



## In Health and Social Care East Renfrewshire

Using our lived experience to help improve  
local health and social care services.

Issue 12

September 2021

# We want your views

East Renfrewshire Health and Social Care Partnership (HSCP) have organised 5 themed workshops to hear from you about local health and care services – what is going well and what can be improved.

Your feedback will help shape the HSCP Strategic Plan 2022—2025

These workshops are being hosted by Voluntary Action East Renfrewshire on Zoom.

### Wednesday 6th October

10.00am till 12.00 noon

**Supporting mental health and wellbeing**

### Thursday 7th October

10.00am till 12.00 noon  
2.00pm till 4.00pm

**Supporting independent living**  
**Supporting unpaid carers**

### Friday 8th October

10.00am till 12.00 noon  
2.00pm till 4.00pm

**Tackling health inequalities**  
**Meeting local healthcare needs**

These workshops are open to anyone and you can come along to as many as you like.

For more information and to register please contact:

**Voluntary Action**  
**0141 876 9555**  
[hello@va-er.org.uk](mailto:hello@va-er.org.uk)



As part of this HSCP engagement there will also be specific carer workshops on the priority areas hosted by East Renfrewshire Carers Centre on Zoom.

Again, you can attend as many of these as you like.

**Tuesday September 21st**

10am till 11am **Supporting mental health and wellbeing**

1pm till 2pm **Supporting independent living**

**Wednesday September 22nd**

10m till 11am **Supporting unpaid carers**

1pm till 2pm **Supporting unpaid carers**

7pm till 8pm **Supporting unpaid carers**

**Thursday September 23rd**

10am till 11am **Understanding and tackling health inequalities**

1pm till 2pm **Meeting local health care needs**



To register please contact the Carers Centre on **0141 638 3888**  
email: [enquiries@eastrenfrewshirecarerscentre.co.uk](mailto:enquiries@eastrenfrewshirecarerscentre.co.uk)

**HAVE YOUR SAY ANOTHER WAY**

**East Renfrewshire Citizen Space**

Six online surveys – one for each priority area. These are open to anyone - public and staff/professional. They are available at this website, which gives a link to all current East Renfrewshire surveys.

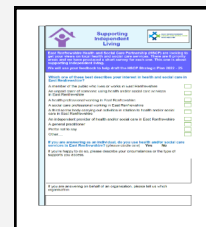
[getinvolved.eastrenfrewshire.gov.uk](http://getinvolved.eastrenfrewshire.gov.uk)



**Paper versions of the surveys**

Paper versions can be emailed to you. We also hope to have these in public places too. For more information please contact

[gerry.tougher@eastrenfrewshire.gov.uk](mailto:gerry.tougher@eastrenfrewshire.gov.uk)



**One to one telephone conversation**

You can give your views on the phone by contacting the Community Hub on

**0141 876 9555**

Monday to Friday 10am – 3pm

Email: [hello@va-er.org.uk](mailto:hello@va-er.org.uk)





## A National Care Service for Scotland

The Scottish Government is currently running an important consultation which sets out how they propose to improve the way social care is delivered in Scotland. They want to:

- Ensure that care is person-centred and human rights based
- Provide greater recognition and support for unpaid carers
- Improve conditions for the workforce
- Have more effective scrutiny and improvement of social care services.

They are particularly keen to hear from people with lived experience to help design the systems and services to support these aims.

The consultation is running till November 2nd.

More information and details of how to respond individually or through online events is available at :

[www.consult.gov.scot](http://www.consult.gov.scot)

## Continuing to Stay Safe



Although Scotland is now beyond Level 0 everyone should continue to be careful. To stay safe and protect others you should still:

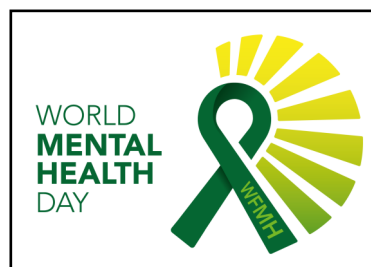
- get the vaccine when you are offered it
- meet outside and try to keep your distance from others
- wash your hands and surfaces regularly
- get a test and stay at home if you have symptoms
- take regular tests if you don't have symptoms

For more information please contact the Scottish Government Helpline on

Phone: **0300 244 4000**

Email: [ceu@gov.scot](mailto:ceu@gov.scot)

[www.gov.scot/coronavirus-covid-19/](http://www.gov.scot/coronavirus-covid-19/)



The annual **No Substitute for Life** football tournament takes place in Renfrewshire on **World Mental Health Day October 10th**.

It brings the community together to raise awareness of the issue of suicide among young men and women. Hundreds of footballers and supporters turn out each year.

The event is organised by



**RAMH** supports people in East Renfrewshire and Renfrewshire in their recovery from mental ill health.

For more information about the tournament and how **RAMH** can support you please contact them on

Phone: **0141 881 8811**

Email: [enquiries@ramh.org](mailto:enquiries@ramh.org)

Website: [www.ramh.org](http://www.ramh.org)

## About Your Voice.....

**Your Voice** is a group of individuals and organisations who want to influence and support the redesign of health and social care services in East Renfrewshire.

We currently have representatives from carers, mental health, faith, older people, disability groups, and also individuals interested in health and social care.

We meet monthly to plan any activity. This is currently online but would normally be building based.

We are always looking for new people to get involved. If you would like to find out more about what we do and how we work please contact us.



STAY UP LATE SCOTLAND

**Stay Up Late Scotland** is a network of people and organisations who are all committed to enable people with learning disabilities to lead great social lives.

It started as a response to people often having to leave events and gigs early because their support finished at a certain time. It has further developed to support people with learning disabilities and autism to do what they want when they want and to have fun.



Michael McEwan is a member of Your Voice and also Chair of Stay Up Late National Committee in Scotland. Michael is keen to raise awareness of the organisation and it's aims.

For more information please contact him on [stayuplatescotland@gmail.com](mailto:stayuplatescotland@gmail.com) or go online at [www.stayuplate.org](http://www.stayuplate.org)

### Do you have any ideas for future Bulletin articles?

Our next issue is planned for November. We would love to know if there is something that you would like to share or encourage people to get involved in.

### Would you like to get more involved?

Your Voice is open to anyone who lives or works in East Renfrewshire. Our Terms of Reference is on the website. Please let us know if you would like a copy or are interested in finding out more.

### Contacting Your Voice:

The Community Hub 0141 876 9555

Email: [hello@va-er.org.uk](mailto:hello@va-er.org.uk)

Website: [www.eastrenfrewshire.gov.uk/yourvoice](http://www.eastrenfrewshire.gov.uk/yourvoice)

If you would like this Bulletin explained/translated into other languages or provided in a more suitable format please contact us and we will do our best to provide this.