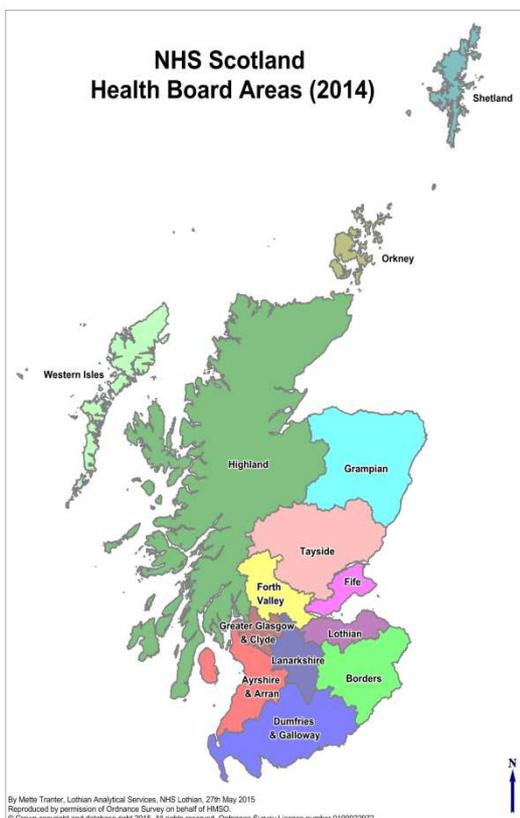


Hello,

We hope this finds you all well having enjoyed summer! We thought it would be useful to update you on the progress we have been making since our last newsletter in May. Many of us met at our Partnership Event back in June and we have issued feedback from that event recently, but if you have not received a copy please get in touch with us. This newsletter would like to welcome new health board areas to the Veterans First Point network. Due to the overwhelming support we have received from partners we are delighted to announce that we now have eight funded V1P centres across Scotland and are potentially looking at a ninth. I am sure you would like to join us in welcoming these new services to the network. We hope you find this newsletter helpful and do please get in touch to discuss any aspect of the programme and to share any further ideas you may have to support veterans, their families and communities across Scotland.

V1P Across Scotland



Ayrshire & Arran – Base to be confirmed

Borders – Lead recruited and base to be confirmed

Fife – Team recruited and base to be confirmed

Forth Valley – Still under development

Grampian – MoU signed and base to be confirmed

Highland – MoU signed and based in Inverness at Poppyscotland

Lanarkshire – MoU signed for teams in Motherwell and Hamilton and bases still to be confirmed

Lothian – Based in Edinburgh at Argyle House

Tayside – Now open, based in Dundee at Tayforth Veterans

Dumfries & Galloway – Exploring other options to enhance services for veterans

Greater Glasgow & Clyde – No plans for a V1P service due to established services in the area

Ayrshire & Arran



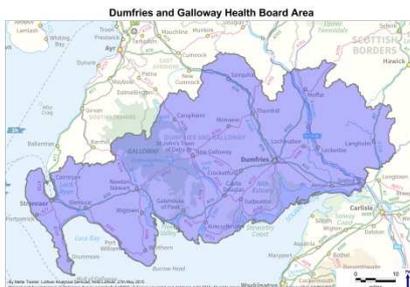
A Memorandum of Understanding has been signed off by the Ayrshire & Arran Team lead, Thelma Bowers. Partners in this venture will be Ayrshire-based charities and discussions are continuing with all local partners. The team will be recruited in the very near future and if you would like to be considered for posts please keep an eye on the NHS Show website. We would also encourage partners to contact us regarding closer joint working in this region.

Borders



The Memorandum of Understanding with NHS Borders has been signed off and they have appointed their Lead Clinician, Dee Buckley. We welcome her to the V1P Network! The rest of the team, Veteran Peer Support Workers and the Service Administrator will be recruited in the near future. The base for V1P Borders is still to be confirmed but is likely to be multiple sites across the region with outreach to veterans' homes when required.

Dumfries & Galloway



Following the retirement of Dr Adrian McCullough, the new Veterans Champion for NHS Dumfries and Galloway is Michele McCoy, Joint Interim Director of Public Health. Michele is currently making contact with a number of key people with regard to the health and wellbeing of the veteran population. She recently met with colleagues at V1P and we will continue to see how we can work in partnership to further develop activity in the area. Any developments will compliment existing local provision.

Fife



Fife was the second area to sign a Memorandum of Understanding with Veterans First Point Scotland. Their Service and Clinical Lead, Andy Summers, has been appointed and interviews for the rest of the team were conducted in September. The new team members will be highlighted in our next newsletter but we welcome them to the V1P network. V1P Fife is currently working to secure appropriate accommodation for the service and we will update the final location in the next newsletter.

Forth Valley



Following a productive meeting with Leads of the Psychology and Psychotherapy Services, Jennifer Borthwick and Therese McGoldrick, we are in the process of developing a Memorandum of Understanding with Forth Valley with the aim of opening in the area from April 2016. This is due to other local demands as it would be unfeasible to recruit prior to this date. However there is no shortage of commitment from the NHS Forth Valley Team.

Grampian



A successful focus group was held in August 2015 and several meetings have taken place with key NHS staff. We are delighted to announce that the Memorandum of Understanding has now been agreed and signed off thanks to Gwen Robertson and Kevin Dawson who are leading the development in Grampian. Gwen is currently working to secure premises that will enable Veterans from across the area to access the service as easily as possible.

Highland



The Memorandum of Understanding has now been agreed which will allow recruitment to occur as soon as possible. All parties have been working incredibly hard to work up an agreement that will meet the needs of Veterans in the area. The team are also looking at ways to use E-Health in remote and rural areas due to the geographical spread and associated costs of travel in the area. V1P Highland will be working in partnership with Poppyscotland at their base in Inverness. We would like to thank Poppyscotland for their support in the establishment and future running of V1P Highland.

Lanarkshire



The Memorandum of Understanding has now been agreed and following discussions with key partners there will be two centres in both North Lanarkshire and South Lanarkshire. This will meet the identified needs of local veterans which were highlighted in the Lanarkshire focus group. The centres will be based in Motherwell and Hamilton making excellent use of pre-existing links and services. In Lanarkshire Peer Support Workers will be employed by SAMH and Experience Counts. They will be integrated into the V1P Lanarkshire Team through joint management, supervision, training and effective team-working. Here at V1P Scotland, we look forward to supporting V1P Lanarkshire in their recruitment and development stages.

Lothian



Report from V1P Lothian Team Lead, Charlie Allanson-Oddy

V1P Lothian continues to be busy with 106 referrals over May, June and July. We have added to our team a Trainee Counselling Psychologist and an Assistant Psychologist as we seek to provide improved clinical outcomes for service users through audit. Our range of Peer Support led activities continues with funding secured through *Live Music Now* for a 'third round' of music groups, a series of city walks and our gardening space hosting drop-in barbeques.

We are also pleased to be more involved recently with the Personnel Recovery Unit in discharge planning. Of note in the context of this newsletter, V1P Lothian is looking forward to more examples of close treatment co-ordination with the other V1P services.

Tayside



Report from V1P Tayside Team Leader, Michelle Ramage

The new V1P Tayside service began its journey on 29th June 2015. We spent the first week involved in a comprehensive induction with colleagues from the V1P Scotland Development Team: Lucy Abraham, John Wills and Dave Carson. This provided a great opportunity for team development, learning more about veteran-specific issues and starting to think about implementing the service within Tayside.

Since then, we have been engaged in a programme of service development, which for V1P Tayside involves the development of the service from within a well established veteran charity - Tayforth Veterans Project. As well as undertaking lots of practical tasks, we have been meeting with a broad range of stakeholders who may refer veterans and/or already work with the local veteran community. At this stage, we are a relatively small service. The Tayside service will operate a brokerage model, in other words, we will aim to support veterans who use the service to access mainstream services wherever possible. We will retain our clinical service for those who have difficulties accessing mainstream services.

Focus Groups Themes

As you are all aware, a key step in the development of V1P services in individual health board areas was consultation with service users. Dave Carson, Senior Health Promotion Specialist has facilitated focus groups comprising mostly veterans, but occasionally family members and carers, primarily based upon individuals' experiences of accessing help and support. To date these have been held in Ayrshire & Arran, Borders, Fife, Forth Valley, Grampian, Highland, and Lanarkshire. A group had met in Tayside immediately prior to the V1P project so this was not repeated.

The key themes identified in the Focus Groups were:

Accessibility: Veterans described a theme around wanting smoother access to help and assistance:

"I had to wait about a year for it, but my GP knew what I was suffering from so they kept an eye on me...every two weeks" [waiting times for specialist therapy, not with V1P]"

"I think geographically it needs to be in a good area, close to all sorts of train routes and bus routes, and that sort of thing"

Co-ordination: Veterans described wanting to have staff support their plans in the short, medium and long term as efficiently as possible:

"Retraining, resettlement... for me anyway, they're not the kind of courses that work...so if there was resettlement, somebody was going to learn to

drive, a placement maybe with the company, or a company would be prepared to take them on”

Credibility: Veterans described wanting services that understood the experiences and needs of the veteran community

“It took nearly five weeks to explain how the military worked. How I injured myself, how I was medically discharged...I just felt like I wasn’t getting anywhere at all with him”

The Veterans Journey and help-seeking behaviour: Veterans described the stigma associated with seeking help and barriers to approaching services and how families and veteran peers can be helpful

“People stepping forward and asking for help, they think that other people see that as a weakness and that was my biggest problem. Once I actually asked for help and I started moving forward and it was like, it was a really big step for me to actually ask for help to start with.”

“As long as they [families / partners] get the right information to help us then that could be a good supportive thing”

Implications of these themes for development of services:

These themes appear to confirm what the Lothian Veterans Group identified, which underpinned the development of V1P Lothian. They link to themes of the need for more credibility, accessibility and co-ordination of veterans services. All of which we hope will be offered within a co-ordinated Veterans First Point network.

Funding

V1P Scotland are exploring funding opportunities for specific projects that will add to the capacity of the regional V1P Teams. There continues to be the expectation, as outlined in the Scottish Government Mental Health Strategy, that there is a responsibility on individual Board areas to explore local funding arrangements post October 2016. Outcomes of the QMU evaluation are hoped to justify future funding of services and a “Standing Finance” item will be added to each V1P Network meeting to ensure this is addressed.

New Developments

Dr Lucy Abraham, Veterans First Point Scotland Service Lead and Charlie Allanson-Oddy, Lothian Service Lead recently met with Lt Col Alex Freeborn from the Personnel Recovery Unit (PRU) and they have successfully negotiated a partnership arrangement whereby the Clinical Lead and Veteran Peer Support Worker from regional V1P Teams will attend the discharge meeting of wounded, injured or sick soldiers who are to be discharged to their area. This aims to facilitate access to V1P centres if required or sought by the soldier and to further effective working relationships with our military partners. V1P Scotland will also sit on the Army Recovery Delivery Group meeting to improve transition of wounded, injured and sick military personnel.

This is a great step forward in streamlining the pathway into Mental Health and Wellbeing services. To find out more information about the Army Recovery Capability service and facilities across the UK visit: www.army.mod.uk/ARC

V1P Scotland Evaluation:

As you are aware Queen Margaret University has been commissioned to conduct the evaluation of Veterans First Point Scotland. The research Lead, Susan Prior, has redesigned the V1P Registration document thus drawing together a standard data set in line with the Key Performance Indicators of the LIBOR grant. We are currently awaiting approval from the Caldicott Guardian, which ensures that all data created and used by the NHS guarantee confidentiality for clients. Feedback will be circulated as the data is created by the regional V1P Teams.

V1P Training and Support

At the November Partnership event we are going to launch a timetable of training events for members of the V1P Teams and our Partnership colleagues. Application forms will also be available at the event and will be uploaded to our website once it is complete. Our training package has been informed by previous Partnership events so do not hesitate to contact any member of the team with any queries you may have about training needs.

The Veterans First Point website is also being updated with a staff support zone.

Date for your diary: 17TH November 2015:

V1P Scotland has sent out invitations to our next Partnership Meeting taking place on the 17th November in Dundee. This event will be a great opportunity to hear about the progress of the project, share learning and consider next steps. It is also the official launch of the Tayside Service and there will be opportunities to visit the V1P Tayside team who are based at Tayforth Veterans.

V1P Scotland: Who we are

- ❖ Dr Lucy Abraham - Consultant Clinical Psychologist and Veterans First Point Scotland Service Lead (1.0 wte)
- ❖ Sarah Cairns - 15 hours as Project Administrator (0.4 wte)
- ❖ Dave Carson - Senior Health Promotion Specialist for Veterans Mental Health and Well-being (1.0 wte)
- ❖ Sharon Fegan - Consultant Psychological Therapist (0.6 wte)
- ❖ Anne Gioko - Secretary – now on Maternity Leave (1.0 wte)
- ❖ Linda Irvine - Strategic Lead (0.1 wte)
- ❖ John Wills - Consultant Psychological Therapist (0.6 wte)

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