

High Life Highland

Ian Murray
Chief Executive



Scottish Company: SC407011
Scottish Charity: SC042593

High Life Highland

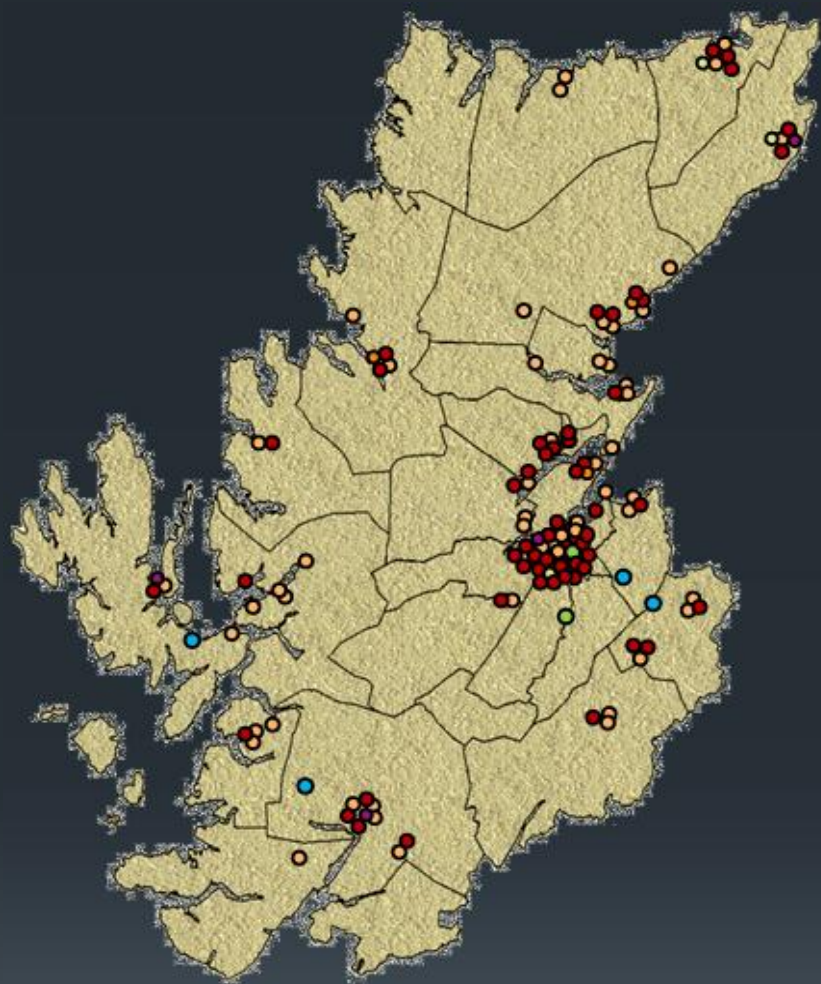
Established by The Highland Council in October 2011, High Life Highland is a charity developing and promoting opportunities in culture, learning, sport, leisure, health and wellbeing.



9 Areas of Work

“Public Service Obligations”

- Adult Learning
- Archives
- Arts
- Leisure Facilities
- Libraries
- Museums
- Outdoor Education
- Sport
- Youth Work



	Users	Staff (No FTE)	Budget
● Adult Learning	8,947	24 19.1	£819,015
● Archives	207,910	24 24	£715,689
● Arts	71,714	4 4	£337,187
● Leisure Facilities	1,150,631	405 200.63	£7,265,105
● Libraries	2,201,891	197 123.43	£4,066,642
● Museums	121,283	23 18.25	£795,392
● Outdoor Education	11,458	2 1.29	£269,800
● Sport	319,074	57 39.8	£1,580,008
● Youth Work	89,996	64 45.65	£1,803,539
SLA's and central support		42/34.9	£3,444,180

2014

Users:
4,182,904

Staff (No | FTE):
842 | 511.05

Budget:
£21.1M

Current Caithness Community Projects

- Thurso Library/gallery - circa £1M, open!
- Thurso Pool – circa £2.5M, Summer 2016
- Wick High School – Circa £6 of 30?M, October 2016
- National Nuclear Archive – circa £4 of £18M
- ...Carnegie Building, Wick

Before

Thurso Library



After

Thurso Library



Before

Thurso Library



After

Thurso Library



Wick Community Facilities



Wick Community Facilities



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New Business Plan Priorities and Partnership Opportunities

- Preventative Health Agenda
- HLH Tourism Offering
- Other management portfolios
- Extension of the High Life Membership Scheme
- The Creative Industries Opportunity
- The Regeneration Agenda
- Opportunities in Outdoor Learning

‘Prevention Agenda’

‘Actions which prevent problems and ease future demand on services by intervening early, thereby, delivering better outcomes and value for money.’

Scottish Government
2012

As much as **40% of all spending on public services** is accounted for by interventions that could have been avoided by **prioritising a preventative approach**

Commission on the Future Delivery of Public Services.
June 2011

Prevention Agenda, general projects

- Employability courses
- Early reading, teenage and parent volunteer development, multicultural support
- Inverness Prison
- Books on prescription

Cardiac Rehabilitation

- Partnership with NHSH
- Patients to receive their Cardiac Rehab treatment from AHP's in the leisure centre
- Supports patients towards their own self-care
- Patients are issued High Life cards for the duration of the treatment programme
- Option to retain the cards for up to a 3 month period beyond the end of the programme
- New developments in East Ross
- Highland wide research under way



Falls Prevention–Otago Programme

- Evidence based falls prevention exercise programme
- Older Adults
- Gentle exercise
- Specialist staff
- Reduces risk of falling and injury
- Robust evaluation
- Savings Possible



Otago in Highland

- Started in Tain now in 10 HLH leisure facilities

HLH also delivers in the following NHS facilities:

- 10 Care Homes
- 2 Day Care Centres
- RNI Community Hospital
- Wider roll out to more care homes
- Wider Outreach

Falls Prevention Training for NHS Highland Staff

2 different kinds of training sessions being delivered by HLH staff to NHS staff:

1. Identifying modifiable risk factors for falls for those supporting older people at home - 2 hr session for care staff;
2. Identifying modifiable risk factors with multifactorial screening - 1.5 hr session for health staff (both support workers and registered practitioners across nursing, AHPs and SW)

You Time

- Family history, libraries collaboration
- Heavy social emphasis
- OTAGO
- Fit Plus
- Yoga / Pilates



Health Projects under development

- 50 HLH Memberships purchased by East Ross NHS led partnership
- Prostate Cancer UK – patient and family “plus one”
- Falls prevention in Raigmore Hospital!

Summary

- More than Libraries, Pools etc
- Highland wide reach
- Developing a range of partnerships
- Local opportunities

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Judy Murray

World class tennis coaching in Thurso

- ⇒ 60 primary kids
- ⇒ 30 high school P.E. students
- ⇒ 21 volunteers



Ilona Unger

Currently working towards 25 hours of volunteering on the Leadership Programme

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