



Hello

Hoping this finds you all well and enjoying Spring! We thought it would be useful to update you on the progress we have been making since we last met at our Partnership event back in October. We hope you find this helpful and do 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.

V1P Across Scotland

Health Board Areas	
<p>Scottish Health Board Areas</p> <ul style="list-style-type: none"> 01 - Ayrshire & Arran 02 - Borders 03 - Dumfries & Galloway 04 - Fife 05 - Forth Valley 06 - Grampian 07 - Greater Glasgow & Clyde 08 - Highland 09 - Lanarkshire 10 - Lothian 11 - Orkney 12 - Shetland 13 - Tayside 14 - Western Isles <p><small>Sources: Health Board Boundaries GROS (2006) LA Boundaries OS (2005) This map is reproduced from Ordnance Survey material with the permission of Ordnance Survey on behalf of the Controller of Her Majesty's Stationery Office © Crown copyright 2005. Unauthorised reproduction infringes Crown copyright and may lead to prosecution or civil proceedings. Scottish Government Licence number: 100020540 2009.</small></p> <p><small>Due to OS licence conditions, you/your agent may only use this map for official business dealings with the Scottish Government. If you wish to use the map for other uses, you must first obtain a separate licence from OS.</small></p> <p><small>Scottish Government GI Science & Analysis Team May 2009.</small></p>	<p>V1P Highland (08): Draft Memorandum of Understanding (MoU) received. Plans to be hosted by Poppyscotland in Inverness.</p>
	<p>V1P Grampian (06): Focus groups planned for May 2015. Please contact us to be involved.</p>
	<p>V1P Tayside (13): MoU signed on 19th February 2015 and staff team recruited. To be hosted by Tayforth Veterans. Official launch planned September 2015.</p>
	<p>V1P Fife (04): MoU signed on 1st May 2015 and recruitment underway</p>
	<p>V1P Lothian (10): The established service successfully moved to new premises.</p>
	<p>V1P Borders (02): Focus groups conducted and draft MoU developed.</p>
	<p>V1P Lanarkshire (09): Focus groups conducted and MoU under negotiation.</p>
	<p>V1P Ayrshire & Arran (01): Discussions continue with local partners.</p>
	<p>Greater Glasgow & Clyde (07): Continues to link with V1PS with a number of visits and maintains an interest in veteran specific training.</p>
	<p>NHS Dumfries and Galloway (03): have declined further involvement.</p>
	<p>V1P Forth Valley (05): Discussions continue with local parties.</p>

V1P Tayside

The 19th February 2015 was a significant day – our first rollout partnership was signed off! Tayforth Veterans Project, NHS Tayside and V1P Scotland signed up to the Memorandum of Understanding for V1P Tayside. This sets out the roles and responsibilities of each of the partner agencies.

This was the accumulation of lots of hard work by the Tayside Working group who have designed a service built to meet local needs. A very helpful stakeholder meeting took place on 16th January 2015, with representatives from Tayforth Veterans Project, Armed Services Advice Project (Citizens Advice), Combat Stress, Local Council (Public Health), SSAFA, V1P Scotland, Ministry of Defence (Transition Services) V1P Scotland and the meeting was chaired by NHS Tayside.

The proposed service development was outlined, followed by a facilitated discussion of the implementation and operationalisation of the service proposal and agreements. Key steps including the recruitment of staff and their induction and training were outlined and clarified. Key areas discussed included admin and information governance, staffing and staff management, welfare advice and support, access to mental health services and links to other services in Scotland.

V1P Tayside has recruited and appointed Peer Support workers, administration for the service and clinical posts. Key to this development is the aim to build capacity and co-operation among existing voluntary and statutory organisation across the three locales within Tayside.

V1P Tayside will be launched from the premises of our partner organisation Tayforth Veterans Project at the City Quay in Dundee, which already runs a drop-in service Monday to Friday, with no appointments necessary. V1P Tayside will use the premises of Tayforth Veterans Project with welfare and peer support elements complemented by a clinical service which will aim for the integration of Veterans to mainstream services whilst also offering services to those individuals unable to engage with NHS directly. Once the Service has been consolidated in Dundee, opportunities to deliver the service in suitable locales in Perth & Kinross and Angus will be explored. In discussion with our partners, we are exploring the best sites and premises to develop the service in these locales.

The current funding for V1P Tayside runs for 22 months from the recruitment of staff and the efficiency and effectiveness of the V1P model will be tested during this period: we simply do not know who will attend. During the “pilot” period funded via the MoD Libor grant, NHS Tayside will be working with partners to identify recurring funding arrangements that will allow the service to be sustained.

The service will become fully operational by mid September 2015, with the official launch following on from this.

V1P Fife

Fife is the second area to sign a Memorandum of Understanding with Veterans F1rst Point Scotland! A focus group with veterans was undertaken in February 2015. The large amount of helpful information that this generated will continue to contribute to shaping the development of the service. Funding has been agreed for a team of Therapists, Administrators and Veteran Peer Support Workers. NHS Fife is now progressing with the team recruitment and is exploring accommodation options.

It is hoped that V1P Fife will be based in a central location such as Kirkcaldy, dependent upon identification of suitable accommodation. The proposed V1P Fife model also envisages developing outreach clinics/services in other areas of Fife. The Memorandum of Understanding has now been agreed and signed. NHS Fife psychology service will provide appropriate clinical supervision for all V1P Fife staff.

VIP Highland

A considerable amount of background work and preparation has been undertaken with partners to establish the staffing requirements for V1P Highland considering: clinical/AHP, administration and veteran peer support roles. A focus group with local veterans took place on 7th April in Inverness. The outcomes from this are helping to shape the development of the service that will be provided and this is informing the Memorandum of Understanding. The partners for V1P Highland are NHS Highland, Poppycotland Inverness and V1P Scotland.

It is envisaged that V1P Highland will be based at Poppycotland Inverness Centre in Inverness town centre as the central hub of activity with outreach work being explored to address geographical spread and isolation.

V1P Borders

Initial discussion was held with NHS partners to discuss the potential for developing the service in the area. A focus group with veterans took place on the 22nd of April 2015. The outcomes of this are shaping the direction of service development in the area. A draft Memorandum of Understanding has been received with the aim of agreeing the final document by mid May. It is hoped that V1P Borders will be based in a central location dependent upon identification of suitable accommodation.

V1P Lanarkshire

Locally there is a strong commitment to improve outcomes for veterans in Lanarkshire. V1P Scotland facilitated two Focus Groups with veterans which took place on Monday 23rd February 2015 in Hamilton and Motherwell. A meeting in mid May has been organised to bring V1P partnership agencies together to agree the next steps, which will look to respect the specific views of both the North and South Lanarkshire Community Planning Partnerships.

VIP Lothian

V1P Lothian has settled well into their new premises at Argyle House in Edinburgh. The 2014 year client review shows positive feedback about the environment and the services offered from both clients and the V1P team.

There have been new developments including a Gardening Project whereby V1P Lothian has access to an allotment for clients to use. Two successful music groups have been hosted through Live Music Now which has been facilitated by award winning and internationally renowned musicians, Manran. Regular hill walks continue to take place led by our experienced Peer Support worker with an aim to complete the three peaks challenge in summer 2015. There are future plans in the service for additional activities to take place which will include clay pigeon shooting, fishing and archery. Other activities such as adventure weekend are in the process of being organised through joint working with other organisations.

The clinical team is trialling group interventions for psycho-education for PTSD, and groups focusing on sleep and emotional regulation with particular focus on anger management.

V1P Scotland Development Team members recently met with the City of Edinburgh Council's Veterans Champion to discuss maximising opportunities for veterans in relation to the local authority financial inclusion agenda and looking at ways of adapting learning derived from the Glasgow Veterans Employment Programme to an Edinburgh context. This meeting proved fruitful and positive. From this a number of actions were identified with a view to becoming a significant agenda item of Edinburgh's One City Trust in the future.

V1P Lothian is happy to continue to support developments in other areas and welcome colleagues to their premises. If you wish to arrange a visit please contact the V1P Scotland team on 0131 221 7090.

Ayrshire & Arran

There has been considerable interest to develop a partnership from local service, Veterans First Point – Ayrshire. Although we share the same title, they are a distinct organisation with a different focus and ethos. Their focus is primarily 'signposting' and advice for armed forces veterans to key local and national agencies from two high street locations in the area. This organisation has been flagged as a potential partner going forward. Contact has recently been made with local NHS Armed Forces Champion to outline the V1P model and roll out of services across Scotland. There has been very positive discussion with Ayrshire-based charity, Gardening Leave, who have expressed their willingness to support the model both locally and nationally where possible.

Dumfries & Galloway

Following discussions with members NHS Dumfries and Galloway it has been decided that the Mental Health needs of Veterans can be met by simple enhancement of their current arrangements. As a result, they will not be developing a service with V1P Scotland. However, V1PS would be delighted to work with them in the future in relation to training and other related issues.

Forth Valley

Discussions have been held with members of the Forth Valley Firm Base and Community Engagement Meeting. Forth valley then spent some time considering a range of options in the delivery of veteran healthcare in the local area. Recently V1PS welcomed an approach from NHS Forth Valley to recommence discussions.

Grampian

A named contact person has been identified in NHS Grampian whom is disseminating details of the forthcoming focus group to colleagues. The Focus group is scheduled for 12:30 on Tuesday 19th May 2015 at the Station Hotel, Guild Street, Aberdeen. If you would like to attend or invite fellow veterans along then please contact V1P Scotland on the address below.

Greater Glasgow and Clyde Health Board

Representatives from the Greater Glasgow and Clyde psychology department visited V1PS and are keen on accessing the training for their local statutory and voluntary sector staff.

The State Hospital

A needs analysis will be conducted.

V1P Scotland Evaluation:

Queen Margaret University has been commissioned to conduct the evaluation of Veterans F1rst Point Scotland. The research lead is currently drawing together a standard data set in line with the Key Performance Indicators of the LIBOR grant..

V1P Training and Support

Veterans F1rst Point Scotland has developed a range of electronic resources to assist teams in the initial stages of service development. These include referral processes, job descriptions, key paperwork and resources.

Teams will also be offered a range of training courses that will be available as part of both the teams initial induction and ongoing training and development (CPD). Whilst these courses are initially only available to V1P services they will be made available at a later date to external partner agencies. Currently Veteran specific training packages have been developed and are available on the following areas:

Veteran Peer Support Module: Explore the peer support worker role within V1P staff team

- Understanding exclusion, inequalities and difficulty accessing, relating to and using services, being alongside rather than “on the side of” the service user/ veteran
- Exploring the boundaries of peer support that this may differ from the boundaries of other roles - confidentiality and clarity of role – attitudes and values
- Developing and reviewing key networks of helping agencies to support veterans
- Maximising the opportunities of supervision and other support – valuing the role of peer support within V1P team
- Review and reflective practice

Veteran Mental Health Module: Explore the role of therapy staff within the V1P staff team

- To raise awareness of veterans’ healthcare conditions and behaviours with all healthcare professionals and local authorities
- To develop understanding within the team of roles, remits and responsibilities
- To ensure that professionals in health and related services have a good knowledge and understanding of veterans’ issues to respond effectively to meet veterans’ needs

Veterans Motivational Interviewing

- Motivational Interviewing has an evidence base for promoting positive behaviour change in a diverse range of health-related areas. It is specifically mentioned in NICE guidelines for alcohol use disorders (CG115) and is recommended at level ‘A’ in the Matrix of alcohol misuse and problem drinking.
- The aim of the training session is to draw out and highlight key Motivational Interviewing skills and concepts during discussion and practise exercises to be followed by e-learning to enhance knowledge and practice
- There will be specific consideration of its application to military populations and settings

Date for your Diary: 19th June 2015:

V1P Scotland is pleased to invite you to our next Partnership Meeting taking place on the 19th June in Stirling. This event will be a great opportunity to hear about the progress of the project, share learning and consider next steps.

V1P Scotland: Who we are

- ❖ Dr Lucy Abraham works full time as Consultant Clinical Psychologist and Veterans First Point Scotland Service Lead
- ❖ Sarah Cairns works 16 hours a week as Project Administrator
- ❖ Dave Carson works full time as Senior Health Promotion Specialist for Veterans Mental Health and Well-being
- ❖ Sharon Fegan works 22.5 hours a week as Consultant Psychological Therapist
- ❖ Anne Gioko works full time as Secretary
- ❖ Linda Irvine works half a day a week as Strategic Lead
- ❖ John Wills works 22.5 hours a week as Consultant Psychological Therapist

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