

Maximising Independence

March 2025
Issue 6

Welcome

Welcome to issue six of our maximising independence (MI) newsletter. Over the past six issues, we have aimed to bring you a regular update on the main MI news and developments, and keep you up to date with how you can get involved with initiatives in your own area.

This is the final edition of the newsletter as maximising independence ends its programme phase and transitions into mainstream 'business as usual' operations. The MI approach will continue to be reflected across all HSCP communications channels in future, so if you would like to join the HSCP mailing list, or if you have any questions or suggestions about how you'd like to hear about the maximising independence approach in future, please email:

gchscp_communications@glasgow.gov.uk



Maximising independence – the next steps

The maximising independence (MI) Programme was set up over four years ago to support people, who can and want to, to remain living at home safely for as long as possible with the right support in place for them, and for their carers if they have them. MI doesn't mean living without any support at all – it's about living as independent a life as you can, making choices about the things that matter to you, to live as full a life as possible, with support when you need it. When the programme reaches its final phase - its planned programme close and transition over the next few months – the maximising independence approach will move fully into the day to day 'business as usual' work done right across the HSCP and its maximising independence partners.

However, the benefits of the MI approach were evident in the way we work to support people right from the start.

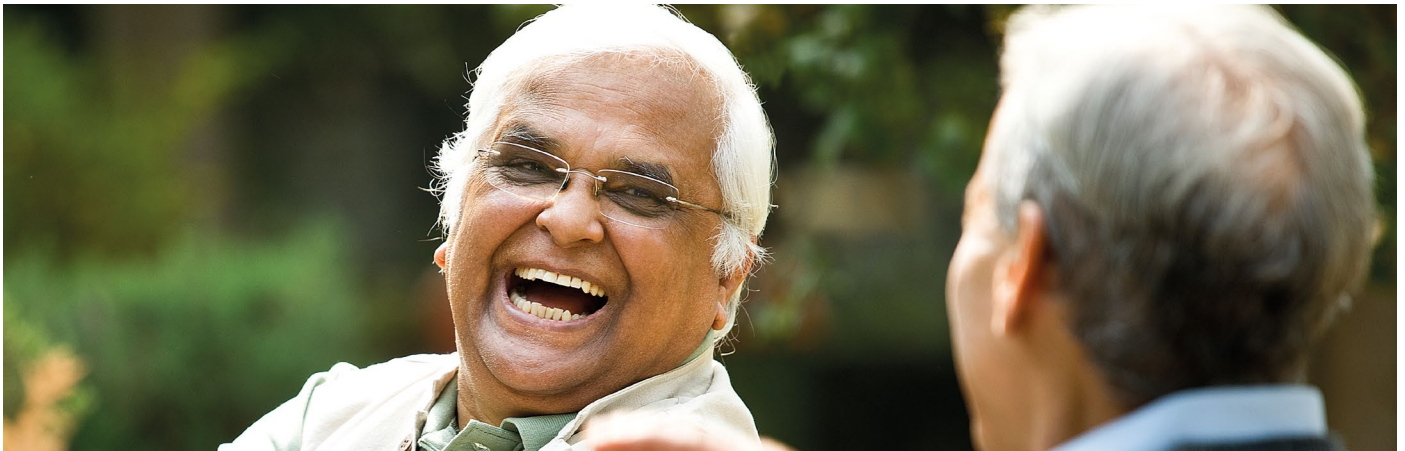
“It became clear fairly early on that maximising independence had to be a wholesale change in our approach to how we do things rather than a standalone programme of work” says Alison Noonan, Head of Maximising Independence and Transformation for the past three years. “The scale of the transformation was so large and far reaching that it had to be embedded in every interaction we have with the people we support - from when they first approach us or are referred to us, right through to how we can support them to live at home in less intrusive and resource-intensive ways. Our ambition has been to improve how we support people by putting them at the centre of decision making on what matters most to them.



Alison Noonan,
Head of Maximising
Independence and
Transformation

And of course, we wanted to get our maximising independence messages out to people long before they even need to contact us, so we can support them to build their health and wellbeing independently and they can access information on what is available to them within their local community. We want Glasgow citizens to have strong and reliable health and social care, not just now but for future generations too. So, we've been talking, listening and collaborating to build a sustainable way of supporting people, so that everyone can achieve their full potential for health, wellbeing and independence. The maximising independence approach informs the way we design and deliver our services. It's now at the core of everything we do.





Several MI projects and activities are underway. The MI team is directly delivering some, and others are being delivered elsewhere across the health and social care network in Glasgow, with advice and support on building in the MI approach. You can find out more about the range of MI projects and read more about some current projects below. One of the most significant things about the **MI projects** at this transition stage, is that they are coming together and complementing each other, under the overall maximising independence approach within our 'business as usual' activities.

For example, we can see how the way we approach the people we support is changing – looking at their strengths as well as the areas they're less strong in, considering how previous trauma may be a barrier to how people access health and social care. We're now routinely looking for innovative technical solutions to support people live more independently at home and meeting people at drop-ins across the city to show them how technology can help, and listen to their issues and aspirations. We're building on local community organisations' areas of expertise and working with them to learn, and share and grow what they do through our 'Make It Local' community hubs. The hubs will support more people to live independently, make connections and reduce social isolation and loneliness. And our Circles of Support help families, friends and carers alongside the services they might need to support people to live independently within their local community."

HSCP Assistant Chief Officer for Older People's Services and South Operations Stephen Fitzpatrick sees the MI approach as being vital to tackling the big health and social care issues facing the city's population, "Glasgow's demographic is changing, we have more people needing care and reducing resources, so we need to look at a long term sustainable solution for this generation and future ones.

We know most people want to live independently for as long as possible, and we know that it's better for their health to do so. So, our MI approach is all about making that possible for as many people as possible, and it's about identifying and tackling health issues early and preventing problems, instead of treating them further down the line when they become more serious. It's also a better way of directing our valuable resources to where they're most needed.

The legacy of the maximising independence approach will carry on being central to the HSCP's current and upcoming strategic plans."

For more information see our maximising independence **[video and newsletters](#)**.



What maximising independence means to me

Pat Togher Chief Officer GCHSCP

The maximising independence approach underpins everything we do to support people and communities across Glasgow.

It's important to me that we build a health and social care service for Glasgow that's sustainable for the people who need our services now and for future generations. The MI approach helps us do that by building stronger communities where people can live independently for longer. We are focussing on early intervention and prevention, looking at the whole person in their own environment, seeing their strengths as well as their short-term issues or symptoms, so that we can support people to maintain their health and independence for as long as possible.

The HSCP can't and shouldn't be doing this alone. We work best in partnership and when we recognise where other community and voluntary organisations are best placed to support people. The maximising independence approach has enabled us to build links and partnerships within communities that deliver tangible benefits for the people who live there; helping to reduce social isolation and loneliness, improving access to opportunities and activities, and making connections for those that are able to that are improving mental and physical wellbeing across the city.

We are living with challenging financial conditions, and the maximising independence approach is just one way of ensuring that we can give people choice and support people in the best way for them within these challenging times. But more than that, it is a way of building resilient communities and healthier people who can live longer in their own homes, with the right support made available to them where and when they need it. And that's what maximising independence means to me.



Pat Togher
Chief Officer
GCHSCP



Maximising independence in practice

New sport sessions are a runaway success

A conversation with a group of people with a learning disability and their carers sparked the idea for a new project which has turned out to be a game changer! And you can see just how much it's changing lives in this [video](#).

Stephen Taylor, GCHSCP Local Area Co-ordinator for the North East Team, heard that the group were concerned about a lack of involvement in physical activities. So, he contacted Philip Peek, a Sport and Physical Activity Officer at Glasgow Life and explained that, although everyone was happy that they were able to meet up with their friends several times a week, the group meetings were mainly sedentary and involved sitting around chatting, with little movement.

"I explained to Philip that I'd been asked by several people for sports-focused activities which promoted a healthier lifestyle, and they had suggested this could be used as a launchpad. It was felt that by making this first step, people would feel better and be more inclined to take part in sports or physical activities at other points in the week, says Stephen.

Philip and I discussed a range of possible physical activities, potential venues, and numbers of attendees. He felt that his team could facilitate a full day of various sessions at a Glasgow Life building, which could help people work towards their goal of a healthier lifestyle.

When we next met, Philip confirmed that he had availability with his staff team at Tollcross International Swimming Centre on a Monday, and I was able to share news with him that we had definite interest from 15 to 20 people.

The new group met for the first time in September 2024, with 16 enthusiastic individuals coming along to enjoy the opportunity to take part in a range of multi-sport activities including table tennis, badminton, short football and basketball, and everyone being encouraged to try out each of the sports."



Photo courtesy of Glasgow Life



“Then, after a gym induction, the coaches set up a circuit which included mini hurdles, squats, ladder jumps, and mats for exercises like press ups and the plank, says Phillip.

Again, everyone was encouraged to try out the different activities. Adaptions were made for wheelchair users to ensure they could take part fully by, for example, using a netball net rather than a basketball net. The last session of the day was Boccia, then coaches asked everyone for ideas for any multi sports they would like to try the following week. In the past six weeks alone, we have included virtual spin classes.”

Since that first day in September, 19 people have signed up for the Glasgow Life Active Club Membership, and the sessions have been such a success that Philip has replicated the Tollcross Sports Day in other areas in Glasgow. A Wednesday session began in January at Glasgow Club – Gorbals Leisure Centre, and it is hoped to establish a group in the north west of the city soon.

The feedback Stephen and Phillip have received from participants and their families has been overwhelmingly positive.



Feedback received from participants and their families:

This is exactly what I wanted; the coaches are great – thank you!

I love my Monday, I am now going out with my mum more, rather than sitting in the house.

I feel great and have lost weight.

I am now drinking water rather than fizzy drinks.

I love it; the coaches are great, and I am also doing my exercises at home.

Since starting, my son has lost nearly one stone in weight!

To find out more about Glasgow Life Disability Sport sessions, or book a place go to [**Glasgow Life disability activities**](#)



Project Update

Make it Local community hubs

The first engagement phase of the 'Make it Local' community hubs gets underway soon. Seven community organisations will work with the HSCP and partners to develop and expand community activities that contribute to managing long term health conditions.

Another three organisations will join us later to focus on other themes that support the maximising independence approach once the learning and feedback from phase one is complete. Look out for more information when the work gets underway, and in the meantime, to find out more about the Make it Local Communities contact project lead Chris Furse: chris.furse@glasgow.gov.uk



Helpful Hints for Home Technology

The Helpful Hints team are taking their pop up sessions to health venues across the city. Project lead Michael Gillespie explained, "We want to reach people in a health setting and have a chat with them about how technology could support their care needs at home and when they're out and about. Future options for the pop ups also include housing settings and carers' venues."

Another new development for the team is short bite sized 'how to' videos, showing people how to get more out of their existing devices, and show what other new technology is available. These will be based on the most popular questions at the drop in sessions but by using video, the team can reach lots more people.

Find out more about what's on offer and the dates for the next Helpful Hints for Home Technology **drop ins** on [Your Support Your Way](#) Glasgow. You'll also find more information about a whole range of activities and support that's available in your area.



Strengths Based Practice training is supporting transformational change

The pilot phase of the Strengths Based Practice (SBP) training is well underway, and feedback has been consistently positive. The training is a key part of the important work that's going on to transform how people access social care across the city, so that resources are focussed on the people who need them most.

The Strengths Based Practice training goes hand in hand with the HSCP's new strengths based Support Needs Assessment (SNA) tool, which has been designed in consultation with staff and people we support. The new way of carrying out assessments aims to ensure that people have the opportunity to talk about what matters to them, and their own personal goals, no matter how small they are.

Alison Noonan, Head of Maximising Independence and Transformation for the HSCP, said "We know that supporting people to achieve specific goals which are important to them, such as going out for walks or dressing themselves can help them to live independently at home for longer, staying out of hospitals, and may reduce the need for residential care. We know that's what most people want, it's better for them and allows us to ensure NHS and social care resources are being used effectively for those in greatest need.

We're committed to recognising the strengths and resources of the people we support as well as the areas they need help with so that everyone can achieve their potential for health, wellbeing and independence."

For more information about Strengths Based Practice training, please contact:
alison.noonan@ggc.scot.nhs.uk





Short breaks at West Ham United and Alton Towers

News

10 years of short breaks

This summer marks the 10th anniversary of short breaks for adults with learning disabilities as an alternative to building based respite. The HSCP's Local Area Coordination Team work in partnership with **Community Lifestyles** and **The Mungo Foundation**, both of whom provide support on the breaks.

Every December, people who use the service are given a short breaks brochure for the following year. The breaks are very popular, with over 70 people now taking part. Some people have the opportunity to go on a number of short breaks with a wide range of venues and activities on offer, from tribute act weekends, to theme parks, festivals and football breaks to the English Premiership. People often get together with their friends to make their choices together, ensuring an even better time. Raymond Traynor, HSCP Local Area Co-ordination Manager explained, "This has been a great success and something we as a team are very proud to be part of. It's very satisfying to see the incredible feedback we get from people who are eligible to receive the service and the positive effect it has had on people's and their families lives."

Laura who was one of the first to attend a short break to Blackpool ten years ago said, "I have enjoyed all my breaks and love looking at the brochure for new breaks. I love the tribute breaks."



Other comments from families include:

I know they will have a great break and be safe.

They never stop talking about it!

They come back smiling.

Diary Dates

Glasgow Future Fair, 13 March 2025

Reserve a free ticket for the [Glasgow Future Fair](#) - where Creative Climate Futures will host a programme of discussion, workshops, and experiences.

Glasgow Communities Fund 2026-29. Closing date 7 April 2025

The application window for the Glasgow Communities Fund 2026-29 opened in mid-February and will close for applications to the fund on 7 April 2025. Glasgow City Council announced a go-live date on their [website](#) and has provided links to all guidance documents and support materials. The Council will update the [website](#) with the fund application link and relevant guidance information. If you have questions when applying for the Glasgow Communities Fund or encounter any technical issues, please contact the Council's Grants Team at cesgrants@glasgow.gov.uk



Evaluation Support, 10 March 2025

Are you a charity or community organisation looking for help with evaluation? Book a free [evaluation surgery](#) offered by researchers in the School of Health and Wellbeing at the University of Glasgow.

Free Training for Employers, March 2025

Scottish Union of Supported Employment (SUSE) is offering fully funded advice, support and training for employers operating in Glasgow to help workplaces become more inclusive and supportive. Find sessions on Neurodiversity, Mental Health and Menopause at work available during March at suse.org.uk

Glasgow Communities Fund Masterclass: Tendering - Quick Quotes, Quick Wins, 27 March 2025

Community Enterprise in Scotland (CEIS) are hosting a free [Masterclass](#) for Glasgow-based third sector organisations on 'Tendering - Quick Quotes, Quick Wins'. The Scottish Government has also simplified how third sector organisations can identify themselves on Public Contracts Scotland, making it easier for public sector buyers to find and engage with them. Read more about this at ceis.org.uk