

The Clydesdale Locality Health Improvement Team works in partnership to take forward a program of work in line with the 6 public health priorities for Scotland.

PHP 3

Supporting Good Mental Wellbeing

- **4** Stigma Free Lanarkshire Workshops delivered to **29** participants.
- **12** Suicide ALERT sessions delivered in partnership with LAMH to over 150 participants.
- Development/delivery of Youth Mental Health Conference with young people & partners. **150** young people and staff attended.
- Time to Talk Day- Mental Health Awareness Sessions delivered to **29** individuals
- **2** Mentally Healthy Community events held to launch the installation of Breathing Space Benches in Leadhills and Coalburn with **56** people and **17** partners attending.



Suicide Prevention Week 2022

- Zumba @ Carluke Leisure Centre
- **8** Themed Health Walks with Healthy Valleys- **48** individuals
- Football Tournament @ John Cummings Stadium
- Delivery of key suicide prevention messages
- Info & signposting to supports with **60** people



Engagement with 539 people

Key Feedback

- *Keep Talking*
- *More events like these*
- *Benefits of being active*
- *Meeting new people*

PHP 1

Building Capacity

Community Led Support (CLS) Training

- Delivered to **43** Health & Social Care Staff.
- Increased knowledge & understanding of Community Led Support.
- Presentation on progress at NDTi conference.



6 Introduction to Health Improvement presentations delivered

5 CLS Courses Delivered

PHP 2

Early Years & Oral Health

Our Partnership Work

- Oral Health training delivered to Clydesdale Housing/Homeless team staff.
- Early Years Oral Health project with **14** nursery children residing in areas of deprivation & upskilling **5** staff for sustainability.
- **4** new vitamin distribution points and re-start of support to **2** existing points.
- Introduction to Health Improvement presentation delivered to all SLC Social Work Early Help Hubs.
- **10** new Breast Feeding Friendly venue sign ups.



Alcohol, Tobacco & Other Substances

- Jenny and the Bear**

Partnership with SLLC/Healthy Valleys and 6 local families from Oct-Dec 2022.



Families enjoyed swim time with their Children and learned about second hand smoke key messages.

All participants signed up to be **Positive Smoke Free Role Models** with **100%** pledging to smoke less or stop smoking completely.

- Supported two third sector partners to sign up to **Ash Scotland Charter** with plans to access the small grant scheme



- Delivery of 2 **IMPACT workshops** to 15 individuals
- Delivery of 2 x **Alcohol Brief Intervention workshops** to 13 NHSL staff

Sustainable, Inclusive Economies Eating Well, Healthy Weight & Physical Activity

- Falls Prevention** - 5 awareness raising sessions delivered to **43** local people and staff in partnership with Falls Specialist Nurse (NHSL).
- 88** community conversations about cervical cancer and **12** venues stocked with literature- delivered in partnership with Healthy Valleys .
- Cervical Cancer Prevention Week social media post shared to **3700** Healthy Valleys followers and **2,000** Clydesdale Housing Association followers.
- 3** community conversations delivered about breast cancer/screening with **36** local women , **81%** of whom resided in areas of deprivation.
- 2** community conversations about mouth cancer with **23** people residing in rural Clydesdale.
- 3** Money Counts sessions delivered to **36** health and social care/third sector staff in Clydesdale.
- Green health event in Castlebank Park with local partners. Engaged with **37** local people around the benefits of being outside & green health opportunities locally.
- 1** x Nutrition Health and Wellbeing Session delivered to **11** adult learners

