

Health Minutes August 2019-07-28

Queensferry has 2 new workers to support our community.

Zoe Reid is working with Health in Mind and while this is a short-term contract, she has hit the road running, picking up from the work already done by Lizzie Sozencko. The first free 6-week course started today covering strategies to help cope with anxiety. This is being held in the council offices. As Zoe is a lone worker Anne and a member of the church pastoral team will take turns in being in the building in order to facilitate this service. A second course is already in the planning stages.

Zoe is also actively recruiting volunteers to be trained to provide peer support within the community with the hope that this group can also be set up.

The role of workers from Health in Mind is not to run courses forever but to improve the resilience of communities so that when the contract ends the community can continue to help its own people.

Lindsay Graham is our other new person and is worker for EDG. The previous person Linda Keys tried to focus her work to help families with grown up children who had some additional support needs. Lindsey however is aware that the families with younger children are also struggling, particularly to engage with extra curricular activities and she hopes to find a way of supporting families in this situation. She is meeting with other providers and hopes to link with schools and GP as well.

The remaining member of staff working with families and providing benefit support is anxious that this service to Queensferry is not perceived by colleagues in Edinburgh as useful and may well be reduced. There is a users feedback session to be held in Granton on Thursday, which Anne has agreed to attend with a couple of service users. The change in dynamics of how this service is accessed on a Wednesday has meant an apparent drop in the number of people utilising the foodbank on a Thursday; which would be a big step forward if people genuinely no longer need this service but there is concern that people are missing out.

Pharmacy; still awaiting new date for hearing

QCCC will provide separate update.