

Hope Triangle Development Day Plan 2013-15

As of February 18th 2013 the Hope Triangle Health Group is now a constituted group with office bearers, offices bearer's assistants and a core group of local people. All meetings are public and will be advertised in various venues using various methods e.g Facebook, web sites and local notice boards.

It was agreed that a development plan had to be created and a development day was held on Wednesday 20th March 2013 in Oxfangs Neighbourhood Centre. There were 25 people attending what was a very constructive day. Three tables were set up with the themes listed below-

Table 1- Well Being, facilitated by Elaine Aitken

Questions- what do we want to achieve, How do we think we can achieve our goals and when?

Table 2- Environmental Project work, facilitated by Heather Levy

Questions- what do we want to achieve, How do we think we can achieve our goals and when?

Table 3- Domestic Abuse, facilitated by Fiona Tait

Questions- what do we want to achieve, How do we think we can achieve our goals and when?

Each workshop was 45 minutes in duration and people could choose which table they attended. Each facilitator recorded the comments/suggestions and these have been typed up to make a plan for the Hope Triangle Health Group covering 2013-2015. It has been split into three sections,

1. Environmental Projects Plan,
2. Well Being Plan with Domestic Abuse being incorporated into the Well Being plan,
3. Literacy Plan

Reduce isolation- *'where you think it's only you that's suffering'*

It was agreed by all that in the short time since Hope Triangle Project had been created it had already become a safe Harbour, "somewhere to talk privately on a mobile phone or just to sit and think and contemplate", screened enough to give peace and tranquillity but open enough that people could be seen by passing public. Meeting people and contacting people in Hope Triangle could be the step before attending a self help group. The project has had success engaging with hard to reach people of the community and want this to continue. Sessions should be unstructured making them more open and inviting. They should also be intergenerational, encourage social interaction and strengthen community networks. It is hoped that the Hope Triangle Project would assist in developing mutual respect, community spirit, neighbourliness, tackle loneliness, encourage self help, keep active, improve health (physical and mental) and reach new residents. To know there ARE options, that there is hope, to create an environment to help create friendships and a stronger community.

What is normal/unacceptable behaviour? What is Abuse?

Participants felt the 'Zero Tolerance' message had been forgotten and that people did not know what it meant. Abusers can and do recognise why they abuse and how they abuse. Lack of

employment or job stresses can be the trigger. It can be about control of the victim or about the lack of control of the Abuser. Learned behaviour from abusers past brought on by stress or an underlying Mental Health issue was also recognised. Stresses such as Drugs/Alcohol/Debt causing financial strain can lead to abuse. Abuse is linked to suicide/suicide is an option.

'Stinky thinking, break the habit of victim mode'.

Well Being- not Mental Health

The Hope Triangle Health Group has started a campaign to stop using the term Mental Health and use the term Well Being. Mental Health can have so many stigmas attached to it. How to help others feel good?

shared experiences can be very powerful OR choose not to talk about it but need a hug, 'human touch/contact'. Again it was recognised that the Hope Triangle Health group were doing some ground breaking work in raising Suicide Awareness. They held a local consultation on Suicide & Self Harm which will feed into the Scottish Governments Choose Life consultation. SAMH's Kirsty Keay, knows of no other similar project in Scotland. Local people/neighbours can often recognise issues with someone before they can themselves.

If you feel you belong or are part of a community, they are your network.

Hope Triangle Health Group
Well Being Development Plan 2013-15

Aim	Materials	Action	Funding source	Evidence of Achievement	Target Date
Domestic Abuse raising awareness		HTHG	Woman's Aid Rape Crisis L. Nairn	Various local drop in sessions throughout the year	Ongoing
Mental Health First Aid training		HTHG		Training sessions x 2 attended by 15 people	Oct & Nov 2013
Suicide Awareness	ASIST training	HTHG & SAMH			Winter 2013/14
Investigate need for support groups	Walking groups Cycling group Dog Walking Buggy Walking Craft Circle	Health All around are offer training.	Courses are free. X 2 sessions Various craft materials have been donated by local people.	There is now a Craft Circle that meets every Tuesday 6-8 in Lochan View board room	27 th August 2013. Ongoing

Wednesday drop-in group	Local people meet in ONC	HTHG-Wednesday drop-in sessions	No funding required	Various speakers have visited the sessions-SAMH, Police, Librarys ect	Difficulty in securing a venue Drop-in sessions no longer occur
Craft workshops		See environmental plan			
Pamper session					Summer 2014
HTGH Development Day					20 th March 2013
Operation cipher				Report submitted August 2013	29 th April-26 th May 2013
SG Suicide & Self Harm Event				Report submitted July 2013	15 th April 2013
Choose Life local plan					Winter 2013 - 2014

Hope Triangle Health Group
Literacy Development Plan 2013-15

Aim	Materials	Action	Funding source	Evidence of Achievement	Target Date
Games Night	Member's bring their own games & nibbles	HTHG	No cost at the moment		April 2013, ongoing winter programme
Create & Maintain a HT Diary	2 diaries/books	HTHG	No cost at the moment		April 2013,
Create a diary of fixed dates for meetings/plant days				Completed need to create a winter diary	May 23 rd 2013 then ongoing throughout the year last event Nov
Create & maintain a HT Twitter & Face book- Blog	I.T equipment & internet access	HTHG	No cost at the moment	Completed May 2013 & ongoing	May 2013 & then ongoing
Book Club	Books	HTHG	Oxgangs Library	Club have read their first book will commence	May 2013

				after the summer recess	
Poetry Walks	Hope Triangle & group poems	HTHG & Oxfangs Library, OC Manager	Oxfangs Library	4 successful sessions took place over the summer 2013 recess	Summer/Autumn 2013
Cookery & Preserving sessions	Local produce	HTHG & EFI	EFI		Autumn/Winter 2013 Oct break
Create cookery book		HTHG & CLD			Winter 2014
Create a book of Coping Strategies	Local People	HTHG & CLD Workshops			2014/15
Dyslexia awareness Raising/campaign					Ongoing

Hope Triangle Health Group
Environmental Project Plan 2013-2015

Aim	Materials	Action	Funding	Evidence of Achievement	Target Date
Create Beds to grow your own food	Vegetables, fruit etc,	Investigate if community and groups would be interested to adopt a bed	Greenspace Trust, Lovell's	Completed Potatoes, Broccoli & various herbs planted	April 2013 ongoing.
Bed Building Day	wood, compost	HTHG, Invite community groups to build & maintain bed	Greenspace Trust, Lovell's	Completed, pictures on Facebook	April & May 2013
Investigate the creation of an interactive map of H/T		HTHG to invite Firrhill High School to see if they are interested in adopting this project			June initial meeting with school progress over the autumn 2013
Expand &	Recycled bark	Community		Existing path	Summer 2013

maintain Pathways	& wood edging	Services Team-R.K		refilled June 2013- Path expansion on hold due to Flood works Refilled in Feb 2013	Ongoing
Aim	Materials	Action	Funding	Evidence	Target date
Shed for HT	Shed donated	HTHG-R.L to action this		Built August 2013, blown down Feb 2014!	Spring/ Summer 2013
Create compost bins	Recycled wood	HTHG, Greenspace Trust, The Rock Trust	Wood donated by Lovell's GreenSpace Trust	Completed August 2013	Spring/ Summer 2013
Art/Craft sessions	a)Craft workshops, b)Breaking Plates, c)Basket Weaving	a)Fiona & Heather			a)Summer 2013, could not secure a venue b)Summer 2014 c)

	d)Pottery e)Dry Stane Dyking Art				d) e)Summer 2015
Secure Shed	To store equipment, plants etc	Secured area in 6 Harper Way identified. Nominate key holders. Create itinerary and booking form	PNP		Autumn 2013
Aim	Materials	Action	Funding	Evidence	Target date
Create a Google Map of Hope Triangle		HTHG volunteer K.S will action this			Summer 2013, ongoing
Creating seating that is vandal proof and unusual	Where possible recycled Tree Logs & Tyres, Jig-saw(M.G)	HTHG- Tyres from Kwik-Fit, Tree logs to be investigated			Summer/ Autumn 2013
Create a mail box	Recycled/ scrap wood	HTHG-R.L will action this			Summer2014
Create a	Donated willow	HTHG volunteers			Autumn 2014

Willow Tunnel	saplings/tree, wood for frame.				
Hope Triangle plaque/frame	Metal Frame	Investigate CEC blacksmiths			Autumn 2014
Create a Tree Plan		HTHG & SNT			Autumn/ Winter 2013
Bird/Bat boxes	Recycled/ scrap wood	Joinery workshops HTHG volunteers			Winter 2013/14
Hedgelaying		HTHG & SNT			Feb 2014
Design a 'Palette' for Gardening Scotland					Spring 2015
Tree Log Event					Spring/ Summer 2015
Community Plant days		HTHG & volunteers Have taken place on a weekly basis since April 2013			Alternate Fridays & Sundays 1-4