Welcome to the Spring/Summer 2014 edition of Glasgow City CHP Community Update - an e-update sharing with you all the news and information about Glasgow City Community Health Partnership (CHP).

Chairman’s Awards

Nominate Your Health Hero

Nominations are now sought for this year’s Chairman’s Awards.

NHS Greater Glasgow and Clyde (NHSGGC) has launched its annual search for NHS heroes who go that extra mile and provide exceptional care for their patients.

Amongst the six award categories members of the public are being asked to nominate for:
• a Nursing Award where Greater Glasgow and Clyde residents can put forward their nursing stars - an individual or a team - who have demonstrated the highest standards of care for their patients;
• a Volunteer /Patient Ambassador Award - someone who goes that extra mile to volunteer help to our patients or nominate a patient ambassador who represents patients either on a Public Partnership Forum or on a patients’ panel, and
• a new Patient Centred Care Award – where the public can nominate a group of staff who have pulled together to tailor the best patient care for those in their care.

To nominate your health hero visit www.nhsggc.org.uk/chairmansawards or call free in 0800 027 7246.

The closing date for entries is the 13th June, 2014.

www.chps.org.uk/glasgow
Possilpark’s new £10 million Health and Care Centre opened its doors in February.

The state-of-the-art centre in Saracen Street will provide a base for a range of local services including:
- four GP Practices;
- Physiotherapy;
- Podiatry;
- Community Dental Services;
- community consulting rooms;
- District Nursing;
- Health Visitors;
- Treatment Room Nurses;
- Social Work;
- Addiction Services; and
- Health Improvement teams offering a range of services from stop smoking support to information on health screening.

Other services will also have the opportunity to use the community consulting rooms offering local people access to additional services including Primary Care Mental Health services and money advice.

The site also has a lovely new community garden and an open space area is being planning to allow local people to take part in outdoor activities.

This includes a wild meadow, urban gym wall and a community growing space for vegetables and flower beds. This project aims to help local people, patients and families to develop their gardening skills while increasing their activity levels.

Alex Mackenzie, Interim Director, Glasgow City Community Health Partnership (CHP), added: “It has always been important to Glasgow City CHP that the investment in a new health centre should do much more than merely provide a base for NHS services.

“We want this new health and care centre to make a real contribution to the regeneration of the whole Possilpark area.”
The new centre is light and spacious with clear signage and lots of natural light.

Modern and state-of-the-art, the new centre is purpose-built to house a range of services including:
- four GP Practices;
- Physiotherapy;
- Podiatry;
- Community Dental Services;
- community consulting rooms;
- District Nursing;
- Health Visitors;
- Treatment Room Nurses;
- Social Work;
- Addiction Services; and
- Health Improvement teams offering a range of services from stop smoking support to information on health screening.

Maryhill Health and Care Centre Update

Plans for the new Maryhill Health and Care Centre were agreed in principle in March, but the Scottish Government Capital Planning Group want a bit more detail on some aspects of the project but this shouldn’t delay the development. The centre is expected to open in August 2015.
Help for Veterans

The Service Personnel and Veterans Agency (SPVA) has changed its free phone number. The new number - which is for veterans and their families - is 0808 1914 2 18.

Launched in February, the new helpline number represents the start and end dates of the Great War -1914 to 1918 - to commemorate the 100th anniversary year of World War 1.

As well as a new number, the service is also extending its opening hours and is now available between 7.30am and 6.30pm Monday to Thursday and 7.30am to 5pm on Fridays.

SPVA has also negotiated an agreement with Combat Stress and with the Samaritans to allow callers to access help in a crisis out-of-hours. When the Veterans-UK helpline is closed callers can opt to be routed to the Combat Stress or the Samaritans 24hrs help lines.

About the Helpline:

- The Veterans UK Helpline deals with approx 16,000 phone calls and 1,900 emails per month from Veterans, their families or representatives in respect of a wide range of Veterans related issues.
- The helpline acts as the first point of contact into the SPVA, who will refer, where appropriate, to other partner organisations, statutory & voluntary bodies.
- Veterans UK Helpline also has a dedicated Bereavement Line (0800 169 3458) for the families of loved ones who have died.

The ‘Veterans Welfare Service’ Scottish centre number will remain unchanged:
0141-224-2709.

http://www.veterans-uk.info/welfaresupportcontact.htm

Equalities Seminar Looks at Poverty

More than 50 people attended the CHP’s Equalities Seminar at Gorbals Parish Church in the beginning of December.

The event - organised by the CHP’s Equality Group - was opened by Fiona Moss (Head of Health Improvement) who welcomed everyone, set the scene and launched the CHP’s Equalities Annual Report (the report can be found on our website http://www.chps.org.uk/content/default.asp?page=s624 under Documents and Publications and http://www.chps.org.uk/content/default.asp?page=s619_15). You will also find it under Local Services and Equality).

Dr Stephen Sinclair (Glasgow Caledonian University) presented the concepts of absolute and relative poverty. The second part of this seminar was a series of World Café type discussions on a range of related subjects.

The general view of those attending was that they found the seminar interesting, but would like more time for discussion and networking. Some also called for more similar events.

www.chps.org.uk/glasgow
Update on new South Glasgow Hospital

Glasgow’s newest adult hospital opens for business next year (2015) and planning is underway for the movement of services to the building.

Situated on the site of the Southern General Hospital, the new South Glasgow Adult Hospital will include inpatient and outpatient surgical and medical services for both planned and emergency care. This includes:
- an A&E/Emergency Department
- 34 inpatient wards - each ward will have 28 single bedrooms with en-suite toilet and shower facilities
- a full range of general outpatient clinics
- a Critical Care Unit with medical and surgical high dependency beds in addition to intensive care beds
- 20 operating theatres
- imaging (X-ray) and other diagnostic services
- therapy services including Occupational Therapy, Physiotherapy and Speech & Language Therapy
- Medical Day Services including a 22 medical day bed area; a 30 station dialysis unit
- clinical and non-clinical support services

The South Glasgow site is also home to: maternity and neonatal services and the new Children’s Hospital; rehabilitation services at the Langlands Care of the Elderly building; a new laboratory and mortuary facility; the West of Scotland Mobility and Rehabilitation Centre (WESTMARC); and the Institute of Neurosciences.

In the lead up to the new adult hospital opening, our Community Engagement staff will be speaking to communities about the new hospital and supporting staff in the move. Watch this space or our information screens for more details!
Greening the Site

The new buildings on the Southern General site have been built with the environment in mind.

Innovative approaches have been taken in design and construction to ensure that they all reach high design and environmental standards.

To achieve this, the New Hospitals Project Team has been working with the Carbon Trust to ensure the new buildings - the adult and children’s hospitals, laboratory and mortuary, and the Energy Centre - are as efficient as possible and have as low a Carbon Footprint as possible.

Designed to Reduce Infection

When designing the new hospitals, one of the things the NHS wanted was new buildings which would influence behaviours in the battle against Health Acquired Infections such as Norovirus, MRSA and C-Difficile.

From the very beginning, our Infection Control Team have been working closely with building contractor Brookfield Multiplex (who are building the new hospitals) to include features such as:

- easily accessible hand washing facilities (clean hands are vital in the war against germs)
- single rooms on our general wards means that patients will be separated from each other meaning infection will spread less easily
- all bedrooms have been designed to allow for easy cleaning and observation/external windows have blinds built between the glass which means there will be no bed curtains, which can be contaminated
- each room has its own en-suite toilet/shower facilities meaning there will be less need for commodes
- patients with an infection can be isolated in their single rooms instead of being removed to another isolation ward
- the ward will be designed to include separate rooms for managing dirty waste (for instance a dirty utility room for the disposal of bedpans/urinals) - this means staff won’t have to travel as far to empty them, reducing the risk of spillage and cross-contamination
- walls will be painted with matt emulsion paint containing antibacterial properties and floor coverings have been chosen to be easy clean - carpets will not be used anywhere in the hospital

For more information, go to:

www.chps.org.uk/glasgow
Dealing with Anger

Do you or someone you know have a problem with anger? Do you often lose your temper or get annoyed at the least wee thing? Is your anger having an impact on those around you?

If you are ready to make changes and would like to learn strategies to overcome your anger problem, our full-day workshop may help.

Available to those living in South Glasgow who are aged 16+, for more information contact: 0141 232 2555.

Touch Rugby

Interested in keeping fit, meeting new people and trying a new sport? Touch rugby could be the sport for you!

Glasgow Touch Association is starting its weekly summer league at Hughenden Playing Fields, Glasgow from Thursday 15th May – 17th July.

Entry is open to mixed, men’s and women’s teams, with any level of experience.

Entry forms and further details about pre-season training are available on the website: www.glasgowtouch.org.uk or by contacting: info@glasgowtouch.org.uk
Easterhouse’s Sunday Social is going from strength-to-strength with attendance doubling since its launch in September.

Supported by the Greater Easterhouse Alcohol Awareness Project (GEAAP) and held at Platform at the Bridge, the weekly event brings together people in recovery from addiction.

Space to chill and chat is the most valued aspect of the Sunday Social with access to alternative therapies, acupuncture, recovery meetings and a bite to eat also important to those attending.

And there’s a new programme starting: Creative Collective will be launched in early Spring at Sunday Social. The collective forms part of the wider Platform to Health programme and will enhance the health and wellbeing of participants through making, sharing and performing exceptionally high quality arts material.

The Sunday Social is supported by volunteers and feedback from shows overwhelming praise for the roles that they play. In fact volunteers were recently nominated for an Evening Times Community Champion Award.

Sunday Social Partners are Greater Easterhouse Alcohol Awareness Project (GEAAP), Glasgow East Arts Company (GEAC), Creative Scotland, Glasgow City CHP, North East Sector Health Improvement Team.

New Alcohol, Drugs and Tobacco Toolkit

Around 150 delegates from all over Greater Glasgow and Clyde gathered at Hampden National Stadium recently for the launch of a new toolkit to support young people to learn more about the risks and effects of substance misuse.

The Substance Misuse Toolkit is an online resource where people working with young people can get information and resources about alcohol, drugs and tobacco.

Created in partnership by NHS Greater Glasgow & Clyde and Educational Services, with support from Police Scotland and Education Scotland, the resource is aimed at secondary school aged young people. A similar pack is planned for children of primary school age.
New NHS ‘Smear’ Campaign

NHSGGC has launched a new ‘smear’ campaign that aims to encourage younger women to go for cervical screening.

The campaign is aimed at women aged between 20 and 35 years-of-age and uses humour to tackle the main barriers stopping women from attending cervical screening (smear test).

Emilia Crighton, NHSGGC’s Consultant in Public Health Medicine, said: “New research shows that the main barriers stopping women from attending cervical screening (smear test) are fear, embarrassment and pain.

“The ‘Smear’ campaign hopes to alleviate the fear women feel about going for the test and tackle the myths that smear testing is painful and embarrassing.”

With three humorous videos (where actors discuss smear tests using language women can relate to), posters, radio play and promotional cards, the campaign wants to address the fears of women and change how women feel about attending for a smear test.

Emilia added: “It really is important that women take up the invite to have a smear test every three years as it could potentially save their lives.”

The videos are available online at: http://www.youtube.com/watch?v=bVoz6FKw840

Tackling the Subject of Self Harm

Self-harm among young people is a significant problem with on average two teenagers in every secondary school classroom having hurt themselves.

These stark statistics have led to the development of a new education pack aimed at tackling the myths associated with self harm and to reduce the stigma associated with it by raising awareness and highlighting the support available.

Young people across Greater Glasgow and Clyde are to benefit from the ‘On Edge’ resource pack which will be delivered in all secondary schools to S2 pupils and above by teachers.

Launched in March, the pack comprises four lesson plans designed to give pupils a rounded view of self harm and where to access support.
A new life-changing service launched in March that aims to halt the slide into obesity that's putting Glasgow teens’ futures at risk.

**Weigh to Go** gives overweight young people aged 16 to 18 the opportunity to get a bespoke weight loss plan and to enjoy physical activity free-of-charge.

The move comes after the 2012 Scottish Health Survey showed that 64.3% of Scots aged 16 and over are either overweight or obese.

Being overweight can be caused by increased food availability, larger portions, foods that are high in sugar and fats, lack of sleep, and increased time spent in front of a screen. These can all take their toll on our young people and can increase the chances of them developing serious conditions including heart disease, Type 2 diabetes and cancer.

Scottish Slimmers, Slimming World and Weightwatchers have already signed up to provide the weight loss part of the service.

Participants will also receive free gym membership to Glasgow Life’s Glasgow Club facilities for the duration of the programme.

Funded by British Heart Foundation (BHF) Scotland as part of its Hearty Lives programme, the service is being managed by Glasgow City Community Health Partnership (part of NHS Greater Glasgow and Clyde).

Teens will initially be given a 12-week programme of intensive support and will be able to take advantage of 12 weeks’ more support if they can demonstrate they are using the supporting services.

It’s initially being piloted in the north-west of the city at the Youth Health Service in Possilpark and Maryhill, and will also soon be available to young people in the southside and north-east.

So who can apply for Weigh to Go? You need to be:

- Aged 16 to 18-years-of-age
- Have a BMI (Body Mass Index) of 25 and over
- Live in Glasgow City or Inverclyde
- Want to lose/manage your weight

This is the latest programme** run by the NHS in Glasgow in an effort to tackle the growing obesity problem amongst our children and young people.

For more information on Weigh to Go in Glasgow, contact the Youth Health Service on 0141 531 8718 or:

Youth Health Service (Possil), 7 Closeburn Street, Possilpark, Glasgow G22 5JZ (Wednesdays 6.30-9pm).

Youth Health Service (Maryhill), Maryhill Health Centre, 41 Shawpark Street, Glasgow G20 9DR (Thursdays 6.30-9pm).

**The other childhood weight loss programme running in Greater Glasgow & Clyde is called ACES. ACES – Active Children Eating Smart – offers youngsters aged 5-to-15-years-old and their families support to lose weight and make long-lasting changes to their lifestyle. Contact: 0800 027 0291.
Older People’s Ward Moves

The Older People’s Mental Health (OPMH) wards at Parkhead and Stobhill Hospitals have merged and moved to purpose-designed accommodation.

Wards 43/44 at Stobhill and Wards 2/6 at Parkhead are now housed within a specially designed unit and the two new wards are known as Jura and Isla.

The new facilities have been well received by patients, carers and staff (who were heavily involved with the design of both wards) and were also approved by the Dementia Centre at Stirling University.

Clyde’s Suzie Shows Her Support for Stop Smoking

Radio Clyde’s Suzie McGuire (2nd on right) popped down to ASDA at the Forge to give her support for No Smoking Day.

Suzie joined NHS stop smoking team Billy Ferrie, Jemma Cassidy and Gerry Crawley to encourage smokers to give up.

Giving Women A Voice

Ability North East is a new programme set up by the NHS and Praxis to help eastend women develop their confidence and skills.

Still in its early stages, the project aims to use singing, writing, poetry and friendship to give women in Glasgow’s eastend a voice and celebrate their talents.

Watch this space and our health centre information screens for more information about future events!

For information on our stop smoking groups call:

South - 0800 028 5208
North East - 0141 201 9832
North West - 0141 232 2110

You can also access ‘Stop Smoking’ services at your local Pharmacy.

For more information on any of our SmokeFree Services, go to:

www.nhsggcsmokefree.org.uk

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Warning over sugar content of fruit juice

Drinking fruit juice is potentially just as bad for you as drinking sugar-sweetened drinks because of its high sugar content, two medical researchers from the University of Glasgow have warned.

Writing in *The Lancet Diabetes and Endocrinology* journal, Professor Naveed Sattar and Dr Jason Gill – both of the university’s Institute of Cardiovascular and Medical Sciences – call for better labelling of fruit juice containers to make explicit to consumers that they should drink no more than 150ml a day.

Professor Sattar, who is Professor of Metabolic Medicine, said: “Fruit juice has a similar energy density and sugar content to other sugary drinks, for example: 250ml of apple juice typically contains 110 kcal and 26g of sugar; and 250ml of cola typically contains 105kcal and 26.5g of sugar.”

One glass of fruit juice contains substantially more sugar than one piece of fruit; in addition, much of the goodness in fruit – fibre, for example – is not found in fruit juice, or is there in far smaller amounts, explains Professor Sattar.

Although fruit juices contain vitamins and minerals, whereas sugar-sweetened drinks do not, Dr Gill argues that the micronutrient content of fruit juices “might not be sufficient to offset the adverse metabolic consequences of excessive fruit juice consumption.”

In one scientific trial, for example, it was shown that, despite having a high antioxidant content, the consumption of half a litre of grape juice per day for three months actually increased insulin resistance and waist circumference in overweight adults.

The debate around fruit juice comes as medical experts are focusing more closely on the link between high sugar consumption and heart disease risks.

Professor Sattar said: “We have known for years about the dangers of excessive saturated fat intake, an observation which led the food industry to replace unhealthy fats with presumed ‘healthier’ sugars in many food products.

“Helping individuals cut not only their excessive fat intake, but also refined sugar intake, could have major health benefits including lessening obesity and heart attacks. Ultimately, there needs to be a refocus to develop foods which not only limit saturated fat intake but simultaneously limit refined sugar content.”

For more information, go to: http://www.gla.ac.uk/news/headline_306830_en.html
Are you worried about eating too much salt? Would you like to know how you can cut down?

Action on Salt ran a Salt Awareness Week recently which aimed to educate the population about the bad health effects eating too much salt can have on your health and provide alternatives.

There’s strong evidence that too much salt raises blood pressure which in turn increases your risk of cardiovascular disease (stroke, heart disease and heart failure).

Too much salt is also linked to a range of other illnesses including:
- osteoporosis
- stomach cancer
- obesity
- kidney disease
- kidney stones

It is also thought to worsen existing conditions such as asthma, Meniere’s Disease, Alzheimer’s Disease and Diabetes.

For children, there’s evidence that too much salt can influence blood pressure and may predispose an individual to the development of a number of diseases including: high blood pressure, osteoporosis, respiratory illnesses such as asthma, stomach cancer and obesity.

Maximum daily salt intake should be:

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<thead>
<tr>
<th>Age</th>
<th>Maximum Salt Intake</th>
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<tr>
<td>0-6 months</td>
<td>&lt;1g / day</td>
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<tr>
<td>6-12 months</td>
<td>1g / day</td>
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<td>1-3 years</td>
<td>2g / day</td>
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<td>4-6 years</td>
<td>3g / day</td>
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<tr>
<td>7-10 years</td>
<td>5g / day</td>
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<tr>
<td>11 years and above</td>
<td>6g / day</td>
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</tbody>
</table>

For more information on salt go to: www.actiononsalt.org.uk

Concerned About the Health Effects of Too Much Sugar?

A group comprising of health and other specialists has been set up to look at the effects of sugar on health.

The group, Action on Sugar, is working to reach a consensus with the food industry and the Government over the harmful effects of a high sugar diet, and bring about a reduction in the amount of sugar in processed foods.

The group is chaired by Professor Graham MacGregor, Professor of Cardiovascular Medicine at the Wolfson Institute, Queen Mary University of London.

For more information, go to its temporary website home: www.actiononsalt.org.uk/actiononsugar/
2014 heralds the 200th anniversary of organised psychiatric care in the West of Scotland.

To mark this, a programme of activities and events will be delivered on Gartnavel Royal Hospital site and beyond. Below is a taster of some of what’s going on.

January-December 2014: Monthly programme of presentations, showcases and workshops which highlight the range of approaches being taken which support and promote good mental health and wellbeing.

Join artists, historians and musicians on the last Thursday of each month in the upstairs meeting room of Hillhead Library, Byres Road, Glasgow and be a part of the journey. All events are free. All activities will start at 6pm. Finishing times are flexible depending on content and format but will be no later than 8pm max.

April 24 2014 - Hillhead Library 6pm - “Whose Rights?”
An open discussion on human rights, public attitudes and the role of the media in defining society’s understanding and response to mental ill health.

August 30 2014: Over the Wall Guaranteed that the sun will shine on the first, annual, summer arts festival of the Art in the Gart programme. Join us for a medley of music and performance arts from some of the talented and skilled artists who have been involved with activity throughout the year.

October 2014: Scottish Mental Health Arts and Film Festival SMHAFF. An exciting programme to be announced.

For more information on how to become involved, take part in any of these events or volunteer your time to help make them happen, please contact: Fiona.Sinclair6@ggc.scot.nhs.uk

Ancient Craft of Knitting Helps Boost Ladies’ Self Esteem and Confidence

Rossdale Resource Centre’s knitting group has been going from strength to strength since it began nine months ago.

Participants, who all suffer from severe and enduring mental health issues, have been learning to knit and successfully produced an array of knitwear for both personal presents and for charity.

The group runs each Wednesday from 4:30pm to 5:45pm. The ladies come along, sometimes with their own projects, have a cup of tea and a biscuit and knit.

Apart from the enjoyment of the craft, learning to knit has helped increase participants’ self esteem, confidence and improved their social skills.
Child Poverty Strategy for Scotland

If you’re interested in how the Scottish Government is tackling child poverty, you might like to have a look at their Child Poverty Strategy for Scotland: Our Approach.

The strategy aims to tackle the causes of poverty by ‘getting in early’, including:
• providing advice on welfare and benefit changes, help to find employment and managing debt.
• Improving every child’s life chances from the word go through education, health and early years development
• Making sure every child grows up in a good environment through tackling issues around housing, regeneration of less well off areas and helping communities help themselves

For more information, go to: http://www.scotland.gov.uk/Resource/0044/00445863.pdf

Charities Campaign on Poverty

Leading charities have launched a campaign Scotland’s Outlook to remind everyone of the shocking numbers of people in Scotland who live in poverty.

It uses the analogy of the weather to highlight the ‘poor outlook’ for many people who living with poverty in Scotland.

It is primarily a social media campaign, developed by SCVO in partnership with Macmillan Cancer Care, Shelter Scotland, Oxfam Scotland, Alzheimer Scotland, CHAS, CPAG and the Poverty Alliance.

For more information, go to: scotlandsoutlook.org/

Free Condoms

Free Condoms are available from a variety of locations throughout the NHS Greater Glasgow and Clyde area.

Or check our website to find your nearest Free Condoms distributor: www.freecondomsglasgowandclyde.org/

For further information on the service or if you are company wishing to distribute the free condoms, please contact: Free Condoms, Health Improvement Team – Sexual Health, 2/6 Sandyford Place, Glasgow G3 7NB (tel: 0141 232 8444/8440, email: freecondoms@ggc.scot.nhs.uk).
NHS stop smoking staff invested in a bit of science recently to show smokers what harm smoking does to their bodies.

They got the Science Centre’s Bodyworks exhibit in at three mental health hospitals to give patients and visitors the opportunity to see how their bodies work.

The exhibit was shown at Gartnavel Royal, Leverndale and Rowanbank (at Stobhill) Hospitals.

Denise Meldrum, Smoking Cessation Coordinator for Mental Health Services, organised the events.

She said: “It was really good having Bodyworks at the hospitals. It was a bit different. It was fun, but there was also a serious message behind it. We hoped that by seeing how the body works and what happens when you smoke, we would encourage smokers to take advantage of the great stop smoking services there are in Glasgow. It was our way of highlighting just how important a healthy body is.”

As well as the exhibit, stop smoking staff were there to give out information on accessing smoking cessation services in hospital and the community.

Denise has also been busy promoting healthy living through the annual No Smoking Day football tournament featuring teams of Mental Health staff and patients.

The event took place at Goals! in Shawlands and ten teams competed for the coveted trophy. After an energetic tournament, the Night Hawks team from Leverndale Hospital won. They were presented with their prize by George Watson, Community Manager for Queens Park Football Club.

Denise said: “Once again it was a huge success and I’d like to thank my colleagues Tony Kane and Alex Mackay from Leverndale for coordinating the event. I’d also like to thank George Watson for presenting the prizes.”

And that’s not it for sport this year for Denise is currently coordinating our Mental Health Services’ Commonhealth Games, which have been created to take place around the same time as the Commonwealth Games in Glasgow.

Denise said: “For our games, patients and staff will be encouraged to quit or cut down on smoking. In the spirit of the ‘games’, there are bronze, silver and gold achievement prizes to win. We’ve already had some interest in this and I’m looking forward to launching the Games in the summer.”

Bodyworks Prove Big Hit

South - 0800 028 5208
North East - 0141 201 9832
North West - 0141 232 2110

You can also access ‘Stop Smoking’ services at your local Pharmacy.

For more information on any of our SmokeFree Services, go to:

www.nhsggcsmokefree.org.uk
A new campaign was launched recently to raise awareness about the importance of having power of attorney granted to a trusted relative or friend.

NHS Greater Glasgow and Clyde and Glasgow City Council have joined forces with Alzheimer Scotland, Scottish Care and local law firms to highlight the need to ‘Start the Conversation’ with family members on putting a power of attorney in place.

The campaign aims to encourage people to talk to their loved ones about establishing a power of attorney so that if the person takes ill and is unable to make decisions someone can step in.

Having a power of attorney in place really can make a difference and can ensure that people’s wishes are carried out quickly without prolonged legal negotiations. If a loved one is in hospital and there is no power of attorney this can delay the patient’s discharge and have them remain in hospital longer than necessary.

Jill Carson, Adult Services Manager, North West Sector, Glasgow City Community Health Partnership, said: “A lot of people don’t know that if they become ill or injured and are unable to make decisions for themselves no-one else can do this for them unless legally they have been given power to do so.

“There is also a misconception that Powers of Attorney are for the wealthy or elderly but anyone over the age of 16 can grant a Power of Attorney as accidents or illness can happen at any time.

“A Power of Attorney is not just about looking after someone’s financial affairs. It also allows for welfare issues to be decided if someone is unable to make a decision about medical treatment or about where to live. This can be the biggest problem facing someone in hospital. For example, if no-one is appointed to act in the patient’s best interests, then a legal process is required before the patient can be discharged to an appropriate setting such as a care home.

“In the past 12 months, 93 patients in Glasgow City hospitals have spent a total of 12,149 days in hospital unnecessarily whilst waiting for the legal process required to appoint someone to take decisions for them, because they did not give Power of Attorney to anyone in advance.

“On average those 93 people each spent more than four months staying in hospital when they no longer required medical treatment. That is not good for the patients – who would enjoy a much better quality of life in a more homely setting – and not good use of hospital resources.”

For more information, go to: 
www.poastarttheconversation.org.uk, website which provides valuable information and highlights the case of three families and their experiences in putting a Power of Attorney in place.
Eight people recovering from drug and alcohol problems have achieved health and social care qualifications thanks to an innovative scheme commissioned by NHSGGC.

At a special ceremony in Glasgow City Chambers, Andrew Robertson, Chair of NHS Greater Glasgow and Clyde presented the eight trainees with their qualification certificates.

The scheme, which provided a 38 week paid placement for trainee support workers with the SAMH (Scottish Association for Mental Health) and The Second Chance project, with support from Glasgow City Council and Glasgow Council for the Voluntary Sector, aimed to help the individuals who were not only in recovery but were long-term unemployed and had multiple barriers to employment.

The eight trainees, aged in their thirties and forties, achieved an SVQ Level 2 in Health and Social Care, with two of them adding an SVQ Level 3 in the same subject. All eight have successfully secured employment. Three with SAMH and four within the care sector.

Carole Meakin, NHSGGC Business Analyst, Addictions, said: “Our eight volunteers have been doing some fantastic work running peer support, conversation cafes and conferences.”

They faced a strict criteria to be eligible for the courses. All had to be 12 months in recovery from alcohol and drugs, free from criminal activities during this time, and had been a volunteer for a year either in addictions or a local volunteer network.

Carole went on: “The focus for community drug teams is on recovery, and the knowledge and expertise that these volunteers have is vast.

“One of our key aims was to deliver recovery orientated training and employment with the emphasis on the person’s previous life experiences as an asset rather than an insurmountable barrier.

Eamon Doherty, Project Co-ordinator, said: “The trainees have successfully managed the transition from volunteer to employee which is fantastic experience for others to follow.”

“The trainees can share their experience with those currently involved within the recovery communities advocating “they can do this, I have done it, which will be such an inspiration to others.”

www.chps.org.uk glasgow
Children aged three and four are being encouraged to talk about their emotions by an animated hare called Lila.

The animation is based on Alcohol Focus Scotland’s education resource pack which is already helping thousands of children in 540 nurseries and early years services across Scotland.

Oh Lila! tells the story of an adventurous young hare called Lila, who gets herself into trouble. Lila goes through a range of emotions before confiding in her friend Eric the squirrel who encourages her to seek help from the wise old hare.

The message of Lila’s story is that if children are scared or worried, it is always best to speak to a trusted adult.

All nurseries in Glasgow are now using the resource. Linthaugh Nursery School has been successfully using Oh Lila! for three years and children there will be the first to view the short film.

The animation is accompanied by a new practitioner website funded by NHS Greater Glasgow and Clyde’s Health Improvement Alcohol and Drug Team. The website is full of useful information for teachers, parents and early years workers and encourages those trained to use the Oh Lila! resource to share their experiences and ideas with others.