

The Health Improvement Team is working in partnership with the Health and Social Care Partners towards delivering the Coatbridge Local Outcome Improvement plan which embeds the Public Health Priorities too. This is done using a co-production approach with our communities and partners.

Mental Health

Views 1,990
Engagement 76

#My Self-care My Wellbeing campaign

Under 12s & 14-26 year olds spending time creatively on understanding self care. [Poster here](#)

Airdrie Councillor made a pledge and reinforced the importance of selfcare. Video here

Staff selfcare tips [video here](#)

Testimonials:

"Men don't have to be guilty of taking time for themselves"



Video views 3,262

Time To Talk Campaign

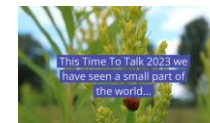
To develop community resilience.

Around **31 people** attended Time to Talk walk.

We had mental health conversations with **40 people** in Town and **30** of them at Health Centre including staff. [Video here](#)



Testimonials:
"Spotted squirrel and flowers"



Video views 9,116

Infant Mental Health

Session on infant and maternal mental Health delivered in Kirkshaw area to Mums and staff from Health visiting and First Steps.

Testimonials:

"Felt comfortable in feeding my baby in community venue."



World Mental Health Day

Around **27 people** attended Mind Your Head Health walk in October 2022

Testimonials:

"I was able to connect with people and nature"

"I felt sense of community and getting together"



Party Smart Party Safe

- Collaborative partnership work between Health Improvement, Police Scotland, Scottish Fire & Rescue, Housing and Voluntary services.
- Early prevention health intervention piloted in Coatbridge



Aims:

- Reduce alcohol related disorder
- Promote wellbeing
- Raise awareness on alcohol, mental health, suicide prevention, sexual health and second hand smoke

Delivered briefing sessions:
8 Scottish Fire and Rescue services staff (North Lanarkshire);
9 Police Scotland staff
 Due to deliver to housing staff



HI Health Improvement Live Well Lanarkshire	Sexual Health	Alcohol Awareness	Mental Health	Suicide Prevention	Second-Hand Smoke
Life can serve up some challenges – a little bit of help or advice can make it a whole lot easier. In Lanarkshire there are services that can offer friendly and confidential information and support.	Protect yourself and others from sexually transmitted infections and unintended pregnancy, always use a condom. If you've had sex without a condom, make an appointment and get tested, even if you have no symptoms. Sexual Health appointments: 0300 303 0251 Free Condoms by Post and further information via the website: www.lanarkshiresexualhealth.org	To keep health risks from drinking alcohol to a low level, men and women should not regularly drink more than 14 units per week. 14 units is the equivalent of: <ul style="list-style-type: none"> • 6 pints of beer or • a bottle and a half of wine or • half a bottle of spirits It is best to spread this evenly across the week rather than drinking all at once. Having several alcohol-free days each week is a good way to cut down.	Look after your mental wellbeing by <ul style="list-style-type: none"> • Connecting with other people • Being physically active • Learning new skills • Taking notice and paying attention to present moment • Giving to others www.lanarkshireindependentscot.nhs.uk www.elamont.org.uk	A – It's important to Ask L – Listen and don't minimise E – Encourage them to talk about it R – (Get help) Right Now T – TALK Samaritans: 116 123 Breathing Space: 0800 83 85 87 Childline: 0800 11 11 Suicide Prevention Lanarkshire App (search for SP Lanarkshire)	Protect yourself and others from the dangers of second-hand smoke by encouraging a smoke-free environment. Children are especially vulnerable to second-hand smoke. Harmful toxins from smoking stay in the air for up to 5 hours afterwards. For support to quit smoking and access free nicotine replacement products, call 0800 84 84 84 or scan the QR code (see over page!) www.ablanarkshire.scot.nhs.uk/quit-your-way

Concertina card



Partnership Working

Local Partnership Groups

- Delivered session on Local Outcome Improvement Plan and mental health policy landscape to **17 staff members** representing range of services across Coatbridge and North Lanarkshire

Routes To Work

- Delivered mental health session during a Boost programme targeting unemployed people enhancing their skills

Community Drop-ins

- Health & wellbeing help resource pack developed and disseminated in **15 Community Drop** in centres

Green Health

- Promoting green spaces in Coatbridge and their benefits with Lanarkshire Green Health Partnership

Second Hand Smoke

- Supported the delivery of Jenny & the Bear swim time session and Pet vet project

Early Years

- **90 Families** attended the Play Talk Read Bus

Team will be supporting and enhancing the wellbeing of people with protected characteristics including Ethnic Minority groups, Refugees & Asylum seekers etc and seed planting of projects. For more information on any of the above work projects please contact Vibhavari Gaikwad, at vibhavari.gaikwad@lanarkshire.scot.nhs.uk