



Scotland Health Special Interest Group (SIG) Member's Notes 28/01/20, 2-3.30pm via GoToMeeting

Present: Lynn Bauermeister (Chair and from High Life Highland), Claire Craig (Vice Chair - Edinburgh Leisure), Fiona Prendergast (Fife Sports and Leisure Trust), Fiona Comrie (K.A Leisure), Melanie Menzies (North Lanarkshire Leisure), Amy Finn (Active Stirling), Phil Coleman (Live Active Leisure), Eileen McMillan (Public Health Scotland) Kirsty Garrat (Glasgow Life)

In attendance: Kirsty Cumming (CLUK Chief Executive), Theo Jobst (CLUK Project and Research Officer)

Apologies: Graham Wark (Leisure and Culture Dundee), Michelle Sweeney (OnFife), Carolynne McKendry (East Renfrewshire Culture and Leisure) Flora Jackson (Public Health Scotland)

Welcome

Lynn Bauermeister welcomed everyone to the meeting and round table introductions were given. There were a number of apologies from colleagues unable to attend, as noted above.

Public Health Document and Manifesto - Kirsty Cumming

Kirsty Cumming led the first agenda point, starting with an update from Community Leisure Scotland on their manifesto for Scottish Government in the lead up to the May 2021 elections. The manifesto is in its final stages of drafting after being shared with members to allow them to voice opinions on its direction. Members wanted something that encompassed all elements of culture, health, leisure, and CLUK have made efforts to factor these into each ask. We understand that it is very difficult to look forward into the future for the sector given the uncertainty of the landscape, so the tone and asks are deliberately high level. We have also made an effort not to have specific asks around Covid as this manifesto is trying to look forward to the next five years of government; however, the impact of the pandemic is not understated. It was suggested that an ask be included to highlight how trusts build and sustain a healthy quality of life and the government incentive to create a National Care Service and the role we as trusts could play in that - this could be added if it resonated with fellow members.

Action: members to email Kirsty with any additional thoughts or asks related to the manifesto.

Next, a recap on the Public Health Document, which aims to show how trusts support Scotland's public health priorities. Feedback from the previous meeting was to strengthen the impact of Covid, which has revised with data from CLUK's latest members survey (Jan 2021) - it was also noted the need to add in case studies from members. The document would be useful to



support the manifesto and have both documents side by side. Once signed off by the Health group, CLUK would like to share with the CEO group to show the work that the health group is doing.

Action: Lynn to work on a bullet point summary to add to make an accessible version of the document, which was endorsed by all, and KC to share with Public Health Scotland colleagues.

Public Health Strategy - Eileen McMillan

<https://publichealthscotland.scot/media/2810/public-health-scotland-strategic-plan-2020-23.pdf>

Eileen highlighted four priority areas in the new Public Health strategy: Covid19, poverty and children, community and place, and mental wellbeing. In choosing these four areas for priority, PH Scotland sought internal and external consultations, and evidence was a big driver. Other areas are still priorities for Scotland but these four were highlighted to allocate appropriate resources. With all these areas, physical activity is still emphasised and intersects with each priority.

Within community and place, PH Scotland will be looking at elements such as the 20-minute neighbourhood (also included in CLUK's manifesto) and the active travel agenda. Eileen also noted that the inclusion of mental health and wellbeing is important, especially in current times. PH Scotland is aware that poverty is a major inequality in Scotland, but that there is inclusive growth within physical activity, and CLUK members are major contributors to there being less sick days, delivering more opportunities to children, and PH Scotland appreciates that. Within Covid19 members are also key, as there is lots of evidence on physical activity and recovery from Covid.

Public Health Scotland are highlighting the work of the Health group in their business plan and how important it is to delivering public health. They reassured members that physical activity is not being forgotten and the impact that it can have on all four priority areas.

Covid-19 Rehabilitation Framework - Lynn Bauermeister

<https://www.gov.scot/publications/framework-supporting-people-through-recovery-rehabilitation-during-covid-19-pandemic/pages/1/>

Agenda item was included to make sure group members are aware of the rehabilitation framework but also to see whether members have been using and referencing; some had but many were not aware of it. The framework highlights three groups: people who have had covid,

rehabilitation of people who have had a negative impact as a consequence of lockdown, and ongoing rehab/prehab for those with long covid. The framework will be a useful tool to train and ready staff for the next stage of covid recovery and rehabilitation.

Members noted that there has been indication of long covid noticed in females who have been previously fit and noticing symptoms months down the line, exhibited with examples such as breathlessness going up the stairs. This has led to some controversy over using exercise as a rehabilitation process as it can easily lead to exhaustion. It was queried whether the issue was with expectation of fitness, as these people were fit beforehand and trying to achieve their previous fitness instead of a more steady progression in line with their long covid. Furthermore, the potential caution over younger people who have long covid and may need medical diagnosis for any underlying health issues - such as respiratory or cardiac issues - and may need medical referral, rather than self-referral, before being directed towards leisure centres.

Plans on more training for staff included working with self-employed instructors with more specific training rather than attempting to train up existing staff. It was understood that longer term services would be required and that gym staff will need to be prepared for every eventuality post-Covid, but employing those already trained in the short-term would minimise risk of missing the warning signs of long covid in customers.

Finally, Melanie mentioned the subgroups in Lanarkshire, which are hospital led and high level, for those badly affected by Covid. They are looking at adding in additional classes for long covid as well as additional physio sessions.

Action: Melanie to lead an agenda item next time on progress with this.

Falls Doorstep Intervention - Fiona Comrie

This programme started in November due to people who were unable or stopped engaging in online services or who had fallen. When identifying people who had had a fall, they saw they were the same people who had dropped off online services. They currently have 19 people who they are doing regular doorstops with, and can send someone to do an assessment of their homes. It begins with a telephone consultation, basic medical history and some basic fall assessment before assessing the need for the visit. Some have stopped them more recently due to anxiety over the higher transmission rate.

Updates

Members gave updates from their own organisations, including a focus on wellbeing calls, digital and pre recorded classes, ante and postnatal classes and engagement with young people to understand the impact of Covid on mental health.



AOB

- Scotland's Mental Health Charter for Physical Activity and Sport has been relaunched, with a steering group led by SAMH, and including Community Leisure UK, Public Health Scotland and Scottish Government. There is 3 years of funding from Scottish Government to support the work. There will be a development session on the afternoon of 25th February. The purpose is to review the existing [Charter](#) and update it. KC will attend the session, but there is an opportunity for a member of the Health Group to also attend and input into the session and development of the Charter.

Action: if any member wishes to attend the SAMH Charter session, please email Kirsty Cumming

- Movement for Health (<https://www.movementforhealth.scot/>), which is a coalition of charities to support people with long-term conditions to be active. KC had a conversation with Frances Bain around engaging with members and proposed inviting someone from the coalition to talk at the next Health Group meeting.

Action: KC to invite Movement for Health to next meeting

The next meeting has been scheduled for **Thursday March 18th 2pm-3:30pm.**