



## Scotland Health Special Interest Group (SIG) Meeting Notes 10 June 2021, 2-3.30pm via GoToMeeting

Present: Claire Craig (Edinburgh Leisure), Lynn Bauermeister (High Life Highland), Fiona Comrie (K.A Leisure), Jamie Kelly (Leisure and Culture Dundee), Dougie Porteous (Active Stirling), Fiona Watson (Renfrewshire Leisure), Andrinne Craig (Sport Aberdeen), Scott Burton (Falkirk Community Trust), Phil Coleman (Live Active Leisure Limited), Fiona Pendergast (Fife Sport and Leisure Trust)

In attendance: Kirsty Cumming (CLUK Chief Executive), Theo Jobst (CLUK Project and Research Officer), Jennifer Huygen (CLUK Engagement and Policy Manager), Flora Jackson (Public Health Scotland), Eilieen McMillan (Public Health Scotland)

Apologies: Carolynne McKendry (East Renfrewshire Culture and Leisure), Warren Smyth (AC Leisure)

### **Welcome**

Claire Craig welcomed everyone to the meeting and round table introductions were given. There were apologies from colleagues unable to attend, as noted above.

### **Review of Actions**

Two actions outstanding from the last meeting, which have been included in the agenda. First was for members to send in case studies for the Public Health document, and the second was for members to review the Hexagon Assessment Tool in order to discuss in today's meeting.

No further issues with these actions.

### **CLUK Update**

The members area of the website is now up and running, with all previous agendas and minutes available for members to download.

Kirsty Cumming thanked members for sending case studies in for the Public Health document, with 8 trusts being featured in the document. It is in the final stages of formatting and will hopefully be able to be distributed as a draft next week to members.

Theo Jobst updated members on the recent connection between CLUK and Movement for Health. [Movement for Health](#) is a coalition of Scotland's leading health charities with the aim of making it easier for those with long term health conditions to engage with physical activity.



### Roundtable Update

Members are beginning to restart activities as restrictions have eased such as health walks, rehabilitation services and care home and individual's home visits. Classes took a few weeks to get back up and running, but numbers are steadily starting to rise and confidence from staff and customers is also rising. Members are operating a blended approach of reintroducing face-to-face activities but still maintaining online services.

Some staff are still on furlough but steadily welcoming back most of the workforce. Members noted that exercise referral staff are back in but ~~that they not all~~ are ~~not~~ accepting new referrals yet to make sure they attend to the backlog of cases.

Local authorities are recognising the importance of health and wellbeing going forward, and some trusts have been given funding by their local authorities and offering specialist help such as social prescribing officers.

Members noted that there is likely to be a change in language in the health and wellbeing sector to understand that COVID is going to be lasting for a long time in some capacity despite vaccinations and restriction changes. All members are keeping a close eye on long COVID referral information.

High Life Highland are engaged in a new programme called [Community Led Support](#) and have been asked to be at the table to help inform this work that aims to design and deliver different ways of working which maximise the strengths and community connections of people on a local level.

**Action:** Claire to share ~~the COS-CAWS~~ training information around long covid ~~referral~~.  
Lynn to share results of a survey undertaken on behalf of CPP in Highland on the impact of Covid-19 on young people's mental health.

### Update from Public Health Scotland

Eileen McMillan updated members on the PAHA Review (Physical Activity Health Alliance), which lost funding and has currently been part of Public Health Scotland. It no longer has the resources to continue operating or to keep the website running.

Eileen updated members on the Physical Activity Referral Standards which acts as a quality improvement guide for those involved in physical activity referral; providers, referrers and commissioners.



Flora Jackson also updated members on CoSLA's paper on the [Positive Contribution of Physical Activity](#)

**Action: Physical Referral Standards to be circulated to members when they are ready.**

**Group Discussion: Hexagon Assessment Tool**

All agreed that [the tool could be very helpful for planning a new service or intervention and](#) for the purpose of collectively evaluating evidence around the impact that trusts make to health and wellbeing around Scotland it would [be unlikely ~~not~~ be effective in serving this purpose.](#)

There is the need for a piece of work on evidence base around the Exercise Referral Scheme. Data and evidence is a high priority for CLUK, and they are connecting with partners in both leisure and culture to know how to obtain more data and best use it. CULK can also connect to their Data and Insight SIG run UK-wide for a broader network on data collection.

**Action: Agenda item for next meeting on data and evidence collection. Lynn to pull together a [summary/outline of what may be desirable, for discussion at the next meeting, with a view ~~proposal\(?\)~~](#) to then look at setting up a small working group on evidence gathering.**

**AOB**

There was no other business.

The next meeting has been scheduled for **29 July, subject to review.**

Meeting closed at 3:30pm.