

Community Link Practitioner Update January to March 2025

Client Information

No of Referrals: 3

No carried forward: 17

No closed: 4

Total no during period: 20

No of clients with other practice: 19

(In total, the CLP team has worked with 79 clients over the period)

Clients have been linked with services such as:

- CAB
- Telecare
- Sensory Impairment, OHAC
- All Age Disability Team: Employment Support, OIC
- Adult Social Work
- Ageing Well
- Crossroads
- Thaw
- Deaf Action

While the number of referrals in this quarter are less than the same period last year, the CLP service is no less busy, with those clients being supported having higher support needs, many experiencing high levels of anxiety due to their circumstances. Nearly 60% of clients with Heilendi are aged 70 years and over, and while some maintain active lifestyles, others struggle with health issues and isolation – missing the one to one companionship of departed partners and friends.

Community Mapping

In continuing to keep our knowledge of services available locally to clients up to date, and to facilitate good working relationships, we have met with and participated in:

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|--|---------------------------------------|
| • Vaccination & Community Officer | • Scottish Govt Meeting – part of CLW |
| • Disability Employment Adviser, DWP | Review |
| • Andy Toogood, Admiral Nurse, ASO | • Social Prescribing Day |
| • Trainee Nurse: Shadow Visit | |
| • CAB | |
| • School Nurse Team | |
| • Lou Brewer, Health Visitor | |
| • Carol Taylor, Supported Volunteering,
VAO | |
| • Kirkwall Salvation Army | |

Personal Development

Along with my colleague Linsey, we attended online MAP of Health Behaviour Change ([Behaviour change for health | NHS Education for Scotland](#)) training being run by NES over two consecutive Wednesday mornings. We both found this incredibly worthwhile, with the MAP model being explained, and attendees given an opportunity to practice the skills in small groups. We both felt that this model could be very beneficial with some clients, and hope to adapt some of the paperwork for use, particularly the Action Plan proforma.

I've also attended FAST awareness training, run by Chest Heart Stroke Scotland ([FAST Stroke Awareness | How to recognise a stroke](#)), providing a refresher of the main symptoms, and also awareness of more recently added ones. This was a short 30 minute online session, but again very useful, given the CLP role in being alone with clients within their homes.

With the majority of my Heiledi clients being aged over 70 years, I undertook an online module in recognising the signs of malnutrition, offered by FoodTrain ([Training - The Food Train](#)). This too was interesting, offering advice on ways in which to encourage this age group to increase their calorific content.

I have most recently attended the National Rural Mental Health Forum at the end of March, in which staff from Penumbra and Change Mental Health spoke about the Suicide Bereavement Service they have been providing in the Highlands, and Ayrshire & Arran ([Suicide Bereavement Support Service - Change Mental Health](#)) Again, this was really informative, and they spoke of their hope of rolling this out to a further 50% of Health Boards. I can provide contact details should anybody be interested in following this up.

Service Spotlight/Development

The Scottish Community Link Worker Network ran a information workshop entitled Introduction to Neurodiversity, which Linsey attended in early April, presented by Mindroom. This was very informative, and resources have since been sent to the wider Community Link Worker Network, and are outlined below:

Resources: [Powerpoint and other resources are here.](#)

Video:

Meet Estella -

ADHD: https://www.youtube.com/watch?v=djIYui6rA_0&list=PLBOVTfIOfXbGDhiawJ_DLgd2CUioQ_6B8&index=3

Additional Resources:

- [EPIC Resource](#) – Free downloadable booklets.
- [Community Suggested Neurodiversity Resources](#)
- [NHS](#) – Joining in with sensory Differences.
- [Enquire Factsheets](#): Range of Factsheets for Parents and Carers.
- [LEANS](#) (Learning About Neurodiversity at School) - I have also attached our information booklet and here is a link to parent/carers resources on our website: <https://www.mindroom.org/resources/leans-c/>

- [It Takes all Kinds of Minds Conference \(2023\)](#) – Keynote speeches, talks and panel sessions all available
- NAIT website <https://www.thirdspace.scot/nait/>

Webinar Recordings:

Women and Neurodiversity came up a bit in the session, and below are some recent webinars which may be of further interest:

- Salvesen Lecture 2024 – [ADHD Symptoms in Women aren't hidden – they are misinterpreted.](#)
- Neurodiversity Week Webinar – [Neurodivergence and the Menopause](#)

Diagnosis-Specific Resources will follow.

Direct Help and Support: Links and contact information for direct help and support services are provided below. Referrals can be made by those working/supporting an individual, or families or young people can contact us directly. Mindroom support individuals across Scotland, and no diagnosis is required.

Email: directhelp@mindroom.org/ or call 0131 370 6730. or <https://www.mindroom.org/help-and-support/>

Training events: We have a range of webinars on our Eventbrite which may be of interest to some. <https://www.eventbrite.co.uk/o/salvesen-mindroom-centre-20160979838>.