



August 2016

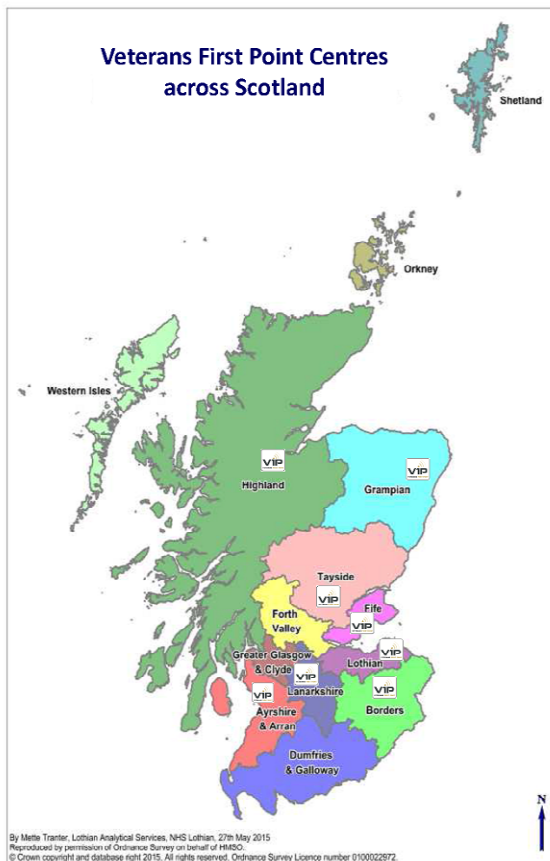
Issue 6

Hello,

The Veterans First Point Scotland Development Team hopes you are enjoying the sun and warm weather. The Edinburgh Festival is in full swing and the streets are swarming with activity and colours. We thought it would be useful to update you on the progress we have been making since our last newsletter in March 2016. So much growth and development of the network has occurred since The Veterans First Point Conference on Wednesday, 23rd March, which officially launched the network of the eight funded V1P centres across Scotland. All but two centres have undergone Induction Training and have launched or are well on their way to doing so. On 2nd August, we had the largest gathering of V1P members for the Network Meeting and November's meeting promises to be larger still since hopefully some members of NHS England and Wales Veterans Services will be joining us.

We hope you find this newsletter helpful, please get in touch to discuss any aspect of the programme and to share any further ideas you may have to support veterans, their families and communities across Scotland.

Veterans First Point across Scotland



Ayrshire & Arran – Recruitment in progress and looking to open a centre in Irvine.

Borders – Service launched on Friday, 24th June and is based in Newstead, near Melrose

Fife – Established centres in three key locations in Cupar, Kirkcaldy and Dunfermline; with their administrative office in Lochgelly.

Grampian – Staff Induction Training scheduled for September/October and still looking for centre location.

Highland – Service launched on Friday, 21st June, and centrally located with PoppyScotland in Inverness.

Lanarkshire – Team in place and launching service on Friday, 21st October; Administrative base in Wishaw

Lothian – Based at Argyle House, Edinburgh commenced Peer Support led work initiatives and relaunched Prison In-Reach programme

Tayside – Celebrating their first anniversary at City Quay in Dundee in Tayforth Veterans Centre

Ayrshire & Arran



Ayrshire & Arran are currently recruiting their V1P Team. Interviews for the Lead Clinician and Administrative Support are underway, and will be advertising for the Psychological Therapist and Peer Support Workers. Please keep an eye on NHS Show and Career Transition Partnership websites if you are interested in these posts. The team has also now located premises in Irvine to be their “shop front”; they are also working closely with other local agencies and partners to develop as wide a network of resources and expertise as possible.

For further developments in Ayrshire & Arran, please contact V1P Scotland at 0131 221 7090 or V1P.Scotland@nhslothian.scot.nhs.uk

Borders



Borders had a successful launch on Friday, 24th June which was well attended by Veterans, members of the public and partner organisations. A variety of good reviews were received from local media coverage. For further information on their launch -

<http://www.berwickshirenews.co.uk/news/local-news/all-local-news/first-point-of-contact-for-borders-veterans-1-4164973>

The Borders team continues to build their relationships with partners, where they have received cross referrals and have accessed small amounts of money to assist with the care of veterans.

They are currently looking to locate suitable clinical space in the local community.

For further developments in Borders, please contact V1P Borders at 01896 825550 or V1P@Borders.scot.nhs.uk

Fife



Fife has established drop in centres in three key locations: Cupar, Kirkcaldy and Dunfermline, with their administrative centre located in Lochgelly, as well as peer support workers and clinician appointments in various locations across Fife. PSW Dean McMinn is undergoing training to be an Outcomes Star trainer and he will be delivering training as required across the Network.

For further developments in Fife, please contact V1P Fife at 01383 565393 or Fife-UHB.VeteransFirstPoint@nhs.net

Grampian



V1P Grampian Team is coming together and they are delighted! Co-ordinator Neil Murray and Psychological Therapist Fiona Molloy are in post. Two Peer Support Workers will be joining the team by mid August. A third PSW will be recruited to cover the Moray/ North Aberdeenshire area. Neil is the central point for communication and Alistair Grant will share some of his time as a clinical support to the PSW. The Grampian Leads are finalising arrangements for accommodation where clients, families and carers can meet and in which drop-in sessions will be hosted.

Hopefully, the launch of the service will be late October or early November.

For further developments in Grampian, please contact V1P Grampian at nhsg.v1pgrampian@nhs.net.

Highland



The Highland Team is now fully in place and the service is operational. Launch for the V1P Highlands service occurred on 21st of June and this was a highly successful day.

In the first week of June, the whole V1P Highland Team and Poppyscotland partners attended the V1P Scotland induction training week in Edinburgh. The full team felt induction was a key forum for bringing the V1P Highlands and Poppyscotland partners together, with a commitment to provide a seamless service for veterans.

The first major focus of the service is to register veterans at the Inverness base. Secondly, to focus on developing the outreach programme, this aims to extend the reach to veterans in rural localities. The Team has

approached rural community partners with plans to setup full day outreach visits which will include a mixture of group activities and the option of planned 1:1 sessions along with IT and digital technology options.

For further developments in Highlands, please contact V1P Highland at Poppyscotland on 01463 710300 or nhshighland.veteransfirstpoint@nhs.net

Lanarkshire



Lanarkshire is delighted to announce they have fully recruited their Team and are developing their service. With an administrative base in the Houldsworth Centre in Wishaw they aim to operate across Lanarkshire in a variety of venues.

Along with developing relationships with their Lanarkshire partners, the V1P team is building an infrastructure of support within the community by linking with local and national agencies. Lanarkshire team members hope to have the framework in place soon with a view to setting-up their first Access Points (drop-ins) in September. While this is a provisional timeline for the coming months, more information will be available soon.

The launch of V1P Lanarkshire will be held on Friday, 21st October at the

Alona Hotel in Strathclyde Park with Key Speaker veteran Phil Packer, a Mental Health, Disability & Charity Influencer presenting.

For further developments in Lanarkshire, please contact V1P Lanarkshire at 0300 303 3051 or LanarkshireV1P@lanarkshire.scot.nhs.uk

Lothian



The Lothian Team have created and recently implemented Peer Support Work initiatives which include: a resumption of input to HMPs Edinburgh and Addiewell with a new pathway designed with ASAP, facilitated BBQs, fly fishing and the art project with the PRC. They are hosting a long term exhibition of photographs reflecting the experience of military service across the last few decades called 'Timeline' that will be opened during the Scottish Mental Health and Arts Festival.

For further developments in Lothian, please contact V1P Lothian at 0131 220 9920 or enquiries@veteransfirstpoint.org.uk

Tayside



The Tayside Centre became operational on 1st September 2015. As the first regional service to become operational, Tayside is approaching their one year anniversary and they will hold an event on Thursday, 1st September to thank those who assisted the service develop particularly their partner organisation - the Tayforth Veterans Project (TVP) which is now winding down. Through the partnership between V1P Scotland and TVP, the team is delighted

they have now helped over 100 veterans and/or family members to access welfare and/or clinical services.

V1P Tayside has also been busy forging links with local and national charities, including Standeasy and The Bravehound charity which is a part of the Glenart Foundation. The charity provides puppies to Veterans and one of their Veterans discussed the scheme and mentioned V1P Tayside on the ITV 'This Morning' show.

The Team were also visited by the Secretary of State for Defence, the Rt Hon Michael Fallon MP on Saturday, 6th August. Mr Fallon met with Veterans and staff of V1P Tayside and heard about the positive impact the service has had for Veterans.

For further developments in this area, please contact V1P Tayside at 01382 206207 or vfp.tayside@nhs.net

V1P Scotland National Network Launch

The 1st Annual Veterans First Point Scotland Conference: Celebrating the Launch of V1P services across Scotland was held on Wednesday, 23rd March 2016 at Edinburgh International Conference Centre.



On Left – Dr Lucy Abraham, MSP Keith Brown, Lord Provost Donald Wilson, Professor Neil Greenberg, Linda Irvine and Conference Chairman Colonel Martin Gibson
Photo courtesy of V1P Scotland



Key Note Speaker Simon Weston and Edinburgh Garrison Commander Lt Colonel Douglas Mackay
Photo courtesy of V1P Scotland

The Event was opened by Lord Provost of Edinburgh, Donald Wilson and with the strong endorsement of the V1P model by MSP Keith Brown the scene was set for a very educational and enlightening day which highlighted the Veterans First Point model - a service designed by Veterans to meet the needs of Veterans.

The Development Team would like to thank all of our partners, who contributed to this event; our Key Note Speakers Professor Neil Greenberg and Simon Weston, workshop facilitators and participants who celebrated with us the launch of our network of Veterans First Point services for Veterans and their families in Scotland.

Veterans First Point Scotland National Network Meeting

The next V1P Scotland Network Meeting will be held on Friday, 4th November at Waverly Gate – on the East end of Princes Street in Edinburgh. We will hopefully be joined by representatives from Veterans Services in NHS England and Wales, with the aim of sharing good practice.

This network meeting will be slightly different the previous 3 meetings but will still include networking, presentations, particularly related to service development and research, and educational components.

Veterans First Point Test of Concept

Criminal Justice Social Work Pilot

The aim of this Test of Concept is to support the Armed Forces Covenant by recognising Veterans whose offending can be identified as connected to disadvantage from their service in the Armed Forces. The project delivers appropriate joint action to address the “root” cause of offending, as part of a Community Payback Order (Supervision Order), thus reducing the likelihood of reoffending.

This is a partnership between Community Justice, City of Edinburgh Council, V1P Lothian and Veterans Scotland.

The test of concept is ongoing. Christina Power and Sara Hennah continue to work closely with Criminal Justice Social Work. There has been an increase in the broad number of referrals to V1P from Criminal Justice Social Work in recent months. This appears to demonstrate an increased awareness of V1P and the clinical and welfare services that are offered. The test of concept will continued to be reviewed on a regular basis with our CJSW colleagues.

Individual Placement Support (IPS) Pilot

Lisa Mulvaney, Lothian’s Occupational Therapist summarises the IPS model as being able to assist veterans with mental health difficulties to get back into paid employment. The model aims to find jobs consistent with Veterans preferences, also by speaking with employers on the Veterans behalf. The IPS team works closely with the Veterans First Point Clinical Team and provides individually designed support for the Veteran and their future employers.

Evaluation Update

Queen Margaret University’s Susan Prior has completed training with V1P Lothian and V1P Tayside. The evaluation training was included within the Induction Training for V1P Borders, Fife, Highland and Lanarkshire, and Susan also visited the Lanarkshire Team to provide a follow up session to include new team members.

All operational teams now have hard copies and electronic copies of evaluation paperwork, if you think you are missing any paperwork or electronic files please contact Susan Prior at sprior@qmu.ac.uk

Partnership with PRU

A Memorandum of Understanding draft is waiting for review by PRU Commanding Officer Lt Colonel Hugo Clark which outlines a formal pathway whereby V1P attends HARDFACTS and Multidisciplinary Team (MDT) Meetings to facilitate engagement with service men and woman being discharged through Craigiehall, with our service.

The proposed procedure requested is:

“All referrals will be sent to V1P Scotland who will confirm an attendee to the MDT or HARDFACTS meetings. Initially, this should be a V1P Scotland team member but if needs arise, an email request will be sent to the appropriate area and assistance will be requested from the Network.”

We are currently undertaking an audit of this procedure.

Working with the Military

Colonel Ricky Bhabutta is the lead GP with Defense Primary Health Care within MoD across Scotland and Northern Ireland. The V1P Scotland Development Team is starting to work with Colonel Bhabutta to improve referral links and raise awareness V1P services. V1P Scotland Dr Alex Quinn and Sharon Fegan will be giving a presentation to the clinical leads on 24th August.

Partnership with SSAFA

A meeting between V1P Scotland and SSAFA was held on Tuesday, 26th July, to explore the development of a closer working relationship across Scotland especially in areas where V1P does not have a centre. V1P Scotland Sharon Fegan and Glen MacDonald from Combat Stress, will be giving a joint presentation at the SSAFA Annual General Meeting on Monday, 10th October.

Research and Students

Research – Bronagh Weir

At the last Network Meeting, Bronagh updated the group on the research she has undertaken, which is to understand the role of the Veteran Peer Support Worker in Veteran engagement with mental health and welfare services.

V1P Scotland: Creating a culture of research

Linda Irvine is developing a template to identify what research may be underway and ideas / research questions that V1P staff may want to explore with a view to building a robust research strategy. The aim is to maximise opportunities across the V1P Scotland network to produce high quality research which contributes to the national and international knowledge base. She will circulate the results within the Network when all responses are received.

Building our Capacity

Fife, Borders and Lanarkshire will have Post Graduate Occupational Therapy Students from QMU for three days a week starting in September until December 2016 with a minimum of 2 more students commencing in January 2017.

We are also aiming to engage with Robert Gordon University in Aberdeen to extend placements opportunities.

V1P Training

Induction training

Induction training for regional V1P teams has been successfully delivered by the V1P Scotland team to the Lanarkshire and Highlands teams, bringing the total to 6 teams to date. The V1P Scotland training team received positive feedback from participants:

“Really enjoyed the week. Feel confident about the service and Lanarkshire’s V1P Launch preparations. Great to meet the team.”

“Excellent / Informative week. I feel better about carrying out my role in the future.”

“Far surpassed my expectations.”

Future training is arranged for Grampian in September/October with dates still to be scheduled once the Ayrshire & Arran team is in place.

Training modules

The Development Team has been researching one and two-day training modules on a range of topics and we would hope these courses would be of interest to other agencies working with veterans.

Presently the V1P Scotland Development Team is offering the following sessions:

- **Outcomes Star Training**

The Outcome star is used within Veterans First Point Network as a tool to support and measure the process of change for veterans who attend the service. It can be used as a whole team approach to develop an action plan for veterans that is appropriate to their stage of recovery.

Currently, the network has two Peer Support Workers undergoing the training – Kim Haines from Highlands and Dean McMinn from Fife. Kim is scheduled to train with the Tayside team in September. Please contact V1P Scotland team to schedule a time for your team, since it is open to all within the V1P network.

- **Veteran Military Culture CPD by York St John University**

York St John University is offering to train people in their VMC module with the aim of delivering the training on their behalf as an “employee”. V1P Scotland is aiming to travel to York to confirm the finer details of the project before considering discussing it further with the network.

Community Covenant Funding Process and Opportunities



As a member of your local Firm Base or similar, you may find this link helpful in submitting a bid for funding for services based on your local needs:

<https://www.armedforcescovenant.gov.uk>

Goodbye...

John Wills completed his secondment with Veterans First Point Scotland on Monday, 11th April. John was a valued member of the Team who contributed to the development of services and in delivering training, with a particular interest in Motivational Interviewing on which he presented at our Conference.

Dave Carson concluded his secondment with Veterans First Point Scotland on Friday, 22nd July. Dave also played a key part in the development of the V1P model across Scotland, particularly in relation to the Focus Groups and the role of Peer Support Workers. However, he will remain connected to VIP Scotland as an Outcomes Star Trainer.

Anne Gioko, our Secretary who has been off on maternity leave, will return to us in September for a few weeks before her contract ends in October. Anne’s organisational abilities and support was very much appreciated by the Development Team and Network.

John, Dave and Anne will be missed.

V1P Scotland: Who we are

- ❖ Dr Lucy Abraham - Consultant Clinical Psychologist and Veterans First Point Scotland Service Lead – on Maternity Leave until 13th June 2017 (1.0 wte)
- ❖ Ann-Marie Corkerton - Project Support Officer (1.0 wte)
- ❖ Sharon Fegan - Consultant Psychological Therapist (0.6 wte)
- ❖ Anne Gioko - Secretary – on Maternity Leave until 14th September 2016 (1.0 wte)
- ❖ Linda Irvine - Strategic Lead (0.1 wte)
- ❖ Dr Alex Quinn - Psychiatrist (0.1 wte)

You can contact us by:

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Phone: 0131 221 7090

V1P Network Contact List

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