and support is available if you're struggling to make ends meet.

Follow these steps to find out where to get help in Highland.



Social Security Scotland
Teannrachd Shìonaiche Alba



Training for people in a 'helping role'



Training delivered by all Mental Health Delivery Group Partners, for staff/volunteers and community groups - **new additions**

A wealth of training opportunities can be found by selecting the Training tab within the revised Highland Mental Wellbeing website.

[Highland Mental Wellbeing website](#)

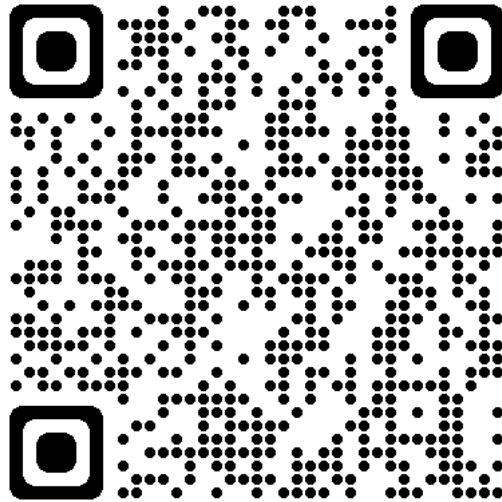
By scanning the QR codes or clicking the links below, you'll be taken to Turas Learn and see what dates are available to book on each course.

[Money Counts](#)

Money counts

This aim of this course is to build the confidence of staff working with people that may benefit from income maximisation help. It aims to increase staff understanding of poverty and the importance of asking about money worries, and increase knowledge of what support agencies can provide to those needing financial support.

<https://learn.nes.nhs.scot/48351>

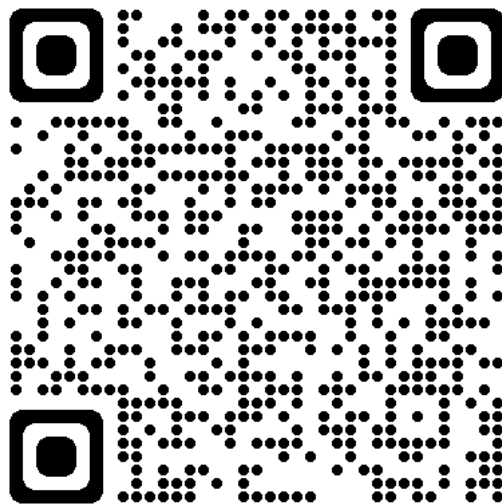


Health inequalities - [why bother?]

Health inequalities - [why bother?]

The aim of this course is to explore why tackling inequalities is the responsibility of everyone, what works to tackle health inequalities and explore how to apply this learning in your own working practices.

<https://learn.nes.nhs.scot/41809>

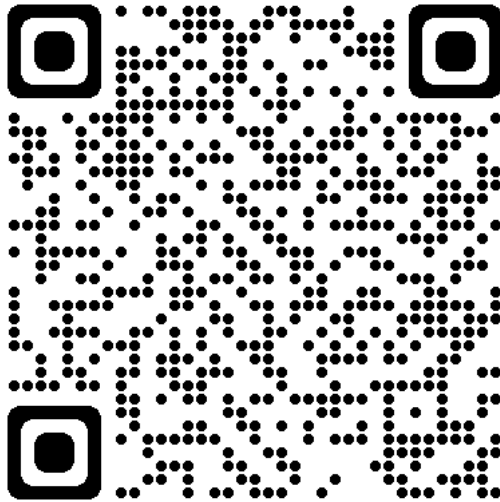


An introduction to mental health and wellbeing

An introduction to mental health and wellbeing

The aim of this course is to provide the essential knowledge and skills required by all staff working in health and social care or within partner organisations to positively impact on their own and others mental health and well-being.

<https://learn.nes.nhs.scot/62849>



[How to Access Turas Learn](#)

Turas Learn is a website for health and social care staff to find and record learning, including eLearning modules and courses. Watch the video to find out how to:

- Register for Turas Learn
- Sign in to find learning resources
- Find your Learning Record



[NHS Highland Health Improvement Training Programme](#)

Training delivered by NHS Highland Health Improvement colleagues is available to anyone working in Highland.

Whilst there is the obviously relevant training around suicide prevention; mental health awareness; Scottish Mental Health First Aid; there is also training which supports us all to address health inequalities such as e.g. poverty, discrimination which we know lead to poorer physical and mental health .

For further information please download the programme using this link:

[Health Improvement Training \(scot.nhs.uk\)](https://scot.nhs.uk)



Free period products available across Highland for those who need them



In line with the Period Products (Free Provision) (Scotland) Act 2021 which aims to tackle period poverty, promote period dignity and break the stigma surrounding periods in Scotland, free period products are available for collection from over 70 community venues across Highland with more collection points being added all the time

You can collect for yourself or on behalf of someone else.

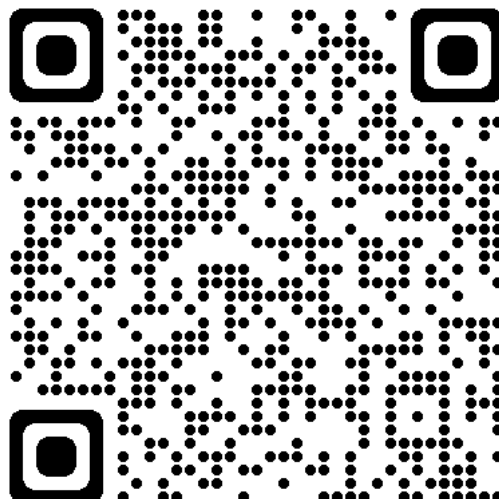
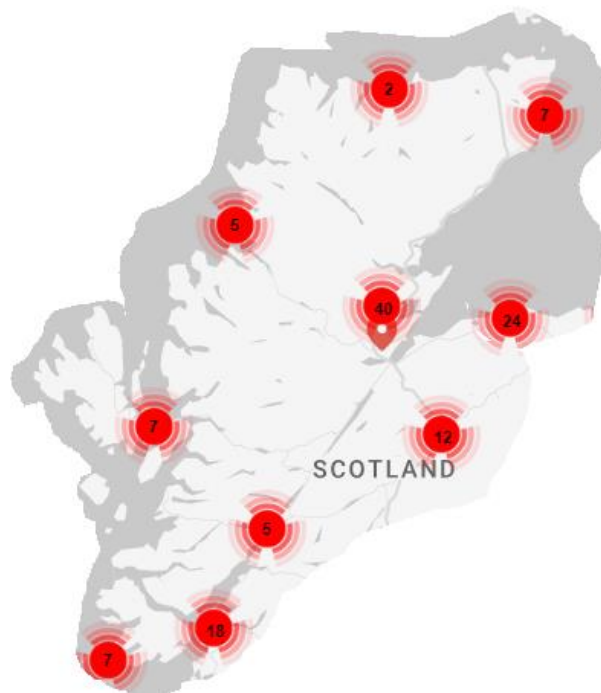
Look out for this poster in public buildings

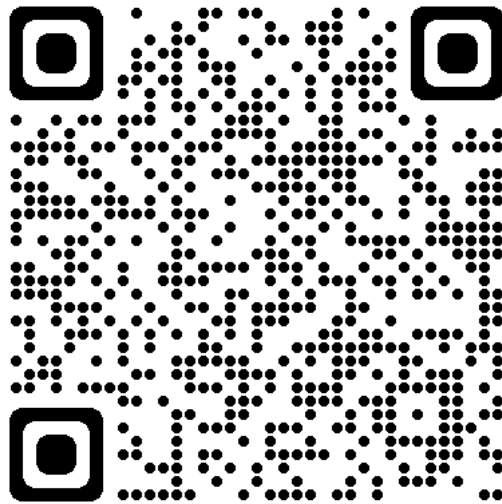
Up to date information on community collection points in Highland can be found clicking on this link [My Period Live](#)

OR

Download the PickUpMyPeriod app for free on Apple or Android.

The information there will be updated regularly and includes a map of current community collection points in Highland and across Scotland.





2 - [APPLE](#)

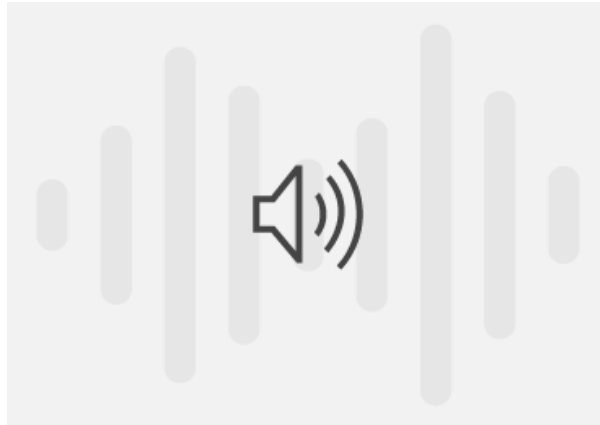
Self Help - ideas to help you look after your mental health



Take a Breather

Even when things feel overwhelming, it is possible to settle our brain and emotions. A few minutes of conscious breathing, where the *in breath* and the *out breath* are around 5 seconds long each, can help activate calmness and safety in the body.

Try it for yourself by taking a few minutes from your day, using the audio track below to follow for 5 second *in breath* and 5 second *out breath*



<https://sway.office.com/F2i5T8pKBffrDfJc#content=ehQOAMNbZzTBbg>

3 - By clicking [Audio tones here](#) you can listen to guide tones to aid regulating and equalising the breath.

Mindfulness - why try it?



The Mental Health Foundation tells us that practicing mindfulness or meditation can help you to become more aware of thoughts, feelings, and body sensations so that instead of being overwhelmed by them, you will be better able to manage them. It can help you to:

- Understand that stress is a natural response to a challenge
- Pay attention to your thoughts and emotions AND be kind to yourself
- Turn your stress and anxiety into things you can do to help you cope

Want to know more about this practice?

The [Highland Mindfulness Group](#) provides beginner's mindfulness courses and support, plus motivation and continued training in all aspects of mindfulness meditation for anyone who has completed basic mindfulness training.

They are in process of re-organising this website to make it more user friendly, but if you are looking for something specific and can't find it by using the search box, you can email them on highlandmindfulness@gmail.com for help.

Take Time Outside



"Taking time to enjoy your local outdoor green space could bring you huge health benefits – getting outdoors is good for your physical, mental, and social well-being. Regardless of age and ability, there really is something for everyone, including groups and organisations in your local area that can support you.

You may not be the “outside type” but we aren’t talking mountain climbing and adrenalin sports here, we’re talking small steps to make a positive change"

Think Health Think Nature is here as a free resource to help you explore and enjoy your local green spaces.

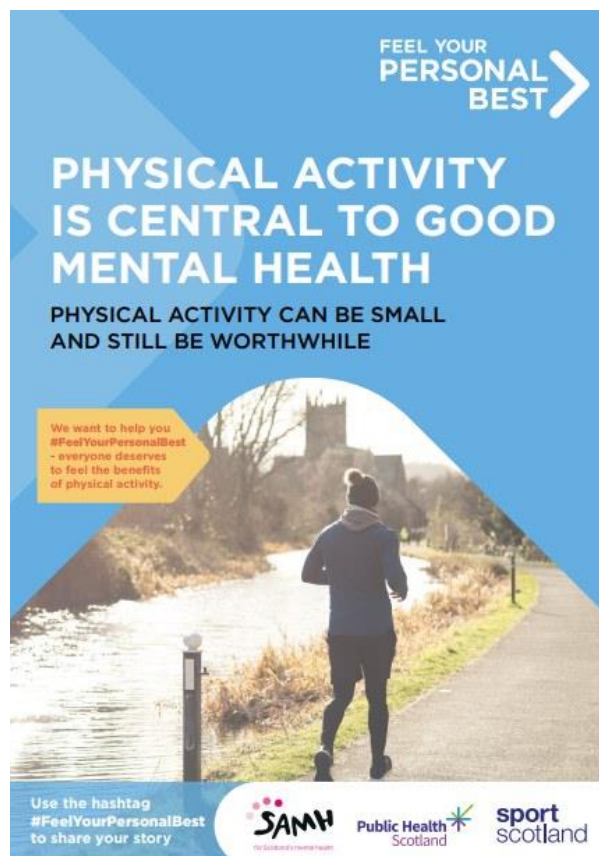
Follow this link to Think Health Think Nature website for more information and ideas

[Think Health Think Nature](#)

[#feelyourpersonalbest](#)

Launched jointly by SAMH (Scottish Association for Mental Health), Public Health Scotland, and **sportscotland** this campaign aims to encourage us to make small changes in our lives, that could help us to feel our personal best.

The ‘Feel Your Personal Best’ campaign is about encouraging people to get moving in whatever way works for them and support their physical and mental health in doing so.




FEEL YOUR PERSONAL BEST >

PHYSICAL ACTIVITY IS CENTRAL TO GOOD MENTAL HEALTH

SMALL CHANGES CAN LIFT YOUR MOOD

We want to help you #FeelYourPersonalBest - everyone deserves to feel the benefits of physical activity.



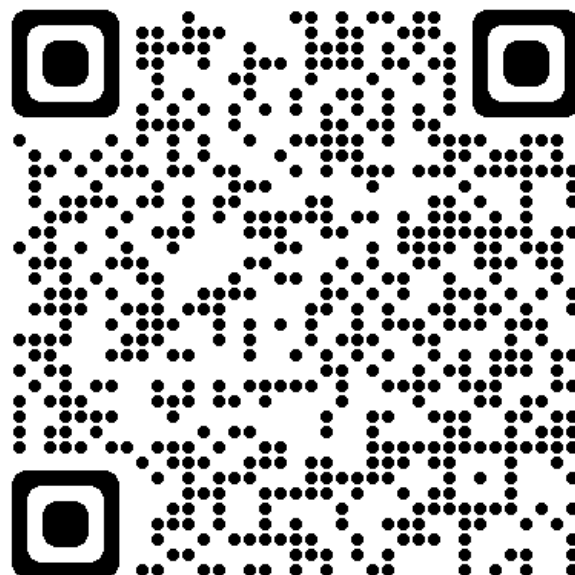
Use the hashtag #FeelYourPersonalBest to share your story

SAMH Public Health Scotland sport scotland

Jeff's Story *How walking helped him feel more calm and able to think straight*

*Check out the **Feel Your Personal Best** website for more personal stories and ideas for taking care of our body and mind*

[Feel Your Best Website](#)



highlife highland- membership

highlife membership offers you and your family access to a range of health and fitness opportunities in leisure centres throughout the Highlands. In addition to swimming pools and fitness suites, your membership gets you access to court activities, swimming lessons and a huge range of group exercise classes for people of all abilities and interests

If you access government benefits - cost - **50p per session**

Website : [Join High Life Highland](http://www.highlifehighland.com)

Click on these images to find out about the different packages on offer



Budget Family

Only pay 50p per activity

[Sign up as Budget Family](#)

WHY CHOOSE THIS PLAN?

- ✓ 2 adults and unlimited U18s within your household
- ✓ Only available to those receiving benefits
- ✓ Only for residents of Highlands and Islands
- ✓ Book up to 7 days in advance
- ✓ Able to book online

Budget Individual

Only pay 50p per activity

[Sign up as Budget Individual](#)

WHY CHOOSE THIS PLAN?

- ✓ Only available to those receiving benefits
- ✓ Only for residents of Highlands and Islands
- ✓ Book up to 7 days in advance
- ✓ Able to book online

Family

All inclusive membership

£34.30 / month

[Sign up as Family](#)

WHY CHOOSE THIS PLAN?

- ✓ 2 adults and unlimited U18s within your household
- ✓ No minimum contract
- ✓ No joining fees
- ✓ Access to over 25 leisure facilities
- ✓ Group fitness classes
- ✓ Book up to 7 days in advance
- ✓ Includes term time swimming lessons
- ✓ Discounted access to premium services such as Love to Swim & Personal Training
- ✓ Pay by Direct Debit
- ✓ Able to book online

Individual

ALL inclusive membership

£22.80 / month

[Sign up as Individual](#)

WHY CHOOSE THIS PLAN?

- ✓ No minimum contract
- ✓ No joining fees
- ✓ Access to over 25 leisure facilities
- ✓ Group fitness classes
- ✓ Book up to 7 days in advance
- ✓ Includes term time swimming lessons
- ✓ Discounted access to premium services such as Love to Swim & Personal Training
- ✓ Pay by Direct Debit
- ✓ Able to book online

Highland Food Activity Map





A source of information for people with drug and/or alcohol problems, and their families or friends, that helps prevent overdose and encourages engagement.



Available for both Android and iPhone

Able Futures - Mental health support for people at work



_able futures

Support in the workplace

If you live in the UK and are:

- aged 16 plus
- in work
- starting work
- on an apprenticeship

Able Futures gives you regular time to speak with a mental health specialist about issues that are affecting you at work, so that you can learn new ways to look after yourself so that you can feel more resilient and able to cope as well as finding the confidence to take practical steps to overcome problems and make adjustments to help your mental health at work

[Click here for more information](#)



Is something playing on your mind at work?

Get support for your mental health at work so you can have more good days

Support for employers

Download the [Employer Toolkit](#)

Able Futures delivers the Access to Work Mental Health Support Service on behalf of the Department for Work and Pensions and we understand how to help employers who are facing challenges with mental health at work.

It is full of information to support you support your workforce with their mental health and wellbeing



Supporting Mental Health at Work: The Employer Toolkit

The Access to Work Mental Health Support Service

Supporting the Wellbeing of our Children and Young People



Take a look at this fantastic resource developed to support children & young people, parents and carers and anyone working with a child or young person, to access the right information at the right time:

[Supporting the wellbeing of our C&YP \(wellbeinghighland.co.uk\)](http://wellbeinghighland.co.uk)

You'll find support sections for 'Children and Young People', 'Parents and Carers' and 'Practitioners'. There is also a news section and survey results from the Highland Lifestyle Survey presented in useful infographics such as this:



Other survey infographics found on the site include topics like healthy eating and exercise, sleep, bullying, change and loss, bullying and worries. The survey is carried out every 2 years by pupils in P7, S2 and S4.



If you, as a parent or someone who supports parents, have a question about the development or wellbeing of a child or young person in Highland, you can call **Just Ask** on Tuesdays or Thursdays, 1–4pm. A health or educational professional will call you back within a few days.

This is a great way to access professional advice from local staff in the first instance.

Highland Mental Wellbeing website



On the Highland Mental Wellbeing website you will be able to find a wealth of information and local services supporting communities across Highland.

FIND A SERVICE, has a filter option to help you narrow down your search and find the right support for you, in your area.

TRAINING section provides information about training available around the Highlands, provided by many different organisations covering various topics.

EVENTS tab aims to highlight upcoming training and events. It needs you, in local areas, to tell us what's planned, so please tell us about it so it can be shared for the benefit of all concerned. You'll find a contact form in the next section - Spread the Word....

NEWSLETTERS, all editions of the newsletter will be uploaded on the website. They are packed with information and resources

The website can be accessed by clicking this link: [Highland Mental Wellbeing – A collection of resources to support mental wellbeing \(scot.nhs.uk\)](https://www.scot.nhs.uk/highland-mental-wellbeing/)



Spread the word via this newsletter!



The MHDG would welcome the views of everyone from across Highland, who is interested in improving the mental health and wellbeing of people in their local communities.

If you have anything you want to include in our next newsletter, e.g. services you wish to highlight, exciting local initiatives that other areas may wish to replicate, please complete this electronic form, or alternatively,

download a word version using [this link](#) and scroll to the bottom of the page. Once completed email it to nhsh.mentalhealthtraining@nhs.scot

The information in the newsletter or the mental health and wellbeing website is only as good as the day it is published.

We work hard to keep it updated but cannot guarantee everything is 100% current unless **all partners and local community planning groups keep us updated.**

Thank you to those people who are already keeping us updated!

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marginwidth="0" marginheight="0" style="border: none; max-width:100%; max-height:100vh"
allowfullscreen webkitallowfullscreen mozallowfullscreen msallowfullscreen></iframe>



together we can do so much -

JEN

Mental Health Delivery Group(MHDG)Explained



The MHDG is one of 5 thematic sub groups of the Highland Community Planning Partnership (HCPP). The overarching aim of this group is that **all people in Highland will benefit from good health and wellbeing.**

This multi agency group is committed to:

- Sharing best practice, ideas and resources
- Delivering Suicide Intervention and Prevention Training on behalf of the Highland Community Planning Partnership
- Developing an action plan that reflects identified need as highlighted via services from people with lived experience and from data provided both nationally and locally
- Ensuring the people around the virtual table represent the range of activities and services from communities across all 9 local community planning areas

The [Highland Community Planning Partnership](#) brings together public agencies, third sector organisations and other key community groups to work collaboratively with the people of Highland to deliver better outcomes.

Feeding into the HCPP are 9 local community planning partnerships **and** the 5 regional thematic sub groups which are:

- mental health and wellbeing (MHDG)
- community safety and resilience
- infrastructure
- community participation and dialogue

- poverty reduction.





CURRENT MEMBERSHIP

Chairperson - Cathy Steer, Head of Health Improvement, NHS Highland

NatureScot

Cattie Anderson and Liz McLachlan

Third Sector Representatives

Keith Walker

Emily Stokes

Sue Lyons

The Highland Council

Psychological Services Bernadette Cairns

Policy, Equality & Opportunity Rosemary Mackinnon

Occupational Health Gena Falconer

Health, Safety and Wellbeing Jim McCreath

NHS Highland

Mental Health & Learning Disabilities Helen Eunson

Mental Health Services Arlene Johnstone

Public Health: Siobhan Leen, Maggie Hume, Vacant

Fire Scotland

Jill Graham

Police Scotland

Partnerships Jennifer Baughan

Partnerships Jenny Valentine

HighLife Highland

Lynn Bauermeister

Scottish Ambulance Service

Michael Adams

University of Highlands and Islands

Iris Banger

Highland and Islands Enterprise

Vacant