About Near Me Groups

Near Me Groups enables providers to address the health and wellbeing needs of people while ensuring the effective and efficient use of their time. They also provide a safe environment where people can gain mutual support from others with a shared health condition as part of their self-management.

Further Information and Resources available:
Group Consultations | TEC Scotland

Technical Support, Training and applying for Near Me Group waiting area: About Near Me – NHSS National Video Conferencing Service (scot.nhs.uk)

Examples of Near Me Groups

 Mental Health: Dementia Support, Psychotherapy, Child & Adolescent Mental Health

 Dietetics: Diabetes Management, Weight Management

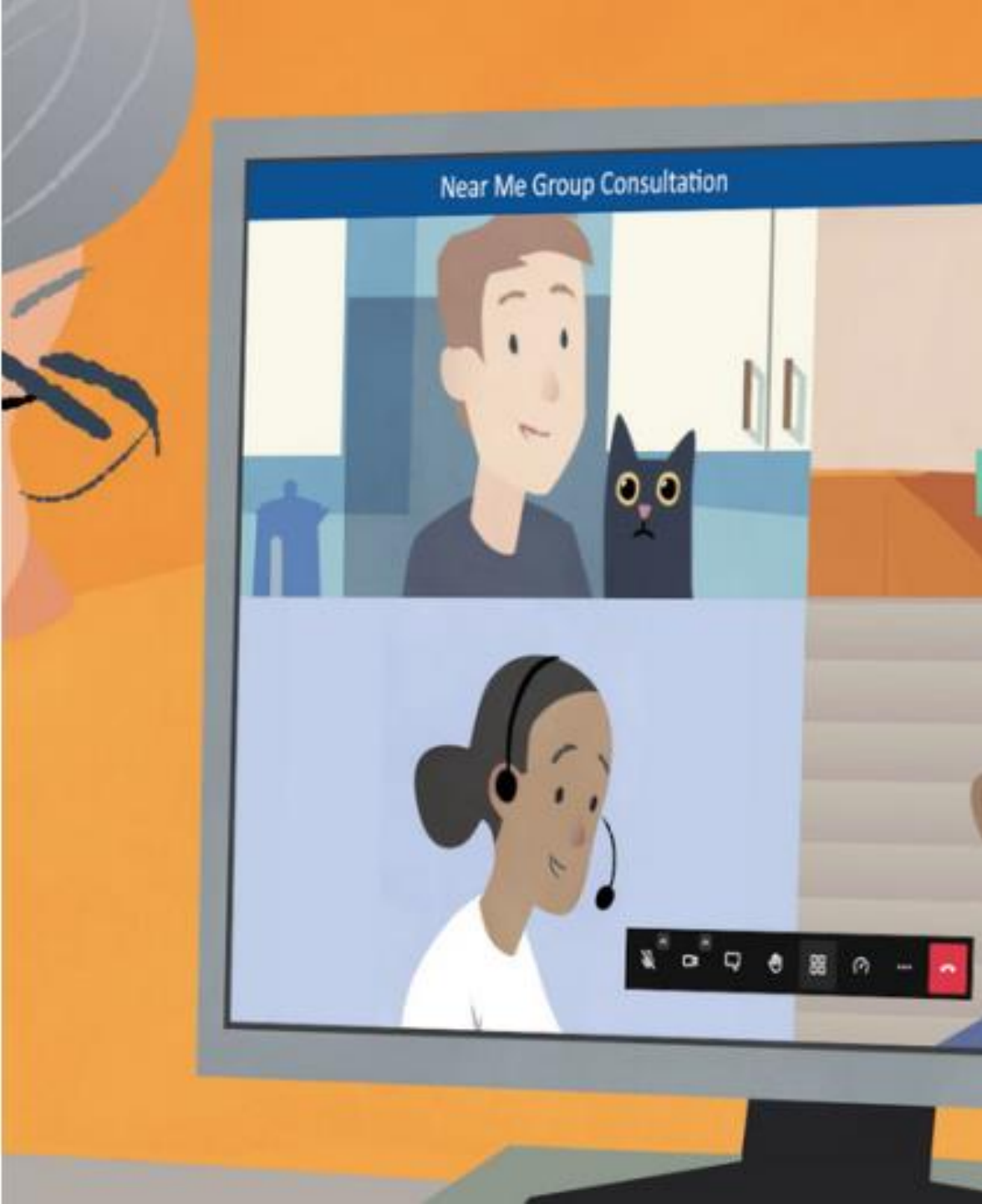 Maternity Services: Perinatal Psychology, Antenatal Support

 Physiotherapy : Cardiac Rehab, Pulmonary Rehab, Musculoskeletal

 Speech & Language Therapy: Conversation Groups

Groups can run for up to 4 hours.

Up to 30 callers can be viewed at the same time on screen. The recommended maximum number of participants is 60

A chat function is available which can be turned on or off. Full names or initials can be displayed.

Providers can select who to admit, share their screen, mute participants and, if necessary, remove people from the call.
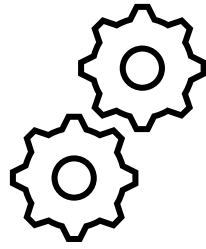
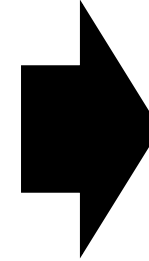Breakout rooms can be created during the Group.

Technical support contact the NVCS Team at vc.support@nhs.scot
General enquiries contact Near Me Team at nss.nearme@nhs.scot
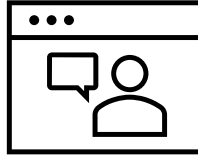
Near Me Groups: Overview of Processes

The following are available to support set up including naming of waiting areas, test calls, training and demonstrations

- National Video Conferencing Team
- Near Me Team
- Local Near Me Lead

Once Waiting area is set up – run a test groups call with colleagues.

PRE CALL → **DURING CALL** → **POST CALL**

PRE CALL

- What information will be sent to callers?
- Decide on optimum number of providers/hosts required for the group
- Decide on the features you require in the group i.e. chat, breakout rooms, screenshare.
- Agree what booking system you will use and who will administrate the group.
- Decide on the ground rules and etiquette required for the group
- Agree what level of privacy is required i.e. names or initials visible of callers

DURING CALL

- Admit people to the group
- Share ground rules and etiquette

POST CALL

- Schedule a de-brief with your Team
- Record Group activity on local systems

Consider contingency for callers who may need support in the group or are at risk .