

**CAIRNGORMS NATIONAL PARK AUTHORITY
PARK FOR ALL WORKING GROUP**

**Minutes of the meeting held in Newtonmore Village Hall
on Friday 19th December 2003 at 9.00am**

Present

Eric Baird	CNPA Vice-convenor
Elsbeth Grant	CNPA Social Inclusion Policy Officer
Lucy Grant (chair)	CNPA member
Anne MacLean	CNPA member
Sheena Slimon	CNPA member

In attendance

Judith Turner	Affordable Health and Fitness Project
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Welcome and Apologies

1. Lucy Grant welcomed everyone to the meeting. There were no apologies.

Minutes of the last meeting

2. The minutes of the meeting of 7th November were approved. Sheena Slimon moved their adoption, which was seconded by Eric Baird.

Matters arising not otherwise on the agenda

3. Under paragraph 12, EG noted that copies of the DRC booklet have been ordered for Group members.

Judith Turner, Affordable Health & Fitness Project

4. Judith Turner gave a presentation on the work of the Project, which aims to increase the health of residents in Badenoch and Strathspey, and increase awareness of health and fitness issues. She noted that the two year Project has made a difference to the many social groups she has worked with, including young people, older people, those with learning difficulties, arthritis, and obesity problems. Over the current year, she explained that she has been involved with Focus Groups, the Community Car Scheme, encouraging uptake in health walks through the Paths to Health scheme, and dealing with referrals from GPs, dieticians and physio's.
5. Over the first seven months of the second year of the Project, Judith has had 157 individual appointments with 34 new referrals; and 53 group activities involving 653 individuals. Some quotes from the aqua exercise focus groups include:
 - "I can get out of a seat now, I have a chair at home that normally lifts me up. I don't have to put the lever on anymore, I can get up'.

- I've begun to interact with people and take charge of my life" **Action**
 - I've volunteered to be on the helpline for Dementia Scotland. I know that it is nothing at all to do with this but I don't know if I would have done it if I wasn't coming here"
6. Judith explained that the current phase of the Project will end in March 2004, and highlighted the difficulties in identifying a lead body to take the Project forward. She is currently drafting the final report, which will include recommendations on how the Project might continue. In this regard, she would appreciate any input from the Park for All Group.
 7. Judith noted the Project needs more direct referrals from GPs to ensure that it targets those who would most benefit from the Project. However, referrals from health practices have been particularly slow, and GPs are under-utilising the Project despite the Local Health Care Centres being briefed on it. Sheena Slimon agreed to speak to the practice nurses in Kingussie about this situation. It was also suggested that some sort of quality assurance is put in place, which would satisfy the GPs that Judith was suitably qualified and experienced to deal with referrals. **SS**
 8. It was noted that the outcomes of the current Project will be important for obtaining future support, and it was suggested that the final report should highlight both qualitative as well as quantitative outcomes.
 9. It was also suggested that Judith go back to Locality Planning to present the outcomes and highlight the problem areas and the importance of having all stakeholders signed up to deliver the Project. **JT**
 10. It was noted that a similar scheme in Deeside which involved GP referrals onto health walks, had been very successful, and that lessons could be learnt from this scheme.

Social Inclusion in the National Park

11. Elspeth Grant introduced the discussion paper, noting that its purpose was to set out the context for the PFA Working Group, in relation to the purpose and short term outcomes that had been provisionally set; and how the Park for All theme has been developed within the draft Corporate Plan.
12. EG referred to Park for All section within the Corporate Plan, noting that there is a clear division of work between physical 'access' elements and social 'inclusion' elements. Most of the former is being addressed by other Working Groups such as Access, Rangers, Gateways and Transport, although the Park for All Group is likely to input into the improvement/ provision of paths (for all abilities).
13. EG focussed on the social inclusion elements of the Corporate Plan, such as All Abilities, Youth, Health and Fitness, and Social Exclusion, noting that there are other elements such as low incomes, ethnicity, gender and race which may also need to be considered.

14. EG then referred to Mark Shucksmith's paper on a 'Social Inclusion Strategy for Scotland's National Parks' which develops the various elements of social inclusion and gives examples of action/initiatives that could be put in place and by whom. She concluded that the Park for All Group must decide how widely they want to address social inclusion issues and opened this up for discussion.
15. Some comments on the paper followed. It was noted that both the physical and social elements of creating a Park for All are related to provision for people who live and work in the Park, as well as visitors to the Park.
16. It was also noted that the Group are not in a position to address the causes of social exclusion such as low incomes and inequities in society. However, the Group can help to address provision for socially excluded people, eg through provision of residential weeks for school children, all abilities paths, etc.
17. Reference was made to plans by Andrew MacKenzie of Badaguish Outdoor Centre to establish a social firm which will provide hospitality training for people with disabilities. The Group felt that it should be supportive of this type of activity, and that it could learn from other examples of social firms, eg The Fly Cup, Inverurie (contact Kevin Hutchens), and another in Greenock.
18. Before agreeing on specific activities, the Group agreed that it would be helpful to have a clear list of which organisations are doing what activities within the different areas of social in/exclusion, perhaps using the Mark Shucksmith paper as a framework. It was agreed that Group members would forward details of all relevant activities to EG, so that she can compile a list to be considered at the next meeting.
19. Mention was made of Dialogue Youth, a school based project which has recently been launched by the Scottish Executive.

ALL
EG

Identification of External Interests

20. Until the Group decides on specific actions, it was agreed that the Group should invite individuals / experts to meetings on an ad hoc basis, to brief the Group on certain issues as required.

All Abilities Communication Network

21. Anne MacLean updated the Group on the position of the Network, which had met the previous week to discuss its terms of reference. She reported that, contrary to what had been minuted at the last meeting, the Network is in fact considered a semi-autonomous group of the CNPA, operating independently, with limited support by the CNPA to be agreed. Due to the low 'unrepresentative' attendance at recent meetings, AM explained that the full membership are to be consulted on who should chair the Network and how often, and in what form it should 'meet'/ correspond. It was agreed to copy the consultation paper to members of the Group.
22. EG added that the status of the Network should not prevent the Park for All Group seeking advice from individual members of the Network.

EG

AOCB

23. It was suggested that copies of the SCVO briefing note on racial equality should be circulated to the Group.

Action

EG

Date of Next Meeting

24. Thursday 12th February 2004 at 7.00pm in Kingussie, venue to be confirmed.

EG

Elsbeth Grant

27.01.04