

Evaluation Report (Level 1)

Project Title: Salt Stick Initiative, South Lanarkshire

Timescale of Initiative: 2 months

Date of Report	
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LSO Area	Project Pilot for South Lanarkshire
Partner Agency (include contact details)	<ul style="list-style-type: none"> • Police Scotland • NHS Lanarkshire • Care and Repair South Lanarkshire • Voluntary Action South Lanarkshire • South Lanarkshire Council: <ul style="list-style-type: none"> i. Senior Together ii. Social Work Resources iii. Housing and Technical Resources iv. Education Resources v. Leisure & Culture

Version	Date	Reviewer	Comment	Future Actions
1	10/3/2021			
2	16/4/20/21			

Project Details

Please write a brief overview of your project including the identified need

(Include timescales. When did the initiative start? Expected duration and is it ongoing or complete?)

Due to the Covid-19 pandemic, it has been more important than ever this year to protect those most vulnerable to trips and falls and protect the NHS. Over the winter months, the NHS is normally dealing with flu and other serious health conditions along with a high number of incidences of trips and falls.

South Lanarkshire SFRS are members of South Lanarkshire Unintentional Injuries Group (UIG) whose aim is to provide a collaborative and coherent approach to keeping people safe, by coordinating and overseeing the development of the relevant actions as set out within the Community Safety Partnership's Performance Framework:

1. Bringing relevant partners together to promote and improve the monitoring and analysis of unintentional injuries within South Lanarkshire and to develop an appropriate and coordinated response
2. Ensuring effective development, delivery and review of services to prevent unintentional injuries

The scope of responsibility of the UIG is to agree actions to effectively and efficiently tackle priorities to reduce unintentional injuries, particularly those aged 5 years and under and 65 years and over.

The SFRS Group Commander responsible for Prevention & Protection Chairs the UIG, other partners involved are:

- Police Scotland
- NHS Lanarkshire
- Care and Repair South Lanarkshire
- Voluntary Action South Lanarkshire (VASLAN)
- South Lanarkshire Council:
 - vi. Seniors Together
 - vii. Social Work Resources
 - viii. Housing and Technical Resources
 - ix. Education Resources
 - x. Leisure & Culture

An Unintentional Injury is "physical damage that results when an individual is suddenly subjected to a trauma. They are largely viewed as predictable and preventable and are categorised by their main causal link."¹ Unintentional injuries are significant public health issues and they can be life-changing and life-threatening.

The salt stick initiative aims to prevent trips and falls over the winter months and originated from the community group Seniors Together. They provided the UIG with first-hand information on how older adults, who are themselves aware that they are most likely to experience a trip or fall within the parameters of their own garden in winter, often feel trapped, even when public pavements on the outside have been suitably gritted. The salt sticks can be easily stored at the back of a door to help them quickly de-ice icy steps and paths to allow them to get to garden gates or wheelie bins, they are also refillable and can be recycled.

Funding for the salt stick initiative was secured in 2019 and Seniors Together along with SL Leisure and Culture assisted with the distribution. The initial and limited feedback from Seniors Together and SL Leisure and Culture was positive and the UIG unanimously agreed to promote and support the initiative moving forward to the next year. Funding was approved by the Safer South Lanarkshire

Board via its Community Safety Partnership Budget in November 2020 to extend the salt stick initiative.

¹ National Strategic Assessment for Unintentional Harm, Building Safer Communities, 2017
PandP/CSE/EvaluationReportLevel1

	<p>The salt stick initiative ran from the period of 11/12/20 to 31/01/21, evaluation feedback has primarily been through individual user feedback and additional group feedback from a wide variety of partner organisations involved in the distribution.</p> <p>Data contained within this report has come from quantitative and qualitative sources including local engagement, questionnaires, conversations, observations, and feedback from the Safer South Lanarkshire UIG.</p> <p>¹ National Strategic Assessment for Unintentional Harm, Building Safer Communities, 2017</p>
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<p>What we said we would do</p> <p>What were the intended outcomes? Refer to local or national priorities. For example, Local Fire Plan, SOA, strategic priorities. Also, refer to your Project Planning Checklist and list the outcomes you detailed there</p>	<p>This initiative aligns with the work of South Lanarkshire UIG and South Lanarkshire’s Community Safety Partnership’s Strategic priority to reduce unintentional injuries in the home environment and to protect those identified as most vulnerable. The initiative also aligns with the objectives of the Community Safety Section within the South Lanarkshire Community Plan 2017-2027 and the Building Safer Communities Unintentional Harm and Injury Executive Group (led by Scottish Government) and is a collaboration of national and local partners working together to reduce unintentional harm in Scotland for the under 5s and over 65s. Unintentional Injuries is also a priority contained in the South Lanarkshire Local Area Fire Plan.</p> <p>This initiative also links in with NHS Optimising Older People’s Quality of Life Outcomes Framework: http://www.healthscotland.scot/media/1159/optimising-older-people-quality-of-life-strategic-outcomes-model-08-14.pdf of decreased levels of social isolation and staying healthy, active and independent for as long as possible.</p> <p>The short-term outcomes the group were working towards were:</p> <ul style="list-style-type: none"> • Improved partnership working by identifying enhanced ways of targeting individuals within the groups target audience. • Individuals are identified by partners, and have received a salt stick to assist them walking within the curtilage of their home in icy conditions. • Older people have improved confidence and balance in walking and feel safer underfoot. • Decreased social isolation and positive mental health and wellbeing optimised. • Staying healthy, active and independent for as long as possible.
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What actually happened

Refer to your Project Planning Checklist and detail the activities you have delivered during this period. Include the main activities you undertook that contributed towards achieving your outcomes such as events held, resources developed, research undertaken, partnerships established and the numbers of people your activities reached.

A careful and meticulous approach was taken with the sourcing of the salt sticks in ensuring 'best value'. This allowed the UIG to purchase 1620 salt sticks whilst saving £824 from the quote from the previous year's supplier. It was agreed that SFRS would store the salt sticks and manage and assist with the distribution across all 4 localities in South Lanarkshire. It was very encouraging and satisfying that all external partners from the UIG contributed with the distribution, Care & Repair, VASLAN, Police Scotland, Seniors Together, SL Sheltered Housing, SFRS & SL Leisure & Culture.

Individuals (over 65s) who received a salt stick were identified by partners existing service users such as Seniors Together, SL Leisure and Culture, VASLAN and Care and Repair. All 1620 salt sticks were distributed by the end of January 2021 across all 4 localities reaching the very remote and rural communities in South Lanarkshire. Given the challenges being faced with national and local restrictions due to the pandemic and with the adverse weather in January, this has been a fantastic achievement by the group.

It is also worth noting that during the distribution of the salt sticks, many of the elderly individuals visited had very little face to face engagement with their families and communities because of national lockdown restriction. These brief visits have been very welcomed.

What difference did we make? (describe Evaluation Methods)

Refer to your Evaluation Plan and detail here information and evidence which demonstrates the progress you are making towards achieving each of your outcomes. Please focus your supporting evidence on the outcomes and indicators. This can include:

- Case studies
- Written evidence including quotations, letters and emails
- Press articles
- Photographs

Remember: outcomes are things that have made a difference and should include change words for example: improved, enhanced, better, more.

Qualitative Data

To date, qualitative feedback from partners on the salt stick initiative has been extremely positive. This was obtained during UIG meetings and from the SFRS community safety advocates along with a questionnaire that was completed by those who received a salt stick. In addition, an attached case study captures positive connections with an older adult, third sector volunteer and SFRS. This case study can be found in Appendix A.

Feedback from end users was mostly positive and is captured in salt stick initiative feedback form. Appendix B.

"Our group was delighted to be offered salt sticks through the Unintentional Injuries group and its partners. In all 200 salt sticks were distributed across the community to people in danger of a fall. Without exception these were gratefully received with thanks. We were asked by many recipients where the sticks came from and they asked us to pass on their thanks. This was a great initiative by all involved and as a group we would like to offer our thanks."

Feedback from the Third Sector via VASLan

The 5 short term outcomes set out in the planning stage of this initiative have already been achieved:

1. Individuals who were identified as being vulnerable have now received a salt stick to assist them walking in icy conditions which also contributed to a reduction on pressure to the NHS.
2. Older people have improved confidence and balance in walking
3. Improved partnership working by enhanced ways of targeting vulnerable individuals and working collaboratively.
4. Decreased social isolation and positive mental health and wellbeing was optimised.
5. Assisted in older people staying healthy, active and independent for as long as possible.

Quantitative Data

Quantitative data can be found in Appendix C.

Breakdown of cost

Each salt stick cost £2.11 and 1620 salt stick were purchased. This cost in total £3418.20

<p>Challenges and Changes</p> <p>Anything which did not go as planned and either stopped or slowed progress or perhaps forced changes upon the project should be recorded here</p>	<p>Due to timescales in sourcing and securing funding, the turnaround for purchasing salt sticks was challenging. Peacock's salt (the approved supplier) was instrumental in the acquirement of salt sticks in time for winter and could offer a better price from last year's initiative (£824 savings)</p> <p>A better method for identifying those who would have greatest need for salt sticks without duplication of these older people's details between partners, thus avoiding people being offered salt sticks more than once. The salt sticks can be refilled and reused and this should be reiterated when issued.</p> <p>Covid impacted on the ability of some partner organisations to have direct access to individuals, instead having to leave supplies at centres for distribution. Some of the sticks distributed may have been allocated to other vulnerable individuals but not necessarily older people (e.g. disabled, parent with young children, etc.). Also, due to lockdown restrictions there was a limitation on the ability of those partners to obtain individual feedback.</p> <p>The evaluation form used for this initiative was not as comprehensive as first thought. It has been identified that going forward this be redesigned to allow a more detailed evaluation to be carried out.</p>
<p>Strengths</p>	<p>This is an innovative initiative, which is inexpensive but can have a major impact for individuals to remain independent and stay safe within their home and within its general vicinity.</p> <p>The strong partnership working has highlighted many ways in which to reach and engage further within the community to promote community safety and prevent unintentional injuries.</p> <p>Although timescales were tight to source, procure and distribute the salt sticks as winter was fast approaching in November, the commitment and effort from all external partners was outstanding.</p>

<p>Learning Points</p> <p>Please use this section to highlight:</p> <ul style="list-style-type: none"> • Key learning points during the period • Unexpected outcomes positive or negative • An assumption that has been proven or challenged • Anything you will do differently going forward with your project 	<p>Earlier engagement in sourcing funding and acquiring salt sticks will better ensure receipt of these in time for winter 2021-22. This has already been recognised and work has begun to secure this.</p> <p>It has been identified that there is a need for a review of the evaluation template to improve the quality and value of data gathered to inform future analysis, evaluation, and to further refine our targeting going forward.</p> <p>Partners should be encouraged to provide a higher return of evaluation forms to improve the quality and value of data gathered to inform future analysis, evaluation, and to further refine our targeting going forward.</p> <p>The group has recognised that due to COVID-19 it must alter the way that we engage with our target audience. A short life working group had previously been established and it had identified Facebook as the correct social media platform to use. It is predicted that the working group will have a finished product which will be presented at the next UIG meeting on the 29th March 2021. This will provide the group new opportunities to reach and engage further into our communities than ever before, promoting community safety. It is anticipated that this platform will be used to promote the initiative next year and engage with the end users to assist with the evaluation.</p>
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<p>Anything else you wish to add</p> <p>This can be for anything else which you wish to add but there has not been an appropriate place for thus far</p>	<p>The excellent collaborative working between partners and SFRS brought contact to those people in community that were socially isolated and encountering loneliness. It also provides an opportunity for external partners to re-engage with service users that had dropped off throughout the pandemic.</p>
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<p>Recommendations</p> <p>What do you want to happen now?</p>	<ul style="list-style-type: none"> • That this be shared as an Example of Good Practice across the SFRS • A briefing provided to Comms. as a 'Good News' Story
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<p>Future Plans/next steps</p>	<ul style="list-style-type: none"> • Investigate the possibility of further funding to be put in place in order that this initiative can be expanded in 2022 • Share Evaluation Report with the South Lanarkshire UIG, Safer South Lanarkshire steering group, Safer South Lanarkshire Board and South Lanarkshire Community Safety Partnership and other Partners who participated in the initiative. • As a group, consideration of a more targeted distribution in 2021. E.g. we know people are at greater risk the older they are not only of sustaining an injury but also of death arising from a fall, we know women are at greater risk than men, and we know that people in deprived areas are at greater risk.
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<p>Appendices/ Documentation Learning packages</p> <p>Please list any supplementary evidence of your evaluation e.g. photos, reports, statistical data</p>	<p style="text-align: center;">I. Appendix A (Case Study CAT)</p> <p>My role as a Community Safety Advocate is centred around providing fire safety advice and improving the outcomes for members of the public. Whilst carrying out a Home Fire Safety Visit (HFSV) to an elderly lady, I identified that she would benefit from a Salt Stick. The visit was scheduled for first thing in the morning and her paths were still very icy. I had to use the Salt Stick to get to the front door safely. I carried out the HFSV then I was able to introduce the occupier to the Salt Stick.</p> <p>She found it easy to use and was happy that it could be refilled. She explained to me that she was reluctant to empty her bins in the winter due to the icy paths and this Salt Stick would greatly increase her confidence. I also explained that we could make a referral for her to have hand rails fitted to her front door so that she would be safer when entering and exiting her property.</p> <p>I have given the Salt Sticks to a number of members of the public at HFSVs and on behalf of partner agencies and the response has been overwhelmingly positive. I think that the Salt Stick initiative is a fantastic campaign with so many benefits. Enabling older people to live longer and more independently in their own homes.</p>
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II. Appendix B (Responder quotes and Feedback forms)

Responder Quotes

"Makes a huge difference. She feels safer especially as she has had knee and hip replacements."

"I would question whether or not, in its current form, it is value for money. Many in the 'older' bracket are in good/reasonable health and have good or above income levels"

"Even the thought of having it makes her feel safer."

"It will help so much as I've recently fallen."

"Black ice outside my property, I appreciate the help."

"Great, I needed it to clear my wheelchair ramp."

"Great wee item, and I love that it can also be refilled!"

"Very easy to use, very beneficial. A pleasant surprise and I'm grateful that you're thinking of older people."

"His mobility isn't great and it will make a difference to him just accessing his car."

Winter Salt Stick Feedback Form

Safer South Lanarkshire's Unintentional Injuries group is a group made up of a range of public, third sector and first responder organisations which have a specific remit of assisting in preventing injuries in older adults.

With the winter here, the partnership wants to encourage older adults to take as many precautions as possible, to help them stay safely on their feet. The partnership thought that the refillable, recyclable and reusable Salt Sticks could provide one of many solution and we would like to gift you this.

We would be grateful if you could take a few moments to help us capture some more information from you regarding the incidences of and actions you may take in the prevention of falls.

From which group did you receive your Salt Stick?

OLDER & ACTIVE IN EAST KILBRIDE

Did you receive a Salt Stick Last year?

Yes _____ No ___January _2021___

If you received one last year, did you find it beneficial?

Yes _____ No _____

Have you fallen in the last year?

Yes _____ No ___X___

Will the Salt Stick improve your confidence?

Yes _____X___ No _____

Will you find the salt stick useful in the winter weather?

Yes ___X___ No _____

Please feel free to add any comments that you have on this initiative.

Easy to use just the right amount dispensed by the stick

Winter Salt Stick Feedback Form

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Did you receive a Salt Stick Last year?

Yes _____ No ___January _2021___

If you received one last year, did you find it beneficial?

Yes _____ No _____

Have you fallen in the last year?

Yes _____ No _____X_____

Will the Salt Stick improve your confidence?

Yes _____X_____ No _____

Will you find the salt stick useful in the winter weather?

Yes _____X_____ No _____

Please feel free to add any comments that you have on this initiative.

Very helpful especially as we live in an exposed area high up in East Kilbride

Winter Salt Stick Campaign

Safer South Lanarkshire's Unintentional Injuries group is a group made up of a range of public, third sector and first responder organisations which have a specific remit of assisting in preventing injuries in older adults.

With the winter here, the partnership wants to encourage older adults to take as many precautions as possible, to help them stay safely on their feet. The partnership thought that the refillable, recyclable and reusable Salt Sticks could provide one of many solution and we would like to gift you this.

We would be grateful if you could take a few moments to help us capture some more information from you regarding the incidences of and actions you may take in the prevention of falls.

From which group did you receive your Salt Stick?

OLDER & ACTIVE IN EAST KILBRIDE

Did you receive a Salt Stick Last year?

Yes _____ No ___January _2021___

If you received one last year, did you find it beneficial?

Yes _____ No _____

Have you fallen in the last year?

Yes _____X_____ No _____

Will the Salt Stick improve your confidence?

Yes _____X_____ No _____

Will you find the salt stick useful in the winter weather?

Yes _____X_____ No _____

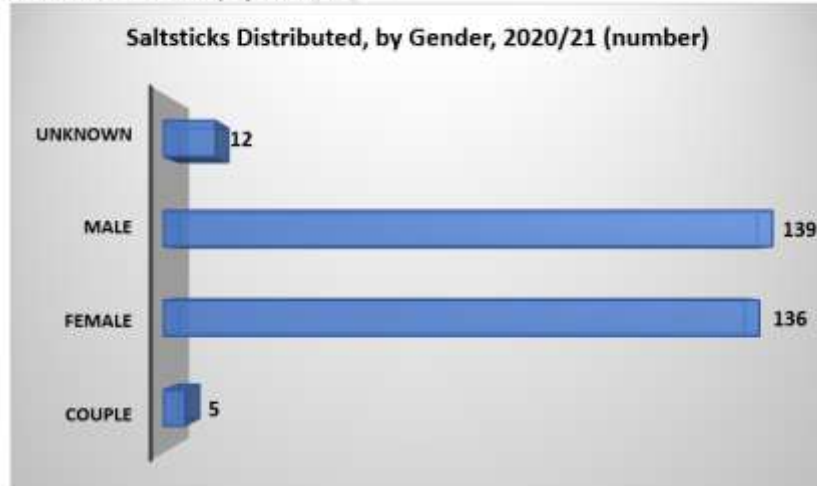
Please feel free to add any comments that you have on this initiative.

Having my path free of ice makes it easier for me to get out and also prevents carers slipping on the ice

III. Appendix C (Quantative data)

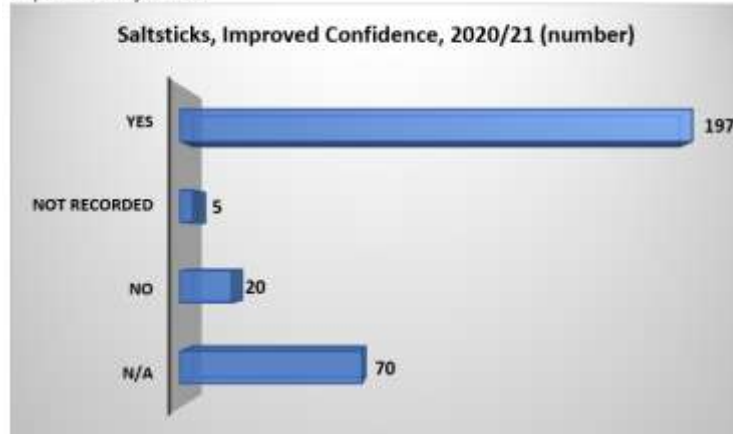
It should be noted that over 1600 salt sticks where distributed, however not every household completed the feedback form. This has been noted and is an area for improvement in next year's initiative.

Saltsticks Distributed, by Gender



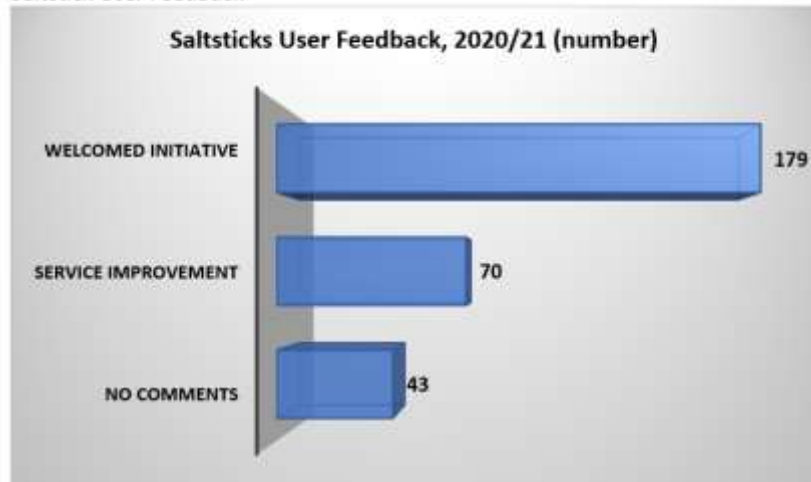
- 48% of responders were male, and 47% (136) female.
- 2% (5) were received from couples.

Improved Confidence



- 67% (197) of responders felt the Saltstick improved their confidence around the curtilage of their home.

Saltstick User Feedback



- 61% (179) of responders welcomed the initiative, being happy to receive.
- 24% (70) of responders offered service improvement suggestions.