

**Cross Party Group on Accident Prevention and Safety Awareness
Wednesday 17th January 2018
6.00 pm till 8.00 pm Committee Room 3, the Scottish Parliament.**

**Focus on: The Safety of Older People
Held jointly with Cross Party Group on Older People, Age and
Ageing**

Minutes

1. Welcome:
(Convener)

Clare Adamson MSP

Clare Adamson, MSP, and Sandra White, MSP, welcomed and thanked everyone for attending, mentioning that the weather had held some people back. Ms Adamson also welcomed members of the CPG on Older People, Age and Ageing and explained that the two CPG groups would be holding a joint meeting this evening. Clare paid special thanks to Robert Atkinson of Healthy Working Lives for covering the catering costs. She also expressed her delight that Jeane Freeman, MSP, Minister for Social Security was in attendance.

Ms Adamson invited Ms Freeman to say a few words. The Minister thanked everyone for the opportunity to speak and explained that she has lead responsibility in the Scottish Government for work with older people. The Minister noted that the Scottish Government was keen to reach across older people organisations to create a framework for work on older people. This would mean that all departments within Government were alert to the issues of older people.

Shortly, the Scottish Government will be sending out a plan for the coming year of where they are now and their future plans. The Minister noted that she is happy to share this and take views so that the Scottish Government can be responsive in the issues that older people want addressed.

A draft strategy on social isolation and loneliness has also been launched and is currently out for consultation to the public. The Minister stressed the need to progress partnerships of local communities with national organisations and the Scottish Government. The Minister urged the group to take part in the consultation and agreed to send out the link. (https://consult.gov.scot/equality-unit/connected-scotland/?_ga=2.86897688.1852338889.1517390300-1449251100.1425550050) The Minister also noted that she would be keen to come back again the CPG to discuss the document in more detail. The Minister noted that Eileen Flanagan from the Scottish Government Equality Policy Unit would be staying for the rest of the meeting on behalf of the Scottish Government.

Ms Adamson thanked the Minister for attending and asked if there were any questions.

Brian Topping asked what is considered 'old'. The Minister responded that it is an interesting question and varies from 50 upwards. The Minister noted that she believes we, as a society, need to change how we perceive ourselves as current messages of "older people" do not appropriately represent.

2. Presentation: Melanie Menzies, North Lanarkshire Council (Exercise to Prevent Falls)

Sandra White, MSP and Convenor of the CPG on Older People, Age and Ageing, introduced Melanie as follows:

Melanie has over 27 years' experience of work within the health and fitness industry. She currently carries out the role of Health and Wellbeing Manager with North Lanarkshire Leisure Ltd and manages the Leisure Trusts Active Health programmes in partnership with NHS Lanarkshire, Macmillan and an array of Council and Voluntary led partner agencies concerned with the promotion of health and wellbeing. Melanie teaches Body Pump, Metafit and RPM as a hobby and is happiest when at the bar!!!

Melanie explained that rather than talk about statistics during her presentation, she would show the group some exercises which form part of the strength and balance programme at North Lanarkshire Leisure. Originally beginning with six classes a year there are now 41 classes in the area which has been a great success. Rather than specifically looking at physiological gains, the programme also looks as mental health improvement.

Melanie noted that the programme trains people with quick and slow movements using resistance bands to help build muscle tissue and strengthen joints. Melanie went on to show the group four different exercises that can be used for strength and conditioning and the members of the group participated in carrying them out.

Ms Adamson thanked Melanie and also the Minister again for attending. A group photo was taken and the Minister exited the meeting.

Presentation: Carlene McAvoy, RoSPA and Ann Murray, Active and Independent Living Programme (Falls Prevention Initiative)

Sandra White introduced Carlene and Ann as follows:

Carlene has worked with RoSPA in Scotland for four years as the Community Safety Development officer focussing specifically on Home and Water Safety. Her role seeks to reduce unintentional injuries across Scotland.

Ann Murray is the Falls Lead for the Active and Independent Living Programme (AILP) which is sponsored by the Scottish Government.

Carlene and Ann talked about a recent falls prevention initiative which blends occupational health and safety advice with home safety and falls prevention advice. The initiative finds its roots in the Building Safer Communities Programme where RoSPA and AILP teamed up to create the project. It was piloted in October 2017 with William Tracey and evaluated well.

Ms Adamson thanked Carlene and Ann for their presentation. Carlene and Ann's presentation will be made available on the RoSPA website at <http://www.rospace.com/about/around-the-uk/scotland/cross-party-group> in due course.

Presentation: Caroline Lawrie, SGN (Locking Cooker Valve)

Sandra White, MSP, introduced Caroline as follows: As Stakeholder and Community Manager for SGN in Scotland Caroline is responsible for supporting stakeholder relationships and engagement for the company to ensure it delivers an efficient and future-proof service which meets the needs of its customers and stakeholders, in particular working in partnership with communities to maximise the benefits of our activities in their areas and respond to their needs e.g. Resilience and customer initiatives.

Caroline's presentation focussed on SGN's Locking Cooker Valve which aims to help customers in vulnerable situations. Started through an initiative in the Scottish Borders, by Dying to Keep Warm, SGN were able to expand the project UK wide. This free device can be fitted to existing pipework and prevents problematic use by stopping the ability to turn on the cooker. This avoids gas escaping, prevents fires and reassures families and carers.

Caroline's presentation will be made available on the RoSPA website at <http://www.rospa.com/about/around-the-uk/scotland/cross-party-group> in due course.

Caroline also noted that SGN is keen to roll out the project. If anyone was interested, then please get in touch with her.

Ms Adamson thanked Caroline for her presentation.

Presentation ACO David McGown, Scottish Fire and Rescue Service (Building Safer Communities and Older People)

Sandra White introduced ACO David McGown as follows: Assistant Chief Officer David McGown is Director of Prevention & Protection, Scottish Fire & Rescue Service. In addition to his role within the Fire & Rescue Service, David leads on phase 2 of the Building Safer Communities programme looking at reducing the incidences of unintentional harm and injury across Scotland. He is also a member of Road Safety Scotland's Strategic Partnership Group and is a Board member of the Scottish Business Resilience Centre.

Mr McGown concentrated firstly on fire fatalities and risk profile. He noted that until last year, being elderly was in

itself a risk but this was no longer the case (unless other contributing factors were present). Mr McGown went on to talk about Building Safer Communities Phase 2.

Mr McGown talked about bridging the gap between policy and delivery and how local successful initiatives could become national. He also noted that if organisations shared the vulnerability index, intervention programmes could be implemented locally for a specific issue. Mr McGown finished by asking the group, if they have any political or strategic role to keep this in mind and support what the BSC programme is set up to do.

Mr McGown's presentation will be made available on the RoSPA website at <http://www.rospa.com/about/around-the-uk/scotland/cross-party-group> in due course.

Ms Adamson thanked Mr McGown for his presentation and opened up the floor for questions.

Sandra White asked Melanie if the programme she runs is open to anywhere in Scotland or only in North Lanarkshire. Melanie responded that specific areas will be doing similar programmes but they are willing to promote the North Lanarkshire Programme in different areas. Ms Adamson noted that Melanie is extremely good at getting people involved and thanked her for the fantastic work.

Kate Samuels from Generations Working Together interjected for Melanie and noted that the programme is based in Glasgow but has networks all over Scotland including North Lanarkshire.

Brian Topping congratulated the speakers on their work and presentations. He recalled a graph shown earlier which showed the home accidents were still the biggest

location of accidental deaths. He asked if the group should push for mandatory legislation for home safety officers.

Mr McGown answered that he did not believe that having mandatory roles was the best way to go. Legislation might be useful, but specific roles may not work and it should fall to Community Safety Partnerships and Planning Partnerships.

Ms Adamson noted for background information that Road Safety is a statutory requirement through the Road Traffic Act which has resulted in its protection from council cuts. She noted that Eileen Flanagan many wish to emphasise the importance of Home Safety back to the Scottish Government.

Rohini Sharma Joshi noted that she works with a housing association and also works with hard to reach people. She wanted to note that she was interested in the Falls Initiative and asked if there were enough resources to deal with interest? Ann responded by suggesting they have a conversation outside the meeting.

Lisa Stewart noted that Mr McGown was looking for strategic support. She highlighted that she works for COBIS (Care of Burns in Scotland) and recently met with George Baggley from SFRS (Scotland's Fire and Rescue Service) and there was lots of potential work that the two organisations could do. Mr McGown responded that he was pleased to hear of this.

Lesley Nish from NHS Greater Glasgow and Clyde thanked all the speakers and wanted to note that it would be great to look at data sharing and the most vulnerable. She noted that there was strong evidence however that

we should be looking at primary prevention as opposed to secondary.

Betty Milton from the Scottish Older People's Assembly recalled a recent fall she had and explained the aftermath and how it affected her. She noted that Thistle Cards were available for older people going onto buses and do help. Betty noted that she had learned a lot from her fall and that her grandson had helped her regain her confidence to get back outdoors. Betty has a video about the experience and Ann Murray agreed to share the link with the Group. See https://youtu.be/nKGk_55kpUA

Ms Adamson thanked Betty for sharing her experience and recalled how her own mother had recently been in a car accident which also shook her confidence. Ms Adamson also highlighted Lesley's point about primary prevention and that we must get information out before the fall, not after.

Allister Atkinson noted that the blue proof product would be useful in older people's homes. He said that they were willing to provide free samples to anyone who wanted them for a vulnerable person's home.

Martin Hunt noted that they were open to demonstrations and just had one with Edinburgh Council. He offered free demonstrations to anyone in the group.

Ms Adamson reminded the group that the CPG does not endorse any specific product but the info from Blueproof is available.

Scott Darroch from SGN wanted to congratulate Caroline on her presentation about the Locking Cooker Valve. He also noted that the Gas Safety Week 2017 Report was available for anyone who would like a copy.

Alison Keir from the Royal College of Occupational Therapists highlighted a recent document called “Fire and Rescue Services – the value of working with Occupational Therapists” was also available.

Lisa McCann noted that it was great to hear about all the projects going on and also highlighted that REHIS (Royal Environmental Health Institute of Scotland) is currently in the process of publishing information on eating for health and welling for older people. The syllabus and further information on the REHIS Eating Well for Older People Course is attached to the Minutes.

Ms Adamson noted that this CPG was the second joint CPG they had had. The first being with the CPG on Recreational Boating and Marine Tourism. Ms Adamson noted that it was great to see collaboration and people working together.

Ms White thanked Betty Milton for sharing her experience and celebrating older people and the fantastic work she is doing. Sandra noted that she was a member of the Health Committee which looks at older people and health. She asked Mr McGown about their safe and well visits and if the SFRS has any input from GP and Deep End practices (<https://www.gla.ac.uk/researchinstitutes/healthwellbeing/research/generalpractice/deepend>).

Mr McGown noted that SFRS is progressing with trying to secure information from GP practices and does receive data from NHS ISD and emergency admissions. They are hoping to get support from Health and Social care through NHS Chief Executive Paul Gray.

Clare thanked all presenters and thanked the Minister again for attending.

3. Present and Apologies

Ms Adamson advised that a list of those present and apologies submitted had been collated by the Secretary and would be attached as an Appendix to the Minutes of the Meeting (See Appendix One).

Ms Adamson reminded all those present to sign the Sederunt as it was important to keep accurate records of those attending.

4. Minutes of the Previous Meeting (8th November 2017 – circulated previously)

- a. Accuracy: There were no amendments to the minutes.

The minutes were proposed by Brian Topping as a true record and Martin Hunt seconded this proposal.

- b. Matters Arising:

There were no matters arising.

5. Secretary's Report Elizabeth tabled the Secretary's Report and thanked everyone who came to RoSPA's centenary event. She also thanked Clare, Russell Brown (who has given RoSPA 50 years of support) and Annabelle Ewing, Minister for Community Safety and Legal Affairs for attending the event. Elizabeth highlighted the campaign calendar and asked everyone to send any useful dates on to her. She also thanked everyone who has

sponsored refreshments and noted that the meetings were now sponsored until January 2019.

Elizabeth noted items of correspondence including from Ralph Chalmers of St Andrew Print Solutions re their scratch and sniff cards relating to gas safety (copies available at the meeting). Please send any feedback on this resource to the Secretary. Chris Bielby's presentation to the House of Commons will also be on the RoSPA website and the related report "NEA - Action for Warm Homes – Understanding Carbon Monoxide Risk in Households Vulnerable to Fuel Poverty" was available on the night.

The Secretary's Report is attached at Appendix Two.

6. Headlines

Elizabeth Lumsden spoke to the circulated newsletter and highlighted that RoSPA has a number of seminars coming up.

The Headlines newsletter is attached at Appendix Three.

7. Date of next meeting of CPG Accident Prevention and Safety Awareness

Ms Adamson thanked everyone for attending. She also noted the Water Safety Scotland event on 31st January as well as the LOCHER event on 8th March.

A group photo was then taken.

The next meetings will be held as follows:

Wednesday March 21, 2018. Topic: Occupational Safety.
Tuesday 5th June. AGM. Topic: Child Safety.

APPENDIX ONE

Cross Party Group on Accident Prevention and Safety Awareness – Joint meeting with CPG on Older People, Age and Ageing.

Ministerial attendance

Jeane Freeman Minister for Social Security

MSPs

Clare Adamson, MSP Convenor, CPG Accident Prevention and Safety Awareness

Sandra White, MSP Convenor, CPG Older People, Age and Ageing

Attendees

Allister Atkinson Bluerad Llp

Robert Atkinson Healthy Working Lives

Vince Bowles Scottish Autism

Andy Cathro Scotland Colleges H & S Development Network Group

Scott Darroch Gas Safe Register

Steve Dillon Unite The Union

Jim Dorman St Andrews First Aid Training and Supplies Ltd

Andrew Fraser Falkirk Council

Bill Harley Fife Safer Communities

Martin Hunt Tartan Silk Public Relations

Lorraine Gillies SCSN

Una Goodwin Fife Safer Communities

Lynn Hill Fife Safer Communities

Rose Jackson Scottish Pensioners Forum

Rohini Sharma Joshi Trust Housing Association

George Kay Generations Working Together

Alison Keir Royal College of Occupational Therapists

Caroline Lawrie SGN

Lisa McCann REHIS

Laura McDermott	Dundee City Council
Iain McCaskey	BESA
David McGown	Fire and Rescue Service
Melanie Menzies	North Lanarkshire Council
Betty Milton	SOPA
Ann Murray	Active and Independent Living Programme
Lesley Nish	NHSGGC
Martyn Raine	SNIPEF
Kate Samuels	Generations Working Together
Stuart Stevens	Fire and Rescue Service
Norman Stevenson	Safety Groups UK
Lisa Stewart	COBIS
Janet Thomas	Queen Margaret Hospital
Brian Topping	Safety Advocate

In attendance

Lis Bardell	Clare Adamson's office
Maddy Cancro	Clare Adamson's office
Eileen Flanagan	Scottish Government
Elizabeth Lumsden	RoSPA (Secretariat to CPG on Accident Prevention and Safety Awareness)
Carlene McAvoy	RoSPA (Minute Taker)
Sheila Merrill	RoSPA

Apologies

Michael Avril	Water Safety Scotland
Barry Baker	HSE
Chris Beilby	SGN
Christopher Bell	SCOTTS
David Birrell	Safety Advocate
Jean Brown	Aberlour Child Care Trust

June Cairns	HSE
Emilia Crighton	NHSGGC
Brian Connel	NWS
Douglas Connell	IOSH
Anne Connor	Outside the Box (Secretariat to CPG on Older People, Age and Ageing)
Fiona Craig	Switch
Roddy Duncan	Scottish Government
Ron Ewing	Smokey Paws
Sharon Fabre	Barnardos
Diana Findlay	SOPA
Dave Forrester	SELECT
Sheena Harper	RLSS UK
Michelle Harrity	Scottish Government
Bill Johnston	Scottish Seniors Alliance
John Johnston	TechnipFMC
Ruth Johnston	NHS Health Scotland
Wayne Mackay	Electrical Safety First
Rachael Matthews	NHSGGC
Kenny MacDermid	RLSS UK
Jim McBrierty	SOPA
Neil McNicol	John McNicol & Co
Alastair MacGregor	SSERC
Becs Miller	RNLI
Cherie Morgan	Play Scotland
Gordon Paterson	Scottish Government
Carol Raeburn	RNLI
Dave Roy	Kingdom Housing
Arvin Salwan	SOPA
Pat Scrutton	Intergenerational National Network
Andrew Senew	SOPA
Louise Slorrance	RCPCH

Douglas Watt

Actavo

Glenda Watt

SOPA

Liz Young

Napier University

APPENDIX TWO

Joint Meeting - The Cross Party Group on Accident Prevention and Safety Awareness and The Cross Party Group on Older People, Age and Ageing.

Wednesday 17th January, 2018

**6.00 pm till 8.00 pm, Committee Room 3, the Alexander Fleming Room,
the Scottish Parliament.**

Secretary's Report

Members: Welcome to the new members who have recently joined this CPG.

RoSPA Centenary Event: A huge 'thank you' to all the members of the CPG who attended RoSPA's Centenary Event at The Hub in Edinburgh on Wednesday 30th November. Special thanks to Clare Adamson, MSP and the Minister for Community Safety and Legal Affairs, Annabelle Ewing, MSP who both spoke on the night. Russell Brownlie was acknowledged for the 50 years of support he has given to RoSPA and wider health and safety community. Many of RoSPA's vintage posters were on display and each attendee was given a copy of RoSPA's book of archive posters to take home.

Campaign Calendar: Thanks to those who contributed to the request to forward details of local/national safety-related events. Now we have moved in to 2018, please continue to forward any further contributions as local/national dates are set. The opportunity continues to have events highlighted in our newsletter, Headlines.

Meeting Refreshments: I am delighted that following a recent call for future sponsors that we have received offers right up to and including January 2019! Thanks to: Robert Atkinson, Healthy Working Lives (January); Vince Bowles, HaSIVSS (March); Douglas Watt, Actavo (June); Allan Thomson, Central Training Services (November) and; Stuart Steven, Scottish Fire and Rescue Service, (January 2019).

Correspondence

Ralph Chalmers of St Andrew's Print Solutions has forwarded 'scratch and sniff' cards highlighting information on gas and emergency procedures. Samples are available today and Ralph would appreciate any feedback.

Chris Beilby of SGN has forwarded a presentation he delivered recently to the House of Commons entitled "Understanding Carbon Monoxide Risk in Households Vulnerable to Fuel Poverty". This presentation will be made available on the RoSPA website in due course, along with all other presentations, at <https://www.rospace.com/about/around-the-uk/scotland/cross-party-group> . Chris has also forwarded copies of the associated report to this meeting.

Elizabeth Lumsden, Secretary

APPENDIX THREE

Joint Meeting - The Cross Party Group on Accident Prevention and Safety Awareness and The Cross Party Group on Older People, Age and Ageing.

Wednesday 17th January, 2018

6.00 pm till 8.00 pm, Committee Room 3, the Alexander Fleming Room, the Scottish Parliament.

HEADLINES

Thanks to those who contributed the following information:

Press Release

7 November 2017



Blueproof's Portable Functional Test Oven is Ready for Action

After meticulous assembly to meet the highest standards, Blueproof has created fully portable functional test oven in accordance with ISO 6182-13 which can demonstrate exactly how Blueproof will activate in the case of a fire.



Following requests from many interested parties who wished to see Blueproof in action, the team devised this portable functional test oven to show exactly how the fire suppression device is triggered in the case of fire.

Clive Atkinson, co-inventor of Blueproof says: “the results are astounding! The activation time was on average 7.8 seconds with an average temperature of 140 C which is one of the fastest activation times for any fire suppression system.”

Blueproof provides a low cost, easily retro-fitted, non-mechanical alternative to sprinkler systems that costs a fraction of the price and installed in minutes.

Full scale testing has been undertaken, proving Blueproof has a great ability to suppress fire and dramatically reduce temperatures in the event of a fire.

We are pleased to arrange demonstrations upon request.

From Martin Hunt, Blueproof

Safe as Houses Seminars

Look out for a series of three Seminars run by RoSPA in March, April and May. The topics will be Child Safety, Burns and Scalds and Safety of Older People in the home. If you would like further information on any of these events please contact Carlene McAvoy on cmcavoy@rospa.com

RoSPA’s Family Safety Week

Family Safety Week will take place from 23rd till 27th April and will include distribution of the new Brighter Beginnings packs to a specific geographical area. Brighter Beginnings is RoSPA’s new charity appeal to supply those most in need with packs of information and useful resources relating to child safety. If further funds are secured more packs can be distributed in the future.

Liquid Laundry Capsules

Curious small children learn by touching and tasting and may accidentally ingest liquid laundry capsules. We encourage families to keep chemical items such as laundry detergents and other products up high and out of reach of children or in a lockable cupboard. Some of the most serious accidents happen in the home, particularly in the kitchen, and RoSPA has been made aware of cases involving young children who have been injured after biting into or placing liquid laundry capsules in their mouths. Liquid laundry capsules are an alternative to traditional powder, liquid or tablet-style detergents used in washing machines. They are placed in the drum area of washing machines.

If used correctly, these products are completely safe and very effective, but a recent survey found that nearly half of parents (45 per cent) store liquid laundry capsules within reach of children, unaware of the risks involved. The cases of which RoSPA is aware involved children being admitted to hospital because of the ingestion of liquid detergent from capsules. In addition to children swallowing detergent, doctors have also raised awareness of the risk of injury to young children who get liquid detergent in their eyes. This is why Fairy Non Bio have joined forces with RoSPA to reduce the number of incidents involving liquid laundry capsules through safe storage education.

A key phrase we want parents to remember when it comes to storage of cleaning products is **keep them up, keep them closed, keep them safe.**

If children are affected by chemical products then medical treatment should be immediately sought. Visit <https://www.rospa.com/home-safety/advice/product/liquid-laundry-capsules/> for the Downloadable Resources

From Carlene McAvoy, RoSPA

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Water Safety Scotland - Strategy

Clare Adamson MSP, is delighted to invite you to Water Safety Scotland’s Drowning Prevention Strategy event at the Fairfax Somerville Room, Scottish Parliament, Edinburgh, on Wednesday 31 2018, from 6pm to 8pm.

The occasion will provide a fantastic opportunity to celebrate Water Safety Scotland’s Drowning Prevention Strategy which aims to reduce accidental drowning deaths by 50 per cent by 2026 and contribute to the reduction of water related suicide.

Clare Adamson MSP, who has championed water safety through her role as convenor of the Cross Party Group on Accident Prevention and Safety Awareness, will welcome guests to the event which will consist of a number of presentations, photo opportunities and discussion on drowning prevention across Scotland.

If you would like to accept this invitation please **RSVP by 18th January** to watersafetyscotland@rospa.com

From Carlene McAvoy, RoSPA

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RoSPA – Falls Fact Sheet

This latest RoSPA fact sheet focusses on the prevention of falls. Although it contains English data, the prevention information is universal. It is RoSPA’s intention to investigate the possibility of providing this information in a Scottish context in due course. Copies are available and you can also find the document at <https://www.rospa.com/rospaweb/docs/advice-services/home-safety/falls-prevention-factsheet.pdf>

From Elizabeth Lumsden, RoSPA