# Health Improvement

# Airdrie Locality Flash Report 2022/2023

### **Cancer Screening**

- Women's Health Event held in Lanarkshire Mosque.
- Around 40 woman were in attendance and received information on Cancer Screening, financial support, Menopause Warriors,
  Citizen Advice Bureau (CAB) and Carers Together.
- Cervical screening questionnaire carried out with 16 woman to gain an insight on their knowledge around cervical screening and what we can do to support woman to attend for their smear (cervical screening) test.
- Cervical screening information session held in partnership with Jo's Trust.

  This was specifically for the Mother and Toddlers Mosque Group, 8 women attended this session.
- Online training on all screening programmes carried out by Health Improvement (HI) team and Lanarkshire Carers with specific sessions built in for those who have English as a second Language such as Arabic and Urdu sessions provided. Further sessions will be held from April 23 onwards.

### Time To Talk

35 Staff accessed the room

- Time to talk event held for staff within Airdrie Health Centre.
- Room set up with Tea/Coffee, snacks and space for staff to sit and have time to talk.
- Lanarkshire Carers on site to provide information for staff on their services and 1-2-1 support offered.
- Routes to work on site to provide information on their services for staff and patients who were accessing the Health Centre.
- Airdrie Information booklet provided to all staff in hard copy and digitally containing key Airdrie services and their contact details.

Make space in your day for a conversation about mental health.

For further Information please contact
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13 young adults attend group

No Limits Supported Employment Health & Well-being Workshops

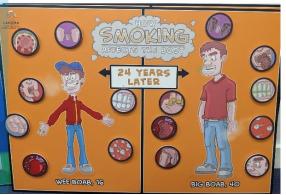
#### Monthly Workshops took place from January – April 2023 In the @Home Centre Airdrie

- > 13 young adults with Additional Support Needs (ASN) attended the group and the Health & Well-being workshops.
- Health Improvement met with the group members to discuss their interests and created a programme of interactive workshops to reflect these discussions and meet needs identified.
- Partnership working with Landed Peer Education Service to use tobacco and alcohol resources, alongside the Health Improvement Library resources.

#### **Programme Content:**

- Workshop 1: Healthy eating and healthy options
- ➤ Workshop 2: Tobacco & vaping
- ➤ Workshop 3: Alcohol
- > Workshop 4: Health & fitness

Each workshop contained signposting to relevant services and providing information leaflets.



POVERTY

Local Outcome Improvement Plans

Mental Health and Wellbeing

COVID 19 Recovery



- Airdrie Partnership Christmas Appeal was set up to support the people of Airdrie during the festive period. Groups and services came together in a coordinated approach to ensure all families were supported. This coordinated approach ensured we maximised the help we could provide in the community and avoided duplication.
- Groups and services who assisted were Whinhall Action Group, Whinhall
  allotments, Chapelhall Resilience Project, XACT, Bear Necessities, StVincent De
  Paul, NHS Health Improvement. Voluntary Action NL, Community Learning &
  Development, Routes to Work, NLC empowering clusters and NLC Tackling Poverty
  Team.
- 555 Individual Children were supported with gifts.
- 151 Parent/Carer gifts were given out.
- 143 Families supported with clothing.
- 52 Families referred onto NLC Tackling Poverty Team for further financial support.
- 6 Families supported with Christmas Dinner.















## Community Breakfasts.

- 7 Community Breakfasts were held in Airdrie Villages-Calderbank, Glenmavis, Chapelhall, Plains, Caldercruix, Greengairs and Longriggend.
- Local people from the villages were invited to come along for a breakfast roll and hear information from stall holders.
- Stall holders included NHS HI, Voice of experience. REM-PLOY, DITC, NL Carers together, CAB, Parkinsons Self Help, Airdrie Food Bank and Voiceabilty.
- 90 Community members attended the breakfasts.
- Airdrie Groups and services book was launched with hard copies provided to all attendees.
- Digital copies shared with all partners for further dissemination.

AIRDRIE & VILLAGES USEFUL INFORMATION

7 community
Breakfasts.
90 community
members.

Community Groups and Services