

## Parliament Day

Friday 21 June 2013

### Engagement activities

The engagement activities planned for the morning of Friday 21 June are to take place in **Hillview Community Centre** and **Stirling Community Hospital**.

### Cultenhove Opportunities Partnership

Cultenhove Opportunities Partnership is a social enterprise that is actively involved in the community planning process, consulting with, and representing the views of people in the Cultenhove area.

Cultenhove Opportunities is working to make Cultenhove a better place to live by improving residents' self-esteem and confidence, encouraging pride in themselves and in the place they live, and tackling the issues and problems of disadvantage. It employs a resident support worker (RSW) who works directly with families and individuals, supporting them through their issues, building self-esteem and confidence to make a real difference in their lives and ensure they are included in their community and society.

Cultenhove Opportunities also runs "**COP 4 Families**" – the main vehicle for improving community spirit and cohesion. Volunteers organise community BBQ's, bus trips, Christmas holiday activities and a Christmas panto. It also **supports volunteering** through its activities and works pro-actively with local people, encouraging them into local and wider afield volunteering opportunities, as a means of helping them progress, whether back to work or to training, or to be more involved and participative in their community. Additionally, through its **community enterprise** activities, it provides **training and skills development** opportunities and seeks to develop an **enterprising culture** that offers opportunities for **training and apprenticeships**. Finally, Cultenhove Opportunities has developed a **green space strategy** that continues to have an influence in the master planning of Cultenhove.

### Stirling Community Hospital

At Stirling Community Hospital members watched *Max in the Middle*, a short dramatic presentation by pupils of Cowie Primary School, produced through a local **health improvement project** that aims to educate primary school children about **healthy eating, physical activity** and **avoiding overweight and obesity** using a non-judgmental whole-class approach that was intended to be "memorable, exciting and non-stigmatizing". Through this programme, primary 6 or 7 pupils received 18 hours of **experiential learning on health and well-being**, promoting enthusiasm and parental engagement and limiting stigmatisation. Dance and drama specialists worked in small teams with class teachers. It was delivered to 42 primary school classes (1,100 children) in 2009-10 with priority given to schools serving deprived communities.

*Max in the Middle* has been recognized by the Scottish Government Health Department as fulfilling the intervention component of the H3 HEAT Target for childhood obesity. For this target 23.1% of the participants in Max in the Middle Weeks were recognized as being above the 91st centile criteria and counted towards the H3 target. Current developments focus on both prolonging and revisiting the impact of Max weeks in the primary school classes and extending the positive impact of the programme to participants' families and the wider community.

Evaluation shows that Max in the Middle is extending its impact into curricular-based follow-on work. Internal evaluation confirms very positive feedback from participants including children, teachers, head teachers, participants' families and the wider local community. A number of other NHS boards have expressed interest in adopting or developing the Max in the Middle methodology

Members also engaged with **Town Break Stirling**, which has been **supporting people with dementia**, their carers and families to help them to live within their communities in Stirling and district since 1992. It began then by developing a drop-in service where people with dementia could come and be cared for by trained volunteers while their carers could either stay with them, or go into town for some respite (hence "Town Break").

Town Break aims to promote the **social inclusion** of clients by providing day club facilities in Stirling and Callander and a **befriending service** and any **other appropriate services** for people with dementia. The aim of both services is to help clients gain in **confidence** by participating in activities and hobbies that they had previously enjoyed and to encourage them to try new things. It also aims to help clients **combat social isolation**. In many cases, it provides **early indicators** that problems are starting to occur. The organisation can then alert carers or social services so that by timely intervention problems may be avoided

Town break also aims to **advance education** by training volunteers in understanding the issues related to dementia, to provide **information and support** for carers and family members and to ensure that it is equipped as an organisation to deliver, sustain and develop its services.

### **Committee meeting**

Finally, the Committee held a meeting at Stirling Council. The Committee heard from senior officials of key organisations addressing health inequalities in the Stirling area along with the alcohol and drugs partnership and Stirlingshire Voluntary Enterprise.