BREATHELESS? CHECK YOUR LUNG CAPACITY

During November the British Lung Foundation and the East Glasgow Stop Smoking team will be holding two events called “Missing Millions” to promote awareness of COPD (Chronic Obstructive Pulmonary Disease).

COPD is a name used to describe various conditions where people have difficulty breathing because of long term damage to their lungs. Everyone who has chronic bronchitis or emphysema has COPD and many people have both.

The first event will be from 10am - 4pm, on Wednesday November 17 – World COPD Day – at The Keep Well Shop at Parkhead Forge and the second on Thursday 18 November at Shandwick (Easterhouse) Shopping Centre.

People walking by will be asked if they wish to take a lung capacity (spirometry) test. This is where you blow into a tube and your lung capacity is measured. This test can determine early stages of lung disease. The test will be carried out by nurses and anyone who has a positive reading will be offered the opportunity of further testing.

Linda Harley, Health Improvement Senior, based at Shettleston Health Centre, runs a self management programme pilot to help people with COPD manage their lung disease in East Glasgow. She said: “So many people with COPD go undiagnosed. We are running these events to try to catch undiagnosed cases and prevent people from further lung damage. Many sufferers are smokers or people exposed to second hand smoke. Staff from the Stop Smoking Service will be there to offer advice to people wanting help to quit smoking.”

YOU CAN CALL THE STOP SMOKING TEAM ON 0141 201 9832 FOR FREE HELP AND ADVICE ABOUT GIVING UP SMOKING.

QUIT FOR CHRISTMAS AND SAVE MONEY

Call the East Stop Smoking Service on 0141 201 9832 for help to quit smoking and see how much money you can save. Smoking 20 cigarettes each day for 1 year costs £2,000 so if you quit now you can save £250 by Christmas.

Karen Gray, Tobacco Co-ordinator for East Glasgow CHCP, said, “37.5% of adults in the East End smoke and research shows that over two thirds of them would like to stop. By using the support of our trained advisers you can significantly increase your chance of success.”

The Smoking team is also working with Urban Fox, a young person’s project based in East Glasgow, to develop and deliver an Under 18’s smoking cessation service. More information is available from Debbie McGowan, Program Co-ordinator, Urban Fox, on 0141 556 1195.
East Grand - Getting Real about Alcohol ‘N’ Drugs

Homeless men and women who attend the Lodging House Mission Day Centre in Gallowgate have formed a drama group which gave its first performance of “Harry Crowe: Redefining the Magic” at Glasgow East’s GRAND (Getting Real about Alcohol ‘N’ Drugs) event on 14 September. Often darkly funny and raw in its emotions, “Harry Crowe: Redefining the Magic” is a gripping tale of one man’s journey through alcoholism and how that affects his family life.

Ruby McCann, Education Specialist and Drama Coach at Lodging House Mission, said, “This main GRAND event showcased the Lodging House Mission’s Arts Programme as part of the Pathways to Empowerment Big Lottery Funded education project, an in-house service we offer to people attending the Day Centre. The performance was directed by Ruby, who developed the script with the clients.

Ruby continued, “The Lodging House Mission has for more than 100 years responded to the needs of the homeless and disadvantaged communities of Glasgow. Our Day Centre provides a safe, welcoming environment for all and is open six days a week. On a daily basis we work to assist Glasgow’s most disadvantaged citizens – homeless and excluded men and women, most of them struggling with drug and alcohol addiction.”

The development of drama for addiction service-users in East Glasgow has been strongly supported by East Glasgow Community Health & Care Partnership. Jim McBride, Head of Addictions, East Glasgow CHCP, spoke at the performance. He said, “GRAND week highlights drug and alcohol addiction and the effects on service users, their families and carers. It is an inter-agency event to publicise and celebrate the alcohol and drugs projects in the East.”

Jim continued, “Drama offers several useful benefits; it provides a focus and a group commitment within addiction projects contributing to a higher level of attendance and retention of clients; it is an excellent vehicle to carry health improvement messages deep into communities in an enjoyable format.”

The event also included drama and art displays from Lodging House Mission, and sketches from Add ART (Alcohol Information Service) and GEAPP (Greater Easterhouse Alcohol Awareness Project) Women’s Group produced in partnership with East Glasgow CHCP and Platform.

For more information about the Ripple Effect, contact Nancy Humphries on 0141 554 9276 or info@eastcommunityaddictionforum.org.uk.

ECAF website: www.eastcommunityaddictionforum.org.uk

DRAMA HIGHLIGHTS EFFECTS OF ALCOHOL

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KEEP WELL HEALTH CHECK PROGRAMME

The East Glasgow Keep Well shop was opened in October 2009. So far there has been over 2,700 visits to the shop with the majority of people accessing advice on money, healthy eating and stress management.

The Keep Well shop provides free information and advice on a range of areas which can improve your health, such as stopping smoking, coping with stress, benefits advice, access to training and help into employment.

The shop is a friendly, welcoming environment, people can just drop in and browse the leaflets or ask for information and advice. We have a wide range of leaflets on various services as well as internet access. Staff at the shop can tell you about other local services in the area that can offer the help that you need.

The Keep Well shop is part of the Keep Well Health Check programme, where people over 45 can attend their GP for a health check and be referred to helping services. At the shop we gather information from people attending services such as: age, gender, postcode, GP and whether they have had a Keep Well health check, this enables us to identify patients who have not attended their health check and make appointments for them or advise them to contact their GP to arrange an appointment themselves.

These services can be used by anyone from the East End of Glasgow regardless of whether they are a Keep Well patient or not, although due to the high amount of stress management referrals recently, this service is restricted to Keep Well patients only.

People who have taken part in Keep Well have said “The shop is a great idea, bringing services to the people,” and “I think that this is a great idea and really needed in the local community.”

Call 0141 554 9276 or 0141 232 0173 or visit us from Monday to Friday at Unit 4, In shops, Parkhead Forge.
The East Glasgow Public Partnership Forum (PPF) is a network of local individuals and organisations who are interested in health and social care services and want to be kept informed and involved in how they are designed and delivered in East Glasgow.

The PPF is a way of linking patients, carers, voluntary organisations and the wider public to give you a voice in local NHS service planning and an opportunity to influence how services are provided.

The PPF Executive group is made up to 25 members of the public who live, work or use services in East Glasgow. Some of them represent local community groups and some are individuals.

Call Siobhan Harkin, PPF Support Officer, on 0141 232 0162 for more information.

Transport to Hospitals in East Glasgow

The PPF have been working with the Community Engagement Team at NHS Greater Glasgow & Clyde to help people get to local hospitals by public transport. A leaflet, Public Transport to Stobhill Hospital from East Glasgow, has been put together to assist patients and visitors who plan to travel by bus to Stobhill Hospital from the East End of Glasgow. This is being circulated across the area and will be available from Health centres.

The PPF is also helping to promote the Free Hospital Evening Visitor Public Transport Service which takes people to visit patients at local hospitals. Call 0845 128 4027 to book a place.

Do you have someone in hospital and have trouble getting there at night?

For help call the free Evening Visitor Transport Service. This service was set up specifically to help people living in the Glasgow City area to travel to local NHS service planning and an opportunity to influence how services are provided.

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Call Siobhan Harkin, PPF Support Officer, on 0141 232 0162 for more information.

Public Transport to Stobhill Hospital from East Glasgow - cut out and keep!

Two Simple Bus Options to Stobhill Hospital from East Glasgow

Option 1: Direct Service to Stobhill Hospital — First Service 8
(Carmyle, Sandyhills, Shettleston, via Forge Shopping Centre, to Dennistoun and Bellgrove and the back entrance of Stobhill Hospital)

<table>
<thead>
<tr>
<th>Mon-Fri:</th>
<th>from Forge Shopping Centre (Duke Street):</th>
<th>departs:</th>
<th>08:46 and every 30 mins</th>
</tr>
</thead>
<tbody>
<tr>
<td>last bus:</td>
<td>17:51</td>
<td>Similar frequency for the return journey</td>
<td></td>
</tr>
</tbody>
</table>

And get off at Balornock Road, opposite the access road to Stobhill Hospital

There is then a 7 minute walk to the hospital

Option 2: Stobhill (hospital main entrance) via the City Centre

Step 1: Take any suitable bus into the city centre, get off as close as possible to:

- Buchanan Street Bus Station
- Hope Street (near the Savoy Shopping Centre)

Step 2:

Either, from Killermont Street
(at Buchanan Street Bus Station, opp the rear entrance to John Lewis)

Take: First Service 128

<table>
<thead>
<tr>
<th>Mon-Fri:</th>
<th>departs:</th>
<th>07:28, 08:32, and hourly from 09:38</th>
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</thead>
<tbody>
<tr>
<td>last bus:</td>
<td>19:58</td>
<td></td>
</tr>
</tbody>
</table>

Or take: Henderson Service 329

<table>
<thead>
<tr>
<th>Mon-Sat:</th>
<th>departs:</th>
<th>06:45, and every 30 mins</th>
</tr>
</thead>
<tbody>
<tr>
<td>last bus:</td>
<td>16:15</td>
<td></td>
</tr>
</tbody>
</table>

And get off at the entrance to Stobhill Hospital

Similar frequency for return journeys using First 3 or 128, or Henderson 128, from the hospital entrance to the City Centre

The Traffic Commissioner’s rules are that 95% of journeys must arrive no more than 1 min early and no more than 5 mins late.

Failure to comply with the stated timetable should, in the first instance, be brought to the attention of the Bus Operator (see below for contact details)

First: Network Planning Manager, First Glasgow, 197 Victoria Rd, Glasgow, G42 7AD (Tel: 0141 886 3251)

Henderson Travel, Unit 4, Whitlockside Park, Hamilton, ML3 8ED (Tel: 01698 713007)

E: Chris.Corbett@firstgroup.com
E: john.henderson@hbt Bison.com

4 PAGE HEALTH SUPPLEMENT
LOCAL SCHOOLS DESIGN ARTWORK FOR SHELLESTON HEALTH CENTRE

Children from Eastmuir Primary School received prizes of Art Equipment Vouchers for being the runners up in the recent competition to design a piece of artwork for the outside of Shettleston Health Centre.

The winning entrants were from St Marks Primary School, Shettleston, who will now work with an artist to develop their ideas into an artwork which will enhance a child's emotional and imaginative development and creative thinking. It is important that agencies work together to ensure we continue to support an arts programme for young children.

Paul Marsden from Glasgow East Arts Company, one of the competition judges, presented Eastmuir pupils with the vouchers. He said; “The judges from East Community Health & Care Partnership (CHCP) who manage the Health Centre, and I, were very impressed with the quality of art produced from the pupils at Eastmuir School, so we decided to award a special prize of art vouchers to the school.”

Janet Tobin, Health Improvement Lead, East Glasgow CHCP, said, “The judges were impressed with the messages the children and young people were presenting and we are delighted to be able to provide further art workshops for all the groups that entered.”

STARCATCHERS – DRAMA FOR YOUNG CHILDREN

East Glasgow Community Health & Care Partnership (CHCP) have been working in partnership with Platform and Starcatchers to bring a programme of arts experiences to children aged 0-4 in East Glasgow. Starcatchers is a national project that develops arts programmes for infants and toddlers.

Recent performance “First Light” was created by Matt Addicott from Starcatchers specifically for children aged 0-2. The performance used music and dance to tell the story of Dawn, who met and fell in love with the Man in the Moon.

Kelly, a young mum from the Gallowgate area, attended the performance with her seventeen month old child. Kelly said, “I found the whole experience so relaxing and I was amazed that Jessica actually sat still and watched everything that was going on. It just seemed to calm the children down, afterwards Jessica fell asleep which is very unusual for her.” Kelly could not believe how children only a few months old sat and concentrated on the performance. She said she would love to attend something like this again.

Mags McCarthy from East CHCP also attended one of the performances and said, “I was just amazed, the show was brilliant, the idea so simple but performed in such a way that it captured the attention of young children of all ages.

“Engagement with the arts, be it drama, music, dance or painting and drawing, can enhance a child’s emotional and imaginative development and help to develop creativity and critical thinking. It is important that agencies work together to ensure we continue to support an arts programme for young children in East Glasgow.”

Michelle Lamont, Child Development Officer, Beechwood Nursery, was also at the performance. She said, “The children were really focused on what was going on and waited eagerly to see what would happen next. The show was simple but perfect for our children aged 2 and was something they could relate to.”

Alzheimer Scotland café at the People’s Palace

Alzheimer Scotland has a new café in the East which offers a friendly place for people with dementia, their carers, families and friends to meet up for a chat and a coffee. The café takes place at the People’s Palace on the last Thursday of every month; people are welcome to pop in any time between 10.30am and 1.30pm.

The café also offers a chance to get more information or advice about anything to do with memory problems or dementia from staff at our information stall in the café.

Visitors are coming to the café on a regular basis and say that it is an important lifeline for them and their families.

Comments include: “When I’m here, I forget what’s wrong with me, we are too busy talking and having a laugh.”

“We all support each other, everyone is the same, we are all equal. In the café there’s always laughter because it’s a happy place.”

If you would like to find out more about the café and other activities for people with dementia and their carers in your area, please contact Margo Sweeney, Dementia Advisor on 0141 418 3930 or 0141 418 5950 or msweeney@alzscot.org. Alzheimer Scotland also has a helpline: freephone 0808 808 3000—open 24hrs, 7 days a week all year round.

Glasgow urgently needs more adoptive parents and foster carers!

Could you be at the heart of someone’s memories?

That’s the question Families for Children is asking you as it launches a new campaign to recruit more foster carers and adoptive parents. Themed around memories of childhood and family, the campaign is being showcased on a giant Wall of Memories, which will be on display in the St Enoch Centre until December 2010.

With more children than ever waiting to be fostered or adopted, and with a decrease in the number of existing carers, Glasgow urgently needs more people to consider opening their homes to a child.

To find out more please phone 0845 270 0609 or go to www.glasgow.gov.uk/memories

4 PAGE HEALTH SUPPLEMENT
Produced by North East Sector, Glasgow CHP, Templeton Business Centre, 62 Templeton St., Glasgow G40 1DA. Tel: 0141 277 7450