

Scottish Borders
Health and Social Care
PARTNERSHIP



Scottish Borders Wellbeing College

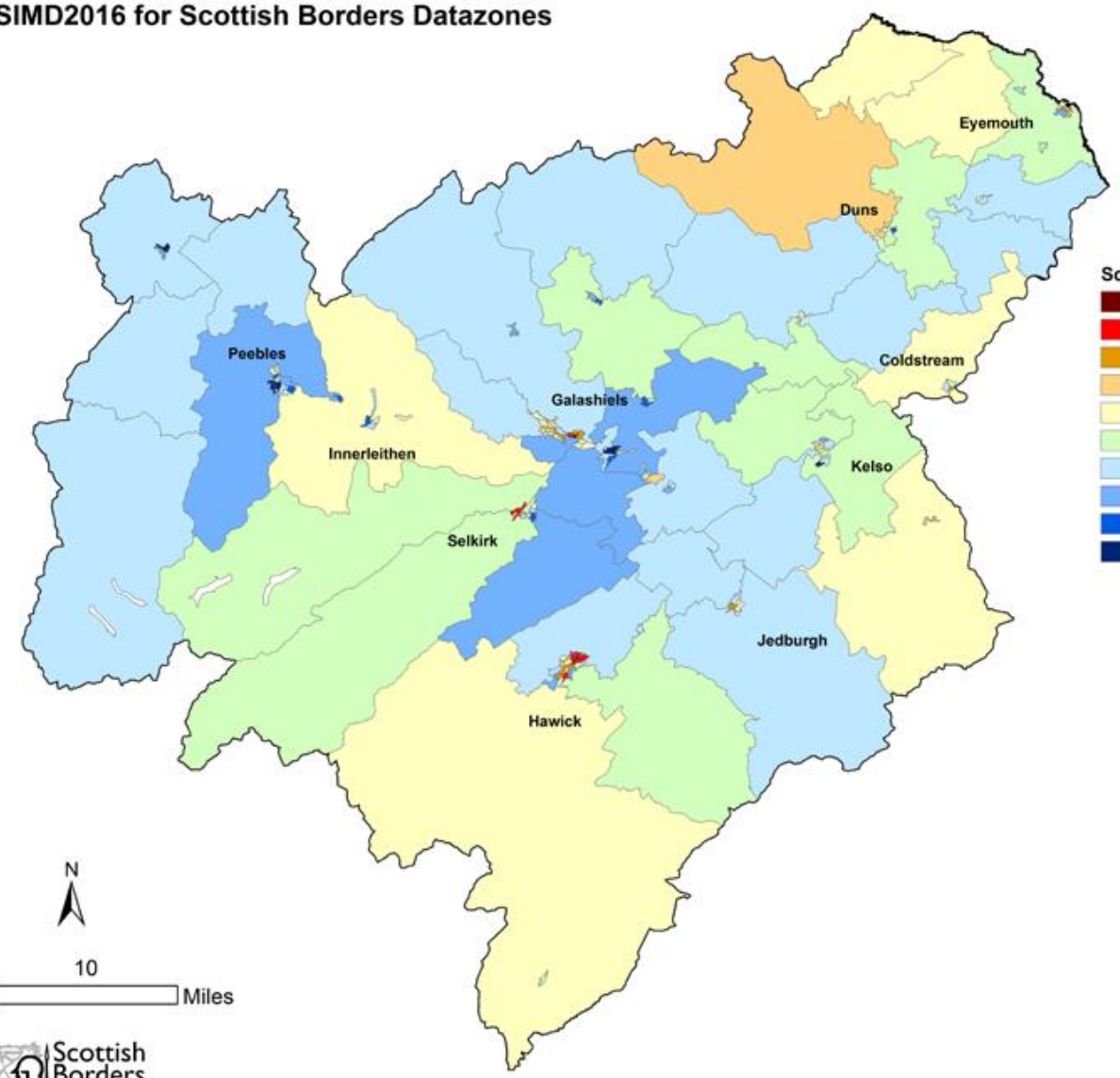
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Background

In 2014, the Scottish Borders Joint Mental Health service undertook an independent Needs Assessment which produced 21 recommendations, one of these was 'Commissioners need to work together with providers to develop the local recovery model and look at how a recovery college approach might be developed in the Borders'. This was also picked up as part of the development of the Scottish borders Mental Health Strategy. There was considerable work undertaken to evaluate and review the mental health commissioned services and through a process of decommissioning and recommissioning, funding was found to enable the development of the recovery college model.

Scottish Borders

SIMD2016 for Scottish Borders Datazones



Scottish Borders has a population of 113,000 people and covers a geographic area from Eyemouth on the East to Peebles on the West and from Newcastleton on the Border with England to Midlothian to the North covering an area of 1,827 square miles.

The two largest towns Hawick & Galashiels have a population of around 10,000. Using public transport to travel across the area is challenging, broadband and mobile phone signals are intermittent and non-existent in some areas and there are pockets of deprivation which can be difficult to identify but which cause those affected considerable difficulty.

Demographically, the population is aging with an expectation that those aged over 65 will increase from 20% of the population to 31% by 2035. Its rurality and small village communities can lead to loneliness and isolation.

Wellbeing College
Exploring Resilience & Recovery in the Borders



Through a robust commissioning process which included a workshop for potential providers where the service specification was developed, Health in Mind were awarded the contract for delivery of the recovery college in the Borders.

Health in Mind began by developing a steering group which was involved a wide range of stakeholders and in particular a large number of people with lived experience of mental illness who co-produced the plan for implementation of this model. One of the first decisions was to name the service and it was agreed that Wellbeing College fitted with the ethos of the service; stakeholders felt the service should offer a broad range of courses which supported early intervention and prevention and supported mental wellbeing, they also felt that recovery had some negative connotations in the area and wanted to avoid this.

The steering group also wanted to avoid any medical terminology, staff are recruited as tutors, people using the service are students and the sessions are courses. This language improves accessibility and reduces barriers. In addition to the courses offered a weekly drop in is held to enable people to come and learn about what is on offer and meet people who have attended previous courses.

Courses & Outcomes

The Wellbeing College delivers a series of courses over the year which are developed in collaboration with the students of the college. Courses are offered to anyone who feels they would benefit meaning staff and members of the public attend the same courses expanding the learning experience from the students sharing experiences. Courses are offered both within The Hive building in Galashiels and across the Borders utilising community based premises ensuring people who find it difficult to access services in Galashiels are able to attend courses which would be of benefit to them. Courses are delivered by the tutors employed by the college and where required, by external trainers who have particular skills.

Courses delivered in 2019

Course offered	Number of times
Creative music workshop	1
Exploring confidence and self esteem	2
Introduction to yoga for wellbeing	1
Mindfulness	3
Peer support	1
Recognising and understanding loss	1
Read your way to wellbeing	2
Understanding trauma	2
What is recovery	4
Write to recovery	1

306 students are registered with the college, the above courses have equated to the delivery of 74 learning sessions. Student feedback has helped shape how these courses are delivered e.g. 2-3 hour sessions rather than full day, lay out of rooms to take account of student needs etc

Each student is offered the opportunity to develop a personal learning plan (PLP) with the support of the tutors which helps identify appropriate learning opportunities for each individuals, 46 students have developed PLP's in 2019. The students who have developed these PLP's identify the goals they wish to work towards, 45% of these students reported they had made progress with their goals with a further 45% reporting they had maintained their mental health through the courses offered. Feedback about the courses delivered in 2019 has been consistently positive with 84% of students reporting the course they attended met their expectations.

Courses planned for the rest of 2019 include Professional Development Award in Peer Support, Recognising and Responding to Stress & the Connection Between Food and Health.

The Future

Due to the success of the model, continued funding of the service has been secured. The College is also supporting volunteers to work with the paid staff to deliver courses and develop their skills and this will be expanded in the coming year.

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'It is good to talk. A lot of what was talked about made sense to me and focus more on positives more than negatives'

'I felt less nervous when I was here compared to what I felt like before I came here'