



Health and Wellbeing for all Marketplace Event

**Fochabers Public Institute,
15 High St, Fochabers IV32 7EP**

13th October 2018, 10:00 – 13:00

Learning Report



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1. Background to the Health and Wellbeing for all Marketplace Event

The overarching aims of the Health and Wellbeing for All Marketplace Event were to

- Raise awareness of third sector and community services with the Fochabers Medical Practice staff, members of the public and other third sector organisations.
- Share how GP Practice staff can connect, refer or signpost people to these services
- Create stronger links between the third sector, community organisations and GP Practice
- To share and explore how to people in Fochabers can connect with community services that serve the whole of Moray.
- Better inform GP staff about range of community services that could improve health and wellbeing and/or support self management

Underpinning these core aims of the event lay a wish to develop an approach that is transferrable to other practices, clusters¹ and localities and to reflect on approaches that would allow relationships developed at this event to be strengthened and built on. For this reason, this Learning Report consists of a summary and evaluation of the event in Fochabers, but also 'Top Tips' for running future such events.

Top Tip 1:

Set out clearly the desired outcomes of the event to be held. This assists with inviting General Practice staff, community organisations and members of the public and helping them determine whether this is the right event for them. These events can and should be tailored to meet the needs of specific areas.

The event partners were tsiMORAY, Fochabers Medical Practice, Health and Social Care Moray, NHS Grampian, Moray Wellbeing Hub, and the Health and Social Care Alliance Scotland (the ALLIANCE), working collaboratively with (and as part of) Moray's Health and Wellbeing Forum (facilitated by tsiMORAY).

The event was a follow up from a similar event that was held with Fochabers Medical Practice in June 2018. Together the partners recognised that a follow up

¹ GPs in Scotland co-ordinate across local 'clusters' of practices to share learning and spread good practice.



marketplace event would be another positive and constructive step towards strengthening connections in and with communities in Moray.

The Health and Wellbeing for all Marketplace event brought together General Practice staff from Fochabers General Practice, third sector and community organisations and member of the public to learn more about the local resources available to support health and wellbeing in and around Fochabers. It was also an opportunity for members of the public and the third sector to hear more about care and support planning within a House of Care framework.

One key aim of this event for the practice is to continue raising awareness that [Grampian has adopted House of Care](#), building relationships with the practice population, and with key community and third sector services which may be helpful linking in and working with the practice to meet the local's populations needs and aspirations. Community groups and third sector organisations are described as the 'foundation of the house' within the [House of Care model](#), referred to as More than Medicine.

Moray's third sector was recently recognised at the Grampian Clinical Transformation Board meeting as making a vital contribution to the health and wellbeing of people in Moray. All involved in Moray and across Grampian begin to recognise the contribution that Moray's third sector makes to the left hand wall, another crucial component of the House of Care approach.

Logistics

Organising the event was a partnership between the above partners, with tsi MORAY taking a lead on contacting community organisations and inviting them to host a stand at the hall. Refreshments were provided by the Moray Wellbeing Hub's Pop Up café.

Tsi MORAY worked to publicise the event and encourage engagement from the wider third sector in Moray via the Moray Health and Wellbeing Forum, which the TSI coordinates. The ALLIANCE produced [a news item](#) for their website, which could be tweaked and uploaded to other forums, such as [Inside Moray](#), the [Moray Wellbeing Hub website](#) and shared on Twitter to raise awareness of the event.

The ALLIANCE supported promoting the event and in performing the evaluation of the event through video and written case studies and evaluation forms analysed in this learning report.

The invites to host a stand were done through the Moray Health and Wellbeing Forum. Below is a list of the Third sector and community organisations that held stands in the Fochabers Public Institute on the day itself.

- Healthpoint
- CLAN

- Circles
- Community Renewals Link Worker
- Arrows
- Fire Safety and Advice
- Moray Mental Health and Wellness Centre (Penumbra)
- Quarriers
- Moray Foodbank
- Moray Reach Out
- Moray Wellbeing Hub
- Move More Moray
- Unique Skin Clinics
- Fochabers Men's Sheds
- The Therapy Room (Fochabers and Elgin)
- tsiMORAY

The event was held in conjunction with flu jabs in the Fochabers Medical Practice - this meant that GP staff and tsiMORAY staff were able to signpost members of the public to the Fochabers Public Institute across the road.

The GP Practice Manager and one of the GPs attended the health and Wellbeing for all Marketplace event after the flu jabs were complete. The Practice Manager presented on how his practice has been implementing Care and Support Planning using a House of Care Framework and highlighted the importance of events linking the community together with the GP Practice – the More than Medicine element of the House. A rough estimate of 40-50 people attended from the public.

Top Tip 2:

Working with the GP Practice to ensure that the Marketplace event was held on a day when there would be many people coming through the practice (e.g. for flu jabs) worked well to ensure a good turnout from members of the public.

Top Tip 3:

Encouraging GP staff and TSI staff to make people visiting the practice for their flu jab aware of the marketplace event and signposting them over to the venue worked well

2. Evaluation approach

A comprehensive evaluation approach was embedded into the event planning with the hope of capturing the learning into this Learning Report of the event and to inform future 'Health and Wellbeing for all Marketplace Events' in Grampian and other areas in Scotland. The evaluation comprised of:

- **A survey:**
The survey aimed to gather data from the third sector, community groups and general practice staff present. There were separate forms for General Practice staff and Third sector and community organisation staff. The forms invited reflections on how best to connect General Practice and the third sector outwith such events (appendix 1)
- **Video case studies**
The ALLIANCE's Development Officer worked to capture attendees' opinions of the event by collecting video case studies, which could serve as individual videos and/or be transcribed for inclusion in the Learning Report.
- **Written case studies**
The ALLIANCE's Development Officer worked to capture attendees' opinions of the event by collecting written case studies. This was for people who did not wish to appear on camera, or those who were happy to have their interviews from the video case study transcribed.

Top Tip 4:

The video and written case studies can be shared individually through bulletins and on social media. In addition, the Learning Report can include the material from the evaluation forms and a selection of transcripts from the video case studies and the written case studies, which can also be shared on social media.

3. Evaluation form findings

The below graph shows who contributed to the pre and post event evaluation. This illustrates that there were a larger number of responses from the third sector and community organisations than from the General Practice staff present.

Both third sector and General Practice forms did however contain highly informative comments and suggestions. In light of this, and that there were not enough general practice responses to create a meaningful numerical analysis, it was decided to

present the findings from the third sector staff numerically and focus on the comments and case studies from the general practice staff and third sector staff.

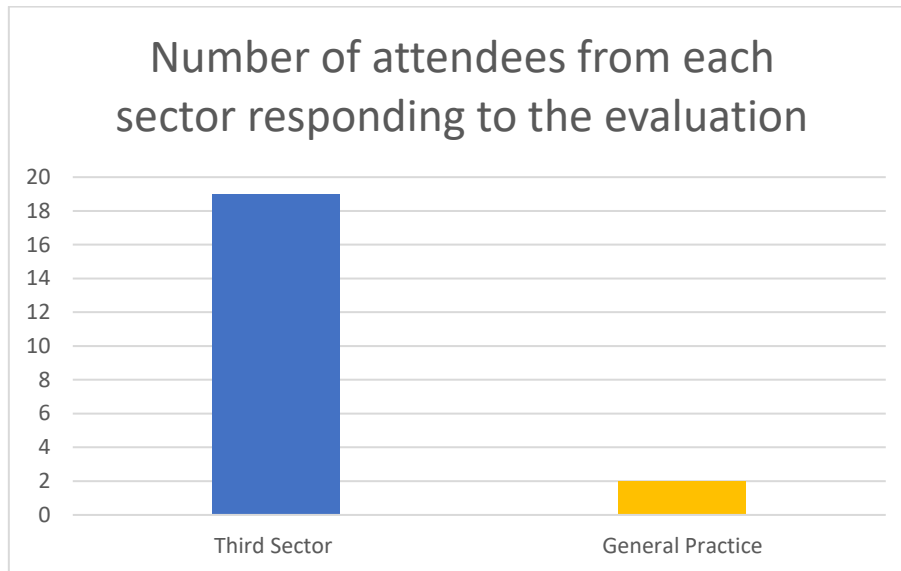


Figure 1: evaluation forms from TS=19, from GP=2

3.1 Analysis of community organisations' responses – numerical

From the evaluation forms (appendix 1) the below graphs highlight third sector staff's responses to the two main questions which were shaped around the core aims of the event. Attendees were asked to state on a sliding scale whether they agreed or disagreed with the following statements:

- I know and understand the work of the General Practice teams in my area
- There are strong links between the organisation where I work and the GP Practice in our area

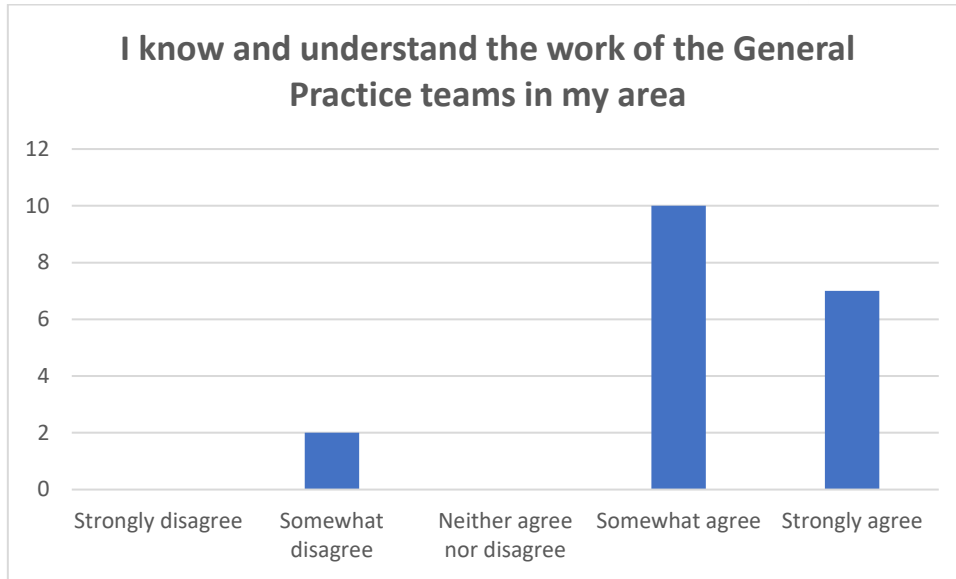


Figure 2: TS n=19

It is interesting to note that staff from the third sector show a high degree of awareness of what work in the General Practice teams in their area are. This suggests a good working knowledge of the role of GPs and GP staff, however, as the below analysis draws out, this knowledge may not be two-way, and indeed, the third sector highlight in the written responses that there it is hard to know how to engage with the General Practice to raise awareness of their organisation and services.

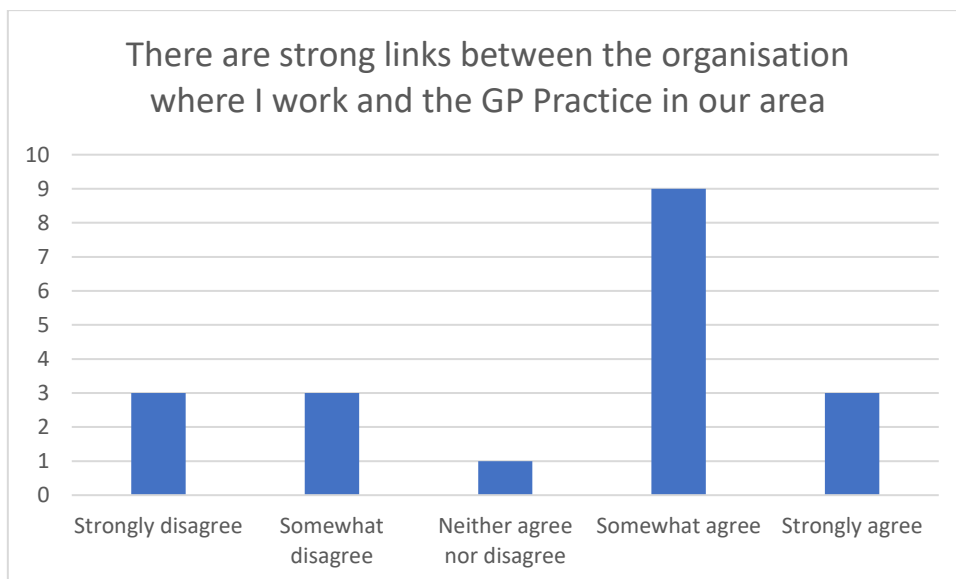


Figure 3: TS n=19

Asked whether there are strong links between GP Practices and the local third sector or community organisations the community organisation staff have less confidence

than the above question. This highlights that understanding the work of General Practice teams is not the same as feeling there are links between the community organisations and the GP Practice, and suggests that creating meaningful links between General practice and community organisations is harder to achieve than mere knowledge of what the GP team does. It is worth reflecting that to have higher scores in this area more sustained approaches than one event may be needed, as is also highlighted in the analysis of the written responses.

3.2 Analysis of community organisations' responses – written

The third sector attendees were also asked to give written thoughts on the following:

1. What do local third sector and community organisations need in order to build meaningful relationships with their local GP Practices?
2. One sentence to describe what you hope to take away from the event

There were five key themes drawn from the responses from the community organisations (for all the responses see appendix 2).

- Raising awareness and communication
- Learning about what's available in the Third sector
- Need for a long term approach
- Hard to navigate system
- Buy in from General practice staff

Raising awareness and communication – “Raise awareness of what we do.” (1)²

A key theme that emerged in analysing the responses on the evaluation forms was the importance to the community organisations present of raising awareness of their services and organisations. It is seen as important to raise awareness of services to the general practice staff and the wider population– one respondent said they hoped “That more people in the community and the practice staff are aware of the many supports available.” (2) This was one of the key desired outcomes from this session, so it is encouraging that the attendees recognised this as a key reason for being there.

Key to this also is the need for good lines of communication and sharing information about what is available to people. One respondent wrote “Access and lines of communication.” (2) as something they hoped to get out of the day.

² These numbers indicate which of the two questions this response is answering.

Learning about what's available in the third sector – “A better understanding of services available and how we can link up (2)”

A key theme that emerged from the evaluation was that this event was a great chance to link to other community organisations, to learn more about what they do and how organisations could work together. One respondent said they were hoping “To obtain an understanding of availability of services offered by other groups (2).” Another said “There are some stalls at event where I have limited/small amount of knowledge about their service – (I hope to obtain) better knowledge (2)”. This demonstrates that the event served the multiple purposes for community organisations of raising awareness, linking to the GPs and public and creating links to one another's organisations.

One respondent said “Being aware of other support agencies in the area helps us signpost people we work with (2)” was something they hoped to take from the event. Another, “Networking and spreading the word of direct access services available to people in their community. Continued visibility and presenting a united front (1).” This suggests that signposting is not just a process from GPs to the wider community, but within and between community organisations also. It is interesting to note the emphasis on a united front. Potentially this refers to the need for the third sector to have a stronger voice in the health and wellbeing landscape, and that presenting a united core messages will aid with this.

Need for a long term approach - “Realistic opportunities to work together, to raise awareness, and enable people to take control of their health and wellbeing.” (1)

While the evaluation reveals that the event was a welcome opportunity to engage with the public, General Practice and third sector organisations, the responses also highlight that it is only one part of what must be a broad and long term approach. For example, one respondent said that “More events like today and working with the community.” (1) were needed. Another concurred saying “Maybe more events such as the one taking place today.” (1) These responses highlight the feeling that these events are valuable and that there is a need for more such events to ensure that there is an ongoing relationship and knowledge of the work of the community organisations and how to signpost to them.

In addition, respondents saw the need for other, complimentary approaches to such events. One said “Sharing of information as to what services are available. How to access them, and publicity, events and working together with each other to form a cohesive support network across Moray.” (1) This response highlights the need for a long term approach to partnership working and creating a network to strengthen the voice of the community organisations across Moray. Positive moves are already taking place with this, with the creation of the Moray Health and Wellbeing Forum which aims to “connect third sector organisations to one another, and to connect the third sector with partners from public and independent sectors, all sharing an interest



in health, social care and wellbeing in Moray, and subscribing to Moray Health and Wellbeing Forum aims.” (see appendix 5)

Hard to navigate system – “it can be quite difficult to access people or know the right person to speak to”

A key theme that emerged was a difficulty in identifying who was the right person to turn to to raise awareness of one’s service or organisation. For example, one contribution read:

“We try to visit Health Visitor teams once a year to promote our services, but it can be quite difficult to access people or know the right person to speak to. Events like this provide a great opportunity to talk about what we do.” (1)

Another read “Continued communication on any changes that happen in both the third sector and GP Practices.” Moving away from QOF, a turn towards treatment centres, as laid out in the new GP contract, and the problems of recruiting GPs makes this an uncertain time within General Practice and Primary Care more broadly. As a consequence, it can be hard for those outside (and often within) the processes to understand who the relevant point of contact in this changing landscape is. Fostering links between general practice and community organisations can help to raise knowledge of who the relevant contact in the system is for the organisation.

Buy in from General practice staff – “Pro-active practice managers” (1)

A number of respondents highlighted the importance of engaged GP staff committed to working in partnership with the third sector. One said that “GP and Practice Managers attendance to marketplace events” (1) helped to strengthen this partnership.

Many third sector organisations already reach out to their local GP Practices, with for example “information leaflets in GP waiting areas” (1),but feel there is a patchwork of how much buy in there is from GPs – “Certain GPs within surgeries tend to refer in more than others.” (1)

In addition, a need to explore what mechanisms are in place to create links between the third sector and general practice was highlighted – “A better understanding of the links available between 3rd sector and practice. (2)” It would be interesting to explore which mechanisms outwith events such as these are felt to be most relevant.

3.3 Analysis of GP staff's responses – written

As mentioned above there were only two members of the GP Practice present, as a result of this numerical analysis is not appropriate. However, it is worth noting that there was agreement from the Practice Manager and the GP present that there were strong links between their GP practice and the third sector, and that they had a good level of knowledge of what was available in their area (see appendix 2).

A couple of themes emerge from the general practice staff answers to the invitation for written comments to “One sentence to describe what you hope to take away from the event.” These themes were

- Willingness to engage with the third sector
- House of Care as a contributor for change

Willingness to engage with the third sector – “Every opportunity to get the message out is worth it.”

The written responses from the GP Practice staff highlighted a desire to engage with the third sector. One of the respondents wrote that “Every opportunity to get the message out is worth it.”, indicating that the GPs see this as a two-way street, where they can let the third sector know of positive changes within the practice, as well as using the opportunity to learn from the third sector. The respondent also wrote that it “Would be great to have a single “one demand” resource with information about 3rd sector services.” It would be interesting to unpack what is meant by this comment – whether they are envisaging an online database, similar to ALISS, or something physical to have in the practice and to share with patients.

House of Care as a contributor for change – “Working with HoC has raised awareness greatly – prior to this had very limited knowledge”

As the above quote suggests adopting House of Care was a welcome catalyst for the GP Practice to move towards a greater focus on engaging with the community organisations in their area. This could be due to the useful framing model that the house provides – demonstrating all aspects that help someone to live well. This may have raised the salience in the respondent’s mind of the key role played by the wider community assets in an area – the more than medicine, or floor of the House.

3.4 Written case studies from the event

The below are transcriptions of the video interview done with third sector and general practice staff after the event. The ALLIANCE’s Digital Coordinator has created a video from the event including snippets from these interviews.

What did you think of the event today?

“I thought the event today was very good. A surprising amount of Fochabers people came, particularly given the awful weather. And there was a good selection of interesting stalls to keep people informed” (Chris, Fochabers Men’s Shed)

“I think the event’s been a great occasion for linking people together. All these small bodies of people with great ideas coming together and sharing best practice and being able to filter into the GPs in Fochabers and allowing them to see what we can offer for referrals for people with that sort of need.” (Jon, Moray Reach Out)

“I thought the event today was great. It’s lovely to have a community event that has patient involvement and gets the community members coming along to see what we’re doing as a practice and to see what third sector services are available. It’s not traditionally something that we’ve done.” (Janette, GP)

“Today’s event was very successful. This is the second event we’ve done. The first event perhaps, wasn’t advertised enough. There’s been a significant amount of advertising for this one. Just by looking at how many people came through the door, it’s been fantastic. We coincided this with our annual flu clinic and so that was fortunate that people can go just across the road for a cup of tea and a scone, and, hopefully, get a little bit of information at the same time. I think it’s been a great success today.” (Keith, Practice Manager)

What do you think of linking the third sector and general practice?

“I think that’s vital, given the work that the third sector do in connecting people and given that one of the problems of people is loneliness, I would say that making these connections mean that many more people to have access to organisations that will alleviate that loneliness.” (Chris, Fochabers Men’s Shed)

“I think it’s a great link to be developing. Traditionally it’s not something we’ve done. It’s been very ad hoc, if somebody’s told us about something in the third sector, we’re aware of it, but we don’t know of all the services available for people. With the new GP contract, particularly with us adopting House of Care, everything’s far more patient-centred and treatments are more individualised. What we’re doing is trying to find out what somebody’s priorities for their own health and wellbeing are, and to be able to signpost them to enable self help, rather than reliance on medication and overstretched NHS services is fantastic, both for the patients and for the services we provide.” (Janette, GP)

“I think it’s an intrinsic part of the community spirit. The GP practice and primary care by definition can only cover so many areas and I think there’s a lack of knowledge of what’s actually available to people, right on the doorstep and often free of charge. We’re working with the third sector to try and bridge that gap and try to post people to the right places. It’s fundamental to the community, I believe.” (Keith, Practice Manager)

4. Key Themes, Recommendations and Next Steps

Key Themes

Key themes from third sector and community organisations' forms:

- Raising awareness and communication
- Learning about what's available in the Third sector
- Need for a long term approach
- Hard to navigate system
- Buy in from General practice staff

Key themes from general practice forms:

- Willingness to engage with the third sector
- House of Care as a contributor for change

Recommendations for future events

- Set out clearly the desired outcomes of the event to be held. This assists with inviting General Practice staff, community organisations and members of the public and helping them determine whether this is the right event for them. These events can and should be tailored to meet the needs of specific areas.
- Working with the GP Practice to ensure that the Marketplace event was held on a day when there would be many people coming through the practice (e.g for flu jabs) worked well to ensure a good turnout from members of the public.
- Encouraging GP staff and TSI staff to make people visiting the practice for their flu jab aware of the marketplace event and signposting them over to the venue
- The video and written case studies can be shared individually through bulletins and on social media. In addition, the Learning Report can include the material from the evaluation forms and a selection of transcripts from the video case studies and the written case studies, which can also be shared on social media.

Next steps

- Work with interested Health Boards, Health and Social Care Partnerships, Third Sector Interfaces and GP Practices to deliver future Health and Wellbeing for all Marketplace events.
- Keep in touch with General Practice staff and third sector staff to monitor their assessment of the links between the two sectors.

Appendix 1 – Evaluation forms

Evaluation form for General Practice staff

Pre event Evaluation form – for General Practice Team				
I am aware of what third sector and community organisations in my area do and how they provide people with support.				
Strongly disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Strongly agree
There are strong links between the GP Practice where I work and the third sector and community organisations in the area.				
Strongly disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Strongly agree
I have knowledge of and confidence in resources available when signposting to the third sector or community organisations? 				
Strongly disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Strongly agree
One sentence to describe what you hope to take away from the event.				

Evaluation form for Third Sector staff

<u>Pre event Evaluation form – For Third Sector or Community Services</u>				
I know and understand the work of the General Practice teams in my area.				
Strongly disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Strongly agree
There are strong links between the organisation where I work and the GP Practice in our area.				
Strongly disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Strongly agree
What do local Third Sector and community organisations need in order to build meaningful relationships with their local GP Practices?				
One sentence to describe what you hope to take away from the event.				

Appendix 2 - Written and numerical feedback from evaluation forms in full

Third sector and community organisation responses – 19 responses

I know and understand the work of the General Practice teams in my area

Strongly disagree	0
Somewhat disagree	2
Neither agree nor disagree	0
Somewhat agree	10
Strongly agree	7

There are strong links between the organisation where I work and the GP Practice in our area

Strongly disagree	3
Somewhat disagree	3
Neither agree nor disagree	1
Somewhat agree	9
Strongly agree	3

What do local third sector and community organisations need in order to build meaningful relationships with their local GP Practices?

1. We try to visit Health Visitor teams once a year to promote our services, but it can be quite difficult to access people or know the right person to speak to. Events like this provide a great opportunity to talk about what we do.
2. Realistic opportunities to work together, to raise awareness, and enable people to take control of their health and wellbeing. Today is great but do the practice staff know which agencies are represented, to be able to refer/reference them in future?!
3. GPs should have a greater understanding of CLANS's service for everyone affected by cancer.
4. Continued communication on any changes that happen in both the third sector and GP Practices
5. GP attendance to marketplace events. Practice Managers attending Market Place events. Third Sector approaching practices to present at meetings etc for GPs and reception staff.
6. Opportunities to network and learn about one another's services and where we can match individual needs to these (GP practices referring to services)
7. We do receive referrals from GP Practices. Certain GPs within surgeries tend to refer in more than others. This could be due to better knowledge of services in area. We do leaflet drops to all the surgeries we maybe need to promote service more and attend GP surgery staff meeting to raise awareness
8. More events like today and working with the community

9. Sharing of information as to what services are available. How to access them, and publicity, events and working together with each other to form a cohesive support network across Moray.
10. Access and lines of communication.
11. Information and opportunities to meet people
12. More awareness by GPs of CLAN's services. We have information leaflets in GP waiting area.
13. Maybe more events such as the one taking place today
14. Pro-active practice managers
15. Meetings – explaining what our organisation can offer patients – take load off NHS, remaining (?) medicalisation as much as possible, if appropriate.
16. Good communication
17. Open sharing of all services available
18. Continued visibility and presenting a united front
19. Sharing information somehow not always possible

One sentence to describe what you hope to take away from the event

1. Stronger networking links.
2. That more people in the community and the practice staff are aware of the many supports available.
3. To obtain an understanding of availability of services offered by other groups.
4. Raised awareness in the local area of the support we can provide. Also made connections with other organisations.
5. Networking and spreading the word of direct access services available to people in their community.
6. New contact for referring people to our services.
7. There are some stalls at event where I have limited/small amount of knowledge about their service – better knowledge
8. As with Scottish Fire and Rescue like more fire safety visits and recruitment as stations need them also to tell them what we can do to help the community.
9. We have raised awareness to the wider community here of our wonderful service (Circles Advocacy) and reached out to others.
10. Access and lines of communication.
11. Raise awareness of what we do.
12. A greater awareness of what other groups in the area provide (services)
13. Meeting and sharing views with third parties and patients/client, which will enhance relations and cooperation between all.
14. A better understanding of the links available between 3rd sector and practice
15. A better understanding of services available and how we can link up.
16. To see communications and sharing of info
17. Hoping to meet other organisations and find out more about what they do
18. Building relationships with other organisations and connections for the future to be able to offer more to the public

19. Being aware of other support agencies in the area helps us signpost people we work with

General Practice responses – 2 responses

I am aware of what third sector and community organisations in my area do and how they provide people with support.

Strongly disagree	0
Somewhat disagree	0
Neither agree nor disagree	0
Somewhat agree	2
Strongly agree	0

There are strong links between the GP Practice where I work and the third sector and community organisations in the area

Strongly disagree	0
Somewhat disagree	0
Neither agree nor disagree	0
Somewhat agree	2
Strongly agree	0

I have knowledge of and confidence in resources available when I am signposting to third sector or community organisations.

Strongly disagree	0
Somewhat disagree	0
Neither agree nor disagree	0
Somewhat agree	2
Strongly agree	0

One sentence to describe what you hope to take away from the event.

Working with HoC has raised awareness greatly – prior to this had very limited knowledge. Would be great to have a single “one demand” resource with information about 3rd sector services.

Every opportunity to get the message out is worth it.

Appendix 3 – Invitation to the Health and Wellbeing for all Marketplace event



Fochabers Medical Practice & House of Care Health and Wellbeing Event Invitation to Take Part

Dear Health and Wellbeing Forum members,

You are invited to take part in a follow up health and wellbeing marketplace event being held in Fochabers on Saturday 13th October, 10am to 12noon. Many thanks to all who took part and contributed to the first event in June, and for sharing both celebration of success and consideration of learning. We move forward together.

EVENT AIM: This event may be of interest to you if:

- You would you like to raise awareness of your community group or organisation's services with the Fochabers Medical Practice staff and how they can connect, refer or sign post patients and/or people they work with or care for to these services.
- You would you like to invite people from the Fochabers area to find out more about your community group or organisation's range of services directly and make them aware how they could get involved with your projects or activities.

How to Book

For further information and to book a stall please contact:

Elidh@tsimoray.org.uk

Please provide the names of representatives attending, please give details of any access, dietary or other requirements, and please provide any other information that is important for us to consider and that will help make the event a success for you and all who take part. Further event info overleaf and timetable/plan attached.

Best wishes,
Elidh

Elidh Myrvang Brown,
Health and Wellbeing Team Coordinator, tsi MORAY



Appendix 4 – Event information for key stakeholders

Event Timetable

Marketplace Set Up: Between 9am and 9.45am

Event Start Time: 10am

10.00am to 12noon: Browsing marketplace with welcome & refreshments by Moray Wellbeing Hub's Pop up café and Champions

12noon to 1pm: Stall take down and tidy up

Event Evaluation

tsiMORAY and partners (could be helpful if H&SC ALLIANCE help with this?)

Event Planning/Coordination and Promotion

Fochabers Practice, Health and Social Care Moray, Moray Wellbeing Hub, tsiMORAY, Health and Social Care ALLIANCE (all part of Moray's Health and Wellbeing Forum) – EVERYBODY ☺.

Pop Up Café

Moray Wellbeing Hub – Heidi (pre event) and Chris (at event)

Practice Team Link

Fochabers Practice Manager – Keith

Poster Design

Nick/Health and Social Care ALLIANCE

Pamela/tsiMORAY (if requested to do so, not actionable if Nick can offer this)

Sharing Flyer Poster/Promoting the Event

Everyone including Fochabers Practice Team, tsiMORAY, Moray Wellbeing Hub and all Stallholders – please spread the word ☺ and share the poster with your friends, family, community and practice/professional networks who work, live and/or play in Fochabers and the surrounding area!

Stalls: *There are 16 rectangular and 12 round tables, but we only envisage using 2 or 3 round tables for the pop up café and the rest of us using rectangles)*

The rectangular tables are approx 1.8m by 0.75m and the round ones 1.2m diameter.

Event Contact/Marketplace Coordinator: Elidh Brown, elidh@tsimoray.org.uk, 01343 541713

Event Aim: To introduce practice population to House of Care and the range of community support available, to strengthen community connections and build better relationships between partners.

Event Audience Expected 100 to 200 people (expected turnout from practice population 4100 approx)

Event Theme: Health and Wellbeing for All/House of Care

Outcomes/Impacts (Evaluation)	For practice population	Better informed about range of community services that could improve health and wellbeing and/or support self management
	Third sector and community services	<p>Better connected with practice team, Fochabers population and each other KPI</p> <ul style="list-style-type: none"> • Range of groups/orgs/services • Cross sectoral balance • Increased sense of connection • Number stalls on offer • Number of people who attend/take part in event • Online engagement • Press engagement (if applicable) • Views on venue • Views on refreshments
	Fochabers Medical Practice	Raised awareness of range of services and how to connect people with these



Appendix 5 – Health and Wellbeing Forum aims, purpose and membership form

Health and Wellbeing Forum

Aim of forum: to ensure the third sector is an equal partner in the delivery of integrated health and social care in Moray.

Purpose of the forum:

- To motivate, inspire, include and build trust.
- To share information, experience, learning, knowledge and any other relevant resources across boundaries and between sectors.
- To translate discussion into a formal action plan.
- To facilitate timely, targeted and responsive communication.
- To create opportunities and mechanisms for local partners to collaborate.

Membership

Membership to the health and wellbeing forum is free. This forum is for anyone with an interest in health and social care in Moray and commitment to fulfilling the aim and purpose.

Third Sector

Individual

Associate Partner

Name

E-mail

Group or organisation if appropriate