New Hospital Design Unveiled

Here’s how your new South Glasgow Hospital campus will look when building work is complete.

Gone are the older buildings of the former Southern General to be replaced with these impressive modern facilities.

To the right is the new adult hospital. Built over 14 floors, the new hospital will provide 1109 beds and every patient in the wards will have their own single en-suite room. This will not only help staff fight against the spread of healthcare associated infection, but will also provide unrivalled flexibility as nursing care develops in the future. Construction is due to start on the new hospital in 2011.

In the centre, is the new children’s hospital. With its separate identity and entrance, the brand new hospital will adjoin the adult hospital and will have 256 beds over five storeys. This building will replace the existing Royal Hospital for Sick Children and the design includes a covered roof garden where young patients can enjoy a range of activities.

The hospital will provide a mix of four-bedded and single-bedded accommodation and work is due to start on building it in 2011. It will also be linked to the redeveloped £28 million maternity wing which is due to open early next year.

And over to the left, joined to the new adult and children’s hospital via an underground tunnel, is the site’s brand new laboratory. Work to build this new lab starts in 2010.

The new facilities will be built by Brookfield Europe who was announced as NHS Greater Glasgow & Clyde’s preferred developer in November.

The company has been chosen to take forward the £670 million contract to provide a gold-standard hospital campus to serve the West of Scotland for generations to come.

The project will be the largest single NHS project ever undertaken in Scotland and total costs, including new internal roadways, patient transport terminuses and state-of-the-art advanced equipment, will be in excess of £840 million.

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Your new Hospitals

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NHS GGC’s Chief Executive, Robert Calderwood, said: “We are delighted that Brookfield Europe shares our vision to create high standards of excellence in healthcare and design. The three companies who bid for the project offered a range of innovative and creative designs, but Brookfield captured the best of both worlds in their proposal.

“A key consideration for us has always been ensuring economic benefit to the local community. Brookfield has agreed to our requirement that they will offer jobs and training to locally recruited apprentices and people who are currently unemployed, which will be of huge economic benefit.

“They have also agreed that wherever possible, sub-contracting opportunities will be advertised to local small to medium businesses.”

The design of the new South Glasgow Hospital was put together with the input of a range of different interested parties, including South West Community Health & Care Partnership. Our Public Partnership Forum, which includes representatives from the local community, has been putting forward its views on the design of the new build.

Our staff have also been working with partners to ensure the South West benefits from the new build in terms of jobs and other opportunities.

If you would like to find out more about the new adult hospital contact: Dan Harley, Community Engagement Manager on 0141 201 4420. For more information on the new children’s hospital contact Kate Munro, Community Engagement Manager on 0141 201 4755. You can also email Dan or Kate on community.engagement@ggc.scot.nhs.uk

Just for dads

Are you a South West dad who would like to be more involved in your child’s care? Then our group may be for you.

Our Dad’s Group is free and meets at Pollok Civic Realm. You can go to meet other dads, learn parenting tips and find out how you can improve your own health and wellbeing.

The group is open to all dads living in the South West who have children aged up to five (although the group can be flexible). It runs on a weekly basis for 8-10 weeks and a free crèche is available.

For more information, please contact: Alan McMillan or Maria Edwards on 0141 276 8860.
Fed up and bored with the way you look? Want to try getting into shape? Thinking about giving up smoking? Or are you wanting to cut down on alcohol? Well read on.

Over the next four pages, we’ll give you some suggestions as to how you can kick-start a ‘new you’ for the New Year.

Get up Get Active

You don’t have to be an athlete to get up and get active. There are lots of activities you can do that are fun and can improve your health.

South West CHCP is one of the key members of the South West Glasgow Strategic Health Partnership, which recently held a consultation asking local people what they felt needed to be addressed to enable them to be more active.

Following this, the Physical Activity Strategy Group held its first meeting in August. A major part of its work will be to develop a Local Physical Activity Strategy for South West Glasgow.

For more information about the consultation or how to get involved in a physical activity in South West Glasgow, go to our website: www.chps.org.uk/southwest-glasgow and click on Local Services and then Exercise – Get Active.

Or contact Sabina McDonald on: 0141 276 4655 or sabina.mcdonald@ggc.scot.nhs.uk
Walking Back to Health

If you’re interested in joining a health-walk walking group or even starting a group of your own, we’d like to hear from you.

South West CHCP, Culture & Sport Glasgow and Glasgow Walks are holding an information session on Wednesday, February 24, 2010 from 10.30am to 1pm in the Palace of Art, Bellahouston. The sessions will include discussion on where you would like to go on a health walk, how we can help you do it and what support you need to set up your own group.

For more information and to book your place, contact: Mark Flanagan 0141 276 8770 or email: mark.flanagan@csglasgow.org.uk

New Mums can get fit too!

Are you a mum with a young baby? Fancy getting out, meeting new friends and getting fitter too? Then Walk ‘n’ Talk could be for you.

Meeting every Monday from 1-2pm at Bellahouston Park, Walk ‘n’ Talk is a walk around the park designed for mums with prams. It’s free of charge and open to mums in the South West. Meet at the gates near the leisure centre.

For more information, contact Jean McGuire or Anne McGowan on: 0141 276 8860.

Healthy eating starts

Fancy learning how to cook, but don’t know how to go about it? Then let Get Cooking Get Shopping show you how.

Get Cooking, Get Shopping is a course aimed at teaching local South West Glasgow people how to cook.

Taking place on one afternoon or one evening a week over six weeks, the course covers a range of subjects including basic nutrition and food safety. A free crèche is also available if it will help you take part.

John Casey, Health Improvement Officer with South West CHCP, said: “The course is delivered by a qualified chef and is designed for small groups of no more than six participants.

“The sessions are informal, friendly, fun and practical. Anyone who lives
and commit to losing weight

increasing your activity whilst learning to change your behaviour in order to keep the weight off. You’ll attend a group session every two weeks and be given support to live more healthily.

So why is GCWMS so important? From the Scottish Health Survey in 2003, it was found that more than 20% of men and women in Scotland were obese. Next year, the figure is expected to be 30% and if things are left to continue the way they are, it is estimated that by 2050 more than 60% of men and 50% of women could be clinically obese costing the NHS £49.9 billion a year to treat the associated diseases.

Lorna Forde, Service Lead for GWMS, said: “Obesity is a fast growing problem in Scotland and Glasgow is leading the way in tackling this issue with a joined up approach to prevention and treatment via our nationally recognised, award winning programme.

“Glasgow and Clyde Weight Management Service was set up not only to prevent people from moving from healthy weight to overweight and then to obesity, but to use the best evidence based programme to support those who are already obese to lose weight and live more healthily.

“We carry out the programme in groups because we have found that the support of others who have experienced similar difficulties and have found solutions is a powerful tool to success.”

She continued: “We aim for our clients to lose 5-10kg and keep this off for a period of 12 months. We are not looking for them to shed stones – although some of the people we’ve helped have managed to do just that – but to get them to change their behaviour and live healthier lives.

“Many of the people who attend have underlying issues that act as barriers to making changes which address their weight. That’s why a major part of what we do is to develop their problem solving skills and how they identify and deal with risky situations.”

What GWMS is not, Lorna said, is a quick fix through anti-obesity medication or gastric band surgery.

“Anti-obesity medication may be offered where the patient has tried the supported diet and exercise programme and not succeeded. When coupled with exercise and a low calorie diet, medication can be effective. However, we won’t just prescribe without support. To succeed, our patients must make changes to their lifestyle with the support of medication. “Similarly with gastric band surgery, we will only recommend a patient for this major procedure if they have undergone the four-and-a-half month programme and are still finding it difficult to lose weight. Even then, it is only a small number of people who will proceed to surgery. It is a huge step to take and if we recommend a patient should undergo it, for success, they will have to make substantial changes to their eating pattern and portions as well as increase their activity…they can’t just go for surgery alone as it does not achieve the best results . It’s a lifelong commitment and is not an easy option.”

To access the Weight Management Service, Live Active exercise referral classes (www.nhsggc.org.uk) or Shape Up (www.glasgow.gov.uk), speak to your GP or practice nurse.

with healthy cooking

within the South West CHCP area can take part and the course is completely free. All ingredients and instructions are provided and all we need from participants is to attend the six sessions.”

The first two Get Cooking Get Shopping courses were held in Priesthill Community Hall and John also organised a further two courses at the Pearce Institute in Govan and Kennishead Community Hall.

If you are interested contact him at the following address: John Casey, Health Improvement Practitioner, South West CHCP, Strata House, 135 Fifty Pitches Road, Glasgow G51 4EB (tel: 0141 276 4653 or email: John.Casey@ggc.scot.nhs.uk).

EAT UP!

Eat Up is a group programme that helps you make sense of healthy eating. Running for four to six weeks, the programme is free and open to anyone aged 18+.

It’s been specially developed by the NHS to help you to get the best food choices for your health, to get you motivated about healthy eating and to show you how small changes can make the difference. For more information, speak to your GP or practice nurse or call: 0141 531 6819.
Follow the ‘Pathway’ to better mental health

Feeling a bit down? Does anxiety threaten to take over? Are you having problems sleeping at night? Pathways could help. The service offers help and advice to people suffering from common mental health problems such as anxiety, low mood/depression, sleep problems, Post-Traumatic Stress Disorder and Post-Natal Depression. Anyone living within the South West area can use the service, just ask your GP about it or contact the Pathways team directly (0141 577 7729). You can also pick up a Pathways booklet at local health centres, libraries, leisure centres and other outlets or see: www.nhsggc.org.uk/pathways

Stress Free

Feeling stressed and don’t know where to turn? Why not book up for our free Relaxation Classes? The classes will help you to cope better with the ups and downs of life and take place in the following venues: Pollokshaws Burgh Hall, Invercraig Community Hall, Arden Community Hall, Penilee Community Hall, Riverside Community Hall, Kennishead Community Hall and Priesthill Community Hall. For more information, call: 0141 577 7746 or call/text: 0777 064 3447.

Keeping Well

Are you aged 45-64? Then you may already have been approached by your GP to take part in the Keep Well initiative, a free health check for people in that age range who live in certain parts of Scotland. It involves simple checks for conditions such as heart disease and diabetes. People taking part can also obtain information about how they can improve their health. If your GP practice is part of Keep Well and you are eligible, you’ll be invited for a health check. As well as checking for health conditions, the check-up is also your chance to ask your GP or healthcare worker any questions you may have about your health and to find out more about healthy eating, physical activity and good mental health.
When drink becomes a problem

We all like to have a drink now and again, but if you’re reading this, you’re probably already concerned that you or a friend or loved one is drinking too much.

You don’t have to be an alcoholic to be a problem drinker, but there is help out there for you if you want to cut down or stop.

So what do we mean by ‘problem drinking’? It’s when an individual is drinking more than sensible levels on a regular basis. Men should be drinking no more than 3-4 units a day and no more than 21 units in one week. Women should drink no more than 2-3 units a day and no more than 14 units a week. And we should all have have at least two days a week without alcohol.

You may want to contact your GP or local addictions services if: you are regularly drinking to get drunk; you are beginning to think about some of the problems in your life that might be linked to your drinking; you are experiencing withdrawal symptoms when you stop drinking (eg the shakes, sweats, anxiety, paranoia etc); you are self-medicating (using alcohol to cope with pain, to sleep or to cope with your problems).

It’s easy to access our services. Simply phone the number provided or pop into the local office. You can also be referred to the addiction services by a health or social care worker, or your GP. A member of your family or a friend can also make an appointment on your behalf.

Contact: South West Community Addiction Team (Govan/Craigton), Rowan Business Park, Pavilion 1, Ardlaw Street, Glasgow G51 3RX - tel: 0141 276 8740
Greater Pollok Community Addiction Team (Greater Pollok/Newlands/Auldburn), 130 Langton Road, Glasgow G53 5DP - tel: 0141 276 3010.

For general information on alcohol consumption, see the Addictions pages on our website: www.chps.org.uk/southwest-glasgow The site is packed full of information and links to helping organisations.

Stub it out for good

If you want to give up smoking there’s lots of help out there. Our Smokefree Services offer stop smoking groups for anyone who wants to give up. The groups are available in local centres throughout South West Glasgow and run for seven weeks.

Margie Hughes, Smoking Cessation Coordinator with South West CHCP, said: “The groups are very relaxed and informal. They are suitable for anyone who wants to quit smoking, including heavier smokers who may find this intensive support extra helpful. Information on NRT and other drugs will be given out once you attend the group. You’ll be given a form on your first or second week which you take directly to your pharmacy to collect your NRT.”

Smokefree also run pharmacy stop smoking services.

For information about your nearest Stop Smoking Group or Pharmacy Stop Smoking Services, call our Smoking Cessation Co-ordinator on 0800 015 123.
Glasgow City Council is looking for people to become foster carers or adoptive parents.

All types of people can become foster carers and adoptive parents: you must be over 21 but can be single or in a partnership with someone of the same or opposite sex, be with or without children.

You don’t need to be employed, wealthy or own your own home to be a foster carer or adoptive parent. The main skill that an adult interested in supporting a child needs is the ability to look after children safely and well.

We need foster carers who are warm, confident, flexible people who can help children feel safe and bring some stability into their lives.

What makes a good foster carer or adoptive parent is the ability to offer a stable loving home to a child who, for whatever reason, is unable to remain with their own family.

Jeana and Mark, foster carers from Glasgow, decided to become carers “to make a difference, to give the children family life experiences”

Mark said: “We get as much from the children as we give them. One of our foster children had no language when she was younger as no-one had spent time speaking with her. Over time her speech came on and she came in to her own and blossomed.”

There are all sorts of different ways to support children. Some carers offer a few hours per week to a child whilst others give a lifetime commitment.

All carers have a professional support network and Mark pointed out that he always has support from his worker who is always at the end of the phone. Other carers are also there to offer support as well as family and friends.

It’s easy to take the first step in becoming a foster carer or adoptive parent, it’s easy to contact us and take the next step.

Phone: 0845 270 0609 between 8.45am to 4.45pm Monday to Thursday and 8.45am to 3.55pm Friday.

Email – families.children@sw.glasgow.gov.uk

Families for Children

PO Box 7535

Glasgow City Council G42 2AZ

Useful Contacts

South West CHCP Headquarters - 0141 276 5239
South West Public Partnership Forum - 0141 276 4630
Community Development and Engagement Team - 0141 276 4630
Social Work Area Offices:
   Govan - 0141 276 8700
   Pollok - 0141 276 2900

NHS Greater Glasgow and Clyde Head Office - 0141 201 4444
South West Community Planning Partnership - 0141 892 6330
South West Community Mental Health Project - 0141 445 1022
Glasgow Asylum Support Project - 0141 276 8850
Glasgow South West Carers Centre - 0141 440 5316
Citizens Advice Direct - 0870 290 3000
Mental Health Network - 0141 550 8417

This newsletter was written and designed by South West CHCP. Contact: Dawn Thom 0141 276 4623.