

Digital health and care innovation

Moray is set to become the test-bed for digital tools and services which could bring health and care benefits to local citizens ahead of the rest of the UK.

The Moray Rural Centre of Excellence for Digital Health and Care Innovation has been launched at The Glasgow School of Art's Highlands and Islands campus near Forres.

The £5 million project backed by UK Government investment, aims to support the remobilisation of health and care services and the economic recovery of the Moray region through investment in research and innovation activities aligned to the digital health and care agenda.

It is the first project to commence under the Moray Growth Deal, a long-term plan to drive economic growth across the region by investing over £100 million in eight strategic priorities.

The Moray Rural Centre of Excellence will be the hub for innovation work with the potential to change how citizens take more control of their own health information and access services on their own terms.

It will house a state-of-the-art demonstration and simulation environment and support the spread of five co-designed living lab testbeds across Moray. The living labs will bring together designers, producers and end users to focus on thematic areas including co-managed health and wellbeing, care in place, mental health, and smart housing and communities.

The real-world evidence delivered through the labs will support digital innovations to be embedded in local services before being potentially scaled up to other parts of Scotland, the rest of the UK and globally.



Shared Lives Week

It's Shared Lives Week 2022 and Health & Social Care Moray is taking the opportunity to celebrate our past and present Shared Lives carers – and encourage more people to consider taking up the role in the future.

Shared Lives is a special kind of social care support based around Shared Lives carers providing flexible care and support within their own home and sharing their family and/or community life with adults matched to them by Health & Social Care Moray.

It offers a bespoke alternative to more traditional day services, supported

living or residential care. It's all based on shared interests, lifestyles and sense of humour. It feels like an ordinary life – not a service – for someone struggling to live independently and doesn't feel like a 'job' for the Shared Lives carer.

Moray needs more self-employed Shared Lives carers to offer day, overnight and long-term placements. If you or someone you know might be interested, find out more about Shared Lives on our web page [here](#).

Moray Health & Care News out now

Issue 3 of Moray Health & Care News is being delivered to households this week. The digital version - with bonus content - is already available online here:

nhsgrampian.org/drgraysnews or scan the QR code.

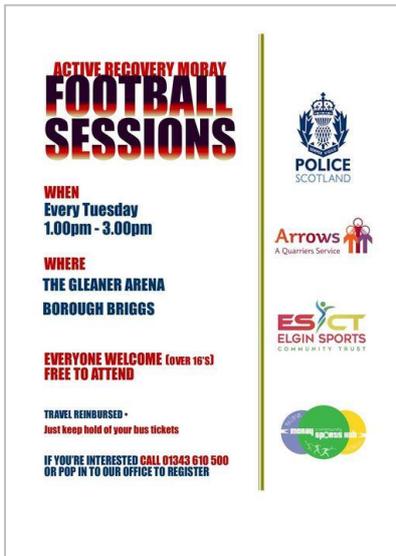


Exploring peer support in Moray

Do you use your personal life experiences in supporting another person? Are you providing support to another person by drawing on your own lived experience?

Perhaps you run a support group, provide one to one support, or offer peer-support in another way. If so, Moray Wellbeing Hub, Scottish Association for Mental Health (SAMH) and the Scottish Recovery Network would like to invite you to participate in a series of events exploring the topic of peer support in Moray.

The first takes place online on Monday 27 June from 1-3pm. Read more on the Moray Wellbeing Hub website [here](#).



Active Recovery Moray

A new social inclusion project is using sporting opportunities to reach out to adults affected by mental health, drug and alcohol issues.

Active Recovery Moray is a partnership between Police Scotland, Arrows Drug and Alcohol Support, Moray Community Sport Hubs and Elgin Sport Community Trust. It aims to engage people in free to access sporting activities which can aid in their recovery journey by boosting health and wellbeing through physical activity and by creating a sense of connection and belonging.

The project kicked off last month with a five-a-side football tournament. Football sessions are now being held every Tuesday from 1-3pm at The Gleaner Arena in Elgin and are open to anyone aged 16 and over.

Views sought on Scottish Ambulance Service strategy

The Scottish Ambulance Service (SAS) is currently in the process of developing a 2030 Strategy and is seeking views before its finalisation.

Consultation was previously undertaken in 2019 but in light of the impact of the pandemic, SAS relaunched a discussion document in April 2022 to seek input from internal and external stakeholders.

The feedback received has been used to inform the development of the latest draft in which SAS seeks to enhance its contribution in health and social care provision. The document describes how the service will play a vital role in:

- Improving care to patients and the public by anticipating needs and responding to these as quickly and safely as possible, and delivering the right care at the right time in the right place;
- Avoiding unnecessary hospital admissions and delivering more care at home and in local communities;
- Improving healthy life expectancy and saving more lives;
- Addressing the inequalities made worse by COVID-19.

You can download a copy of the draft strategy and submit your views [here](#). The deadline for feedback is 3 July 2022.