

Agenda Item	3.
Report No	COG 10/19

Lets Get On With It Together (LGOWIT), an introduction

<p>Summary</p> <p>The CPP COG will receive an accompanying presentation and are asked to consider what additionality could be generated, both for the CPP and LGOWIT, by exploring closer working relationships.</p>

1.	<p>Background</p> <p>LGOWIT is, first and foremost, a partnership of third, public and private sector organisations. established over seven years ago and has fundamentally directed approaches within Highland around self-management for people with long term conditions (LTCs). The role of the partnership has been to collaborate rather than duplicate support for individuals who have a long-term health condition.</p> <p>In 2013 LGOWIT established a project funded by the Health and Social Care Alliance and hosted within The Highland Third Sector Interface. At the time this included funding for 1 full time post to focus on developing both training courses for people with a long-term health condition, introducing them to the concepts of self-management, and the development of peer support groups.</p> <p>Since that time the project has continued to grow and securing a further grant for 4 and a half years of funding from the Health and Social Care Alliance in 2017 allowed the creation of a larger team expanding the offer of support across the whole region and developing new initiatives around E learning and employers support.</p>
2.	<p>Core LGOWIT Activity</p> <p>Each month over 200 participants across Highland enjoy a local peer support group, supported activities and outings. This provides necessary social inclusion, opportunities to seek support, information and guidance both from health professionals and from peers.</p> <p>Over 20 volunteers are SVQ trained and accredited to deliver an eight week course on Self-Management and on average 15 courses are offered per annum, to individuals with a LTC. Quotes from Self Management Courses:-</p> <ul style="list-style-type: none"> • ‘I felt comforted by the fact that a group got together to help others with LTC’s. I felt more positive about myself doing this course.’ • ‘I felt supported, accepted, understood and not judged for the first time in a very long time.’ • ‘I came to the course after spending many years living with a long-term condition, I was nervous and unsure of how I could change the way I was living and thinking.

	<p>Through attending this course, I have not only met professional, supportive, knowledgeable, caring staff & volunteers but also folk like me living with the same concerns & worries as I have. The course has helped me build my confidence, taught me new coping mechanisms and learn from some truly inspirational people. To have been able to share my journey with the self-management group has been invaluable to my moving forward positively from a position of strength. I also learnt and this has been important to me is that I had something to offer the group as we talked about our experiences with health, life and for example the medical systems we use, what I had to say was important to others, we shared, we laughed and I for one have grown, I am enabled to make positive changes in my life. What an amazing group, what a fantastic experience'</p> <ul style="list-style-type: none"> • 'I really enjoyed the self-management course. Kirsteen and Lynn made it very relaxing and delivered it impeccably. I now feel I have information and skills to cope with my illness far more efficiently. Would highly recommend' <p>A new toolkit has been developed in partnership with NHS Highland and in addition to distribution through the groups, pain clinics and other clinical points, the toolkit will soon be launched as an eLearning resource. Additionally, a short introductory programme of events for people who want to use the toolkit but would like more support to do are also offered regularly in partnership with Highland Hospice.</p>
<p>3.</p>	<p>Employers Accreditation</p>
	<p>Developed as a way to support employers to understand approaches and policy which will help their staff with a LTC remain and thrive at work, the accreditation scheme is now developing out of its initial trial process. Highland Council are among one of the initial employers to go through the process and have previously supported on site training for staff as well.</p> <p>Recent funding will allow the scheme to work with a large construction company within Highland to complete the accreditation with hope that this will then roll out to other employers and support people with a LTC both to utilise the tools of self-management and remain in work.</p> <p>The accreditation process includes reviews of existing practice and process, staff surveys and training offers on site. A toolkit for employers has been completed and was supported in its development by JCP, STUC and the LGOWIT Partners.</p>
<p>4.</p>	<p>eLearning</p>
	<p>LGOWIT has developed an eLearning version of the ToolKit to help support further engagement with the resource and assistance it provides. The roll out of this will begin in the coming months and the eventual aim will be to provide a full course on self-management through this platform.</p> <p>This work is at the forefront of development within this field and as such it has attracted national interest. In the long run this may be something which can be developed as a tool to support individuals in communities and work places throughout Scotland and the wider UK. Investigations are also being undertaken to establish whether this activity has the</p>

potential to generate sufficient income to sustain the activities of the whole project into the future.

Recommendations

The COG is asked to consider the presentation and whether there are opportunities to support further engagement on the subject of self-management for people with a LTC through collaboration with LGOWIT.