

**Forward**

**Midlothian**

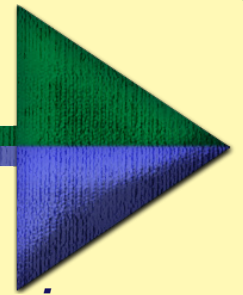
**Disabled People**

[www.forwardmid.org.uk](http://www.forwardmid.org.uk)

**Forward**

**Mid**

**Equality - Diversity - Inclusion**



**Midlothian  
Health & Social Care  
Partnership**

## **Mental Health & Resilience Service funding boost**

**Mental Health  
and Resilience  
Service  
(MHARS)**

**Call 0800 118 2962**



Midlothian HSCP's Mental Health and Resilience Service (MHARS) is to benefit from £50,000 in new funding from the national Distress Brief Intervention (DBI) programme.

The one-off payment was awarded after Midlothian HSCP and service delivery partner Penumbra impressed national DBI managers with the success of the MHARS model during a recent review.

MHARS is a free confidential helpline for Midlothian residents aged 18-65, who experience mental health and wellbeing distress or crisis. The service can help connect users to relevant community resources, services or activities, and referrals do not have to be made

by a GP or healthcare professional.

The new investment will help MHARS to expand capacity for the next year by funding additional staffing beyond the 4.5 FTE practitioners currently delivering the programme alongside Intensive Home Treatment Team staff.

The growth of MHARS is reflected in levels of engagement and capacity, which have exceeded the levels of other initiatives delivering DBI-derived services in Lothian.

Prior to launch in August 2022, an average of 9-15 individuals were referred to DBI Level 2 services in Midlothian every month. After MHARS went live, this rate increased to a monthly average of 44-

### **What's Update**

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50 referrals.

In 99% of cases, those getting in touch with the service engaged with initial support, with a further 82% engaging in further intervention support. Only 1% of referrals resulted in a situation where practitioners were unable to engage with the person concerned.

Midlothian residents aged 18-65 can access same-day compassionate support through the MHARS helpline from 8am-10pm, seven days a week by calling 0800 118 2962. For further information see [midspace.co.uk/#](https://midspace.co.uk/#)

## Staff investment for Substance Use Service

Staffing for Midlothian HSCP Substance Use Service is to significantly increase after Midlothian and East Lothian Drugs and Alcohol Partnership (MELDAP) provided match-funding to compliment new resources from the Scottish Government.

Both the Substance Use Service and third sector provision partner Mid and East Lothian Drugs (MELD) are now completing recruitment and induction phases for staff as a result of this new investment.

Its specific aim is to ensure delivery on Medication Assisted Treatment (MAT) standards. Midlothian HSCP reported in January 2023 that they will meet MAT Standards 1-5 by the end of March 2023, with Standards 6-10 further expected to be embedded over the rest of the year.

## Vaccines update

Autumn/Winter Vaccination Programme (as of January 30, 2023)

- 69% of all eligible cohorts in Midlothian have been vaccinated with the COVID-19 Booster.
- 67% of all eligible cohorts in Midlothian have been vaccinated with the Flu vaccine.
- Care homes and housebound cohort complete, with ongoing mop-up taking place.
- Anyone 16+ is now eligible to book a Covid booster via [vacs.nhs.scot/csp](https://vacs.nhs.scot/csp)
- Inclusivity plans continue.

Shingles and Pneumococcal vaccination programme

- Shingles/pneumococcal vaccination programme re-commenced in January 2023.
- All Midlothian residents should have been offered a first appointment by March 10, 2023.
- Uptake as of February 23, 2023: shingles 80%; pneumococcal 70%.

Spring Booster (COVID-19) Vaccination Programme

- Awaiting JCVI guidance.
- Programme expected to commence on March 27, 2023 for housebound and care



home residents, with vaccination clinics commencing on April 10, 2023.

## **Award-winning long COVID support service extended to Midlothian**

An innovative project to provide support to long COVID patients has been extended to Midlothian.

The Long COVID Pathway was developed by Chest Heart & Stroke Scotland working alongside NHS Lothian, Pogo Digital Healthcare, patients and GPs. The project was piloted in Edinburgh in 2022, involving 36 GP practices and 173 patients, with plans to roll out across Edinburgh and the Lothians by the end of 2023.



GPs can refer patients directly into the pathway, which provides people with bespoke digital advice and also connects them to a CHSS nurse-led helpline and peer support. The digital aspect of the service, the award-winning 'MyTailoredTalks', helps people manage their condition day-to-day while providing feedback to their GP to help with ongoing care.

The rollout has been welcomed by the Midlothian Health and Social Care Partnership Long COVID Project Team.

A spokesperson said: "GP practitioners in Midlothian are looking forward to utilising the pathway, which will remove travel barriers while still providing person-centred support and reducing demand on services."

"The combination of written, video and telephone support will provide access to the most appropriate support, enabling people in Midlothian living with long COVID to self-manage their symptoms and access up-to-date and validated information relevant to their needs." Jane-Claire Judson, Chief Executive of Chest, Heart & Stroke Scotland, added: "In Scotland, 94,000 people have been living with long COVID for over a year."

"Our Long COVID Support Pathway allows us to better support people living with the condition in Edinburgh and Lothian, helping more people with long COVID to live their lives to the full."

## **National Adult Support and Protection Day**

East Lothian and Midlothian Public Protection Committee (EMPPC) hosted an on-line learning event on self-neglect and hoarding to mark National Adult Support and Protection Day on February 20.

The event was attended by 320 staff and volunteers from across East Lothian, Midlothian and Edinburgh.

Across Scotland last year, numbers referred to Adult Support and Protection rose by more than 200 to 940 people a week. A significant proportion of this increase related to self-neglect, which rose during the pandemic when adults were more isolated, and concerns coming to light only when restrictions eased.

This was also seen locally in Midlothian, and this year, EMPPC chose to focus on self-neglect and hoarding to learn more about the particular challenges around managing these issues.



This was supported by national messages, including a short campaign video: [vimeo.com/798419957](https://vimeo.com/798419957)

Professor Michael-Preston Shoot from the University of Bedfordshire presented evidence for best practice around self-neglect, drawing on research, safeguarding adult reviews and practice experience. He told us:

- In Scotland, the prevalence of self-neglect is 200 in 100,000 of the population, and hoarding around 2,500 in 100,000.
- Whilst hoarding affects all ages, it is more common in older adults, when the severity increases. There is a similar prevalence in men and women.
- Hoarding is a recognised mental health disorder and a trauma-informed, whole system approach is needed.
- In the context of people's experience of self-neglect and hoarding, the idea of lifestyle choice is wrong. We should not tackle the symptoms – a deep clean will exacerbate stress and distress.
- We need to learn someone's 'backstory', understand and work with it, which will also include trauma and experiences that go back into childhood. It is a person problem first and that is what we need to remember and work with.
- Importantly for IJBs and Partnership Committees, in England about 9% of referrals are for self-neglect, whereas 45% of Significant Adverse Reviews relate to self-neglect. This disjuncture raises issues about how people work together. Lessons include assumptions about lifestyle choice, lack of assessment of capacity and risk, lack of curiosity and lack of understanding of the issues.

Michael's presentation was ably supported by contributions from a senior Social Worker in Edinburgh with experience of working with people who hoard, our Midlothian Liaison Officer from Scottish Fire and Rescue Service, and our Adult Support and Protection Lead Officer.



## Midlothian Access Panel - What is an Access Panel?

Midlothian Access Panel is a group of volunteers who work to improve access and inclusion for disabled people in their local communities across Midlothian. We do this by raising awareness and helping to change attitudes among the general public about the need for inclusive access.



The Access Panel is made up of people of all ages and abilities who share a passion for the issues faced by disabled people. Midlothian Access Panel support and work with local communities to become as accessible as possible, particularly in relation to the built environment, healthcare, employment, education, and transport. When required we may work in partnership with Disability Equality Scotland as the national umbrella body,

### Get Involved!

Joining Midlothian Access Panel is easy and a great way to help improve accessibility in your community and connect with like-minded individuals.

Being involved can involve learning new skills, making new connections, participating in on-site Access visits, working with health and social care professionals or giving support at events, help with research and publicity. You can give the time and commitment with which you feel comfortable and help to make a real difference in your community.

Volunteers can be from all areas of life, disabled people, those who represent disability organisations, or others with an interest in accessibility, or have experience they can bring to the group, which increases its capacity to make a difference in terms of access and equality. Have fun, meet new people, learn new skills and raise awareness of the issues facing people of all disabilities in their everyday lives. Make a Difference!

We meet locally within Midlothian 3 to 4 times a year. We publish an Access Guide to commercial premises in Midlothian and leaflets and posters to raise awareness

### What is expected of you as a volunteer?

You are not obliged to serve on the committee you can simply be a member of the panel and become involved when something interests you.

To find out more and talk about how to join your local Access Panel contact;

Mike Harrison, Stuart McIntosh, Sheree Muir, Graham Thomson on; ☎ 0131 448 0930

 [chairman@MidDAP.org.uk](mailto:chairman@MidDAP.org.uk)



# CAFÉ CONNECT



Free of charge  
Dalkeith Arts Centre

- Thurs 06/04/23 - 2.00 to 3.30 p.m.
- Thurs 04/05/23 - 2.00 to 3.30 p.m.
- Thurs 01/06/23 - 2.00 to 3.30 p.m.

All  
welcome

Meet or make  
friends and share a  
blether

Link in with Forward Mid  
(Supported by LAC,  
Enable Scotland)





# Braw Blether

Reading Between The Lines



Try Words for Wellbeing to spark the connections through reading, writing and talking.  
Contact Juliet to talk about what group might work for you

Penicuik Library 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of each month 13:30 - 15:00 hrs

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Dalkeith Arts Centre 1<sup>st</sup> and 3<sup>rd</sup> Wednesday each month  
11:00 - 12:30 hrs

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Monthly carers group: Gorebridge Library 1<sup>st</sup> Monday Each Month  
14:00 - 15:30 hrs

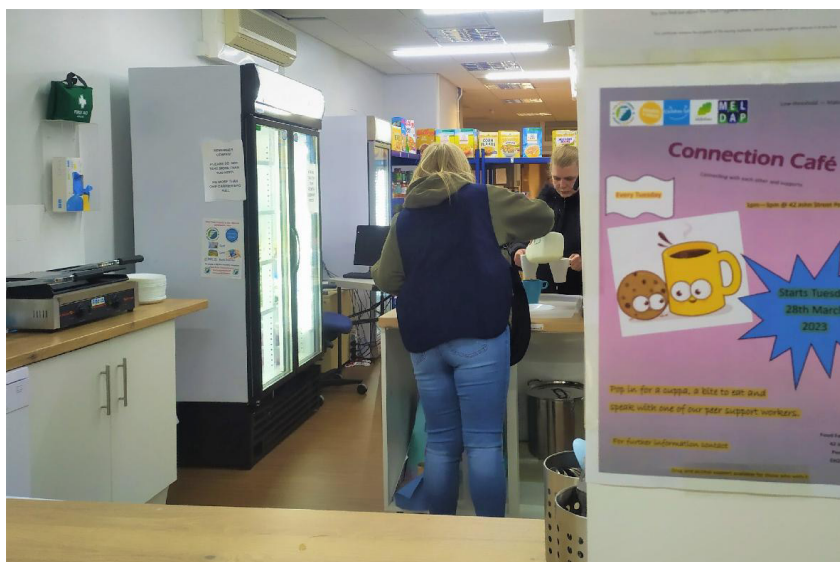
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Read aloud for people living with dementia and their carers.  
Newbattle library 2<sup>nd</sup> Thursday each month 11:00 - 12:30 hrs

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Writing for wellbeing group, Dalkeith Arts Centre  
Last Wednesday each month 11:00 - 12:30 hrs

**For more details contact Juliet**  
 **Bibliotherapy@midlothian.gov.uk**  
 **07771345294**



## New Connection Café Now Open



Our New Connection Café is now open on Tuesdays at the Community Hub in Penicuik from 1pm to 3pm.

As well as food and beverages, it offers specific help for those in need of assistance with alcohol and drug dependency.

“It is a safe place to meet and also seek help from specialist advisors if wanted,” said Mark Wells, FFF founder and coordinator.

“We have expanded our kitchen area and have new equipment, including a toastie maker that is proving to be popular. If you need help pop in, don’t stay at home and be lonely.”

We provide a safe place to meet, talk, eat and get Specialist advice  
42 John Street, Penicuik

### Contact Us & Donate

FFF Community Hub –  
42 John Street,  
Penicuik, EH26 8AB

[www.foodfactsfriends.org.uk](http://www.foodfactsfriends.org.uk)

Food collection points around Penicuik

### What We Need

Tinned food Soap powder Toilet roll  
UHT milk Jam Mayonnaise  
Diluting juice Sauces Snack pots  
Instant noodles Shower gel Soap  
Pasta Tea Cereal  
Toiletries Ready meals Fruit  
Dog & cat food Vegetables Nappies

### Our Services

Support available from Children 1st advisors  
Every Thursday  
Mens Well Being group Wednesday afternoons  
Digital Skills Learning Tuesday mornings  
Community food pantry and fridge

### Opening Hours

Foodshare: Mondays & Fridays  
10.30am – 1pm

Café: Mon-Fri 10am- 3pm  
Sat 11am - 1pm

Community Pantry: Tues & Thurs



# **Update on Midlothian Council cuts Councillors approve savings.**

**From 21 Feb 2023**

## **Council Tax rise of 5%**

To help bridge a budget gap of £7.84 million and deliver a balanced budget of more than £260 million, include a 5% rise in Council Tax. The annual Council Tax for a Band D property will go up by £72.13 from £1,442.60 to £1,514.73.

## **Garden waste**

Garden waste collection charges will also go up to £40 in 2024/25.

## **Councillors agreed**

Savings that were approved are:

- Reducing the net cost of benefits by 6%
- Reducing shrub bed maintenance
- Closing seven PPP primary schools during the holidays
- Closing five stand-alone public toilets
- Stopping the night security service at Stobhill Depot
- Removing 5 full-time equivalent vacant facilities management posts
- A review of Land Services (instead of reducing the rangers service from three posts to one, the service in which the rangers sit, Land Services, would be subject to a wider review)
- Reviewing third party contracts in Education
- An administration review in Education
- A 1% reduction in the Devolved School Management Budgets
- Removing a vacant post in the Continuous Improvement team
- Removing a vacant post in the Internal Audit team



**MIDLOTHIAN**

## **Fees and charges to go up**

As well as raising fees and charges for services including burials and civic licences and ending small grants for local groups, the council will also apply what's known as retrospective service concessions to reduce the budget gap by £4.093 million in 2023/24 to 2026/27 and £4.091 million in 2027/28. Retrospective service concessions are financial arrangements with, for example, PPP contractors to build schools. Savings arise from accounting for assets over the period of use rather than the period of the PPP contract.

## **Medium Term Financial Strategy**

Having considered the views of more than 1800 local people and organisations who took part in a recent consultation, councillors also agreed some savings proposals will be reviewed. These will be brought back to the full Council no later than June 2023 as part of the updated Medium Term Financial Strategy.

## **Rethink**

That stopping funding for gala days and Christmas lights, were rejected. Also Councillors have agreed to continue to invest in the instrumental music service, to keep P4 swimming lessons and continue funding the Police Scotland Midlothian Community Action Team.

# Neighbourhood Chemists Closing

Two Chemists are disappearing from your local high street, both LloydsPharmacy and Rowlands are facing closure. However which branches are shutting is still being considered.

Although not yet confirmed Rowlands. One of Rowlands chemists are being re-branded as Numark Pharmacy (Penicuik).

The Lloyd's pharmacy chain currently has 237 outlets in Sainsbury's sites across the United Kingdom. However, Lloyd's Pharmacy has confirmed it has cut the services following a strategic review "in response to changing market conditions".

The process is expected to be completed over the course of 2023 as Lloyd's Pharmacy said it will confirm exact closure plans on a "branch-by-branch" basis. The chief executive officer of the pharmacy chain said the decision has "not been an easy one".

The majority of closures were concentrated in urban areas, particularly in those neighbourhoods' which have higher incidences of poverty - 37.0% of confirmed closures were in Lothian, 19.5% of closures were in Fife, and 12.1% were in Ayrshire.

One of the UK's biggest pharmacy chains has been threatened with legal action for snap closures which are said to have compromised patient care.

In a letter seen by the Herald, NHS Tayside states that it intends to refer Lloyd's to an NHS tribunal for repeatedly failing to comply with pharmacy regulations on contracted hours.

The Pharmacists Defence Association (PDA) say hundreds of temporary closures are occurring each month in Scotland and are disproportionately affecting deprived areas. The majority affected are Lloyd's owned.

## Why is this happening

Pharmaceutical wholesalers have increased the cost of drugs and passed this cost on to the chemist. Chemists are given a set maximum cost per drug, if the wholesale price is more than the chemist is allowed then chemists have to pay the difference.

Scott Garden, director of pharmacy and medicines, NHS Lothian, said: "We are aware of the current situation of ongoing short notice pharmacy closures in Lothian. We understand this to also be an issue across Scotland, with pharmacist and pharmacy staff availability the most common reason for an unplanned closure, and there is ongoing dialogue with the Scottish Government.



## Alternative Publications

Please like us on Facebook [www.facebook.com/forwardmid/](https://www.facebook.com/forwardmid/)

Forward Mid newsletters are available in large print on request from Eric Johnstone ☎ : 0131-663-9471 or ✉ [eric.johnstone@mvacvs.org.uk](mailto:eric.johnstone@mvacvs.org.uk) write to him at MVA, 4-6 White Hart Street, Dalkeith, EH22 1AE with your request. Electronic copies can be found on [www.forwardmid.org.uk](http://www.forwardmid.org.uk). The latest Firefox browser has the reader symbol 📖 in the address bar, click and select narrate from left menu. The latest Safari Browser has the reader symbol Reader but does not read aloud. These only work on websites without errors. If you require help please contact Forward Mid and we will arrange to help you.

**Edited by Iain Tait for Forward Mid**