



The Hamilton Locality Health Improvement Team works in partnership to take forward a program of work in line with the 6 public health priorities for Scotland. The team has undergone some staffing changes this year and we look forward to moving forward and continuing to build on the good work of the team.

PHP 1

Falls Prevention Event hosted by the Larkhall Lighthouse

- Functional Fitness MOT for **6** local aged 60+ to find out about their own mobility and advice on how to maintain or improve their functionality
- Health Improvement, Occupational Therapy, Falls Prevention and Scottish Fire and Rescue Service all attended the event
- Intergenerational work with support from Larkhall Academy pupils



5 CLS Courses Delivered

Regularly supporting community networks; problem solving groups and; neighbourhood planning

Supported Seniors Together information day

PHP 2

Play Talk Read

168 children and parents/caregivers attended the Play Talk Read bus in Asda Blantyre

Vitamin D Distribution

484 children's drop
251 maternal vitamins
4 new distribution points including the Gypsy traveller site

PHP 3

Suicide Prevention Week 2022

A Walk and Talk Event with **18** local people and staff sharing support available, promoting key suicide prevention messages, information and signposting.



Participant take away:

The opportunity to meet again in public and the importance of being able to discuss suicide openly.



- **11** Stigma Free Lanarkshire Workshops delivered to **132** participants.
- **12** Suicide ALERT sessions delivered in partnership with LAMH to over **150** participants.

Youth MH Conference

Development and delivery of Youth Mental Health Conference with MSYPs, Education, LAMH, SFL, SLC YCFL, RegenFX and partners

Next steps include for a MH website to be co-produced with YP

150 young people and staff attended

Time to Talk Day 2023

- **38** community members attended
- **3** events took place
- Range of resources provided
- Participants shared the behaviours that promote positive MH&W for them



PHP 6

Get Outdoors Whitehill Event

A partnership event to encourage local people to spend time in nature and experience different outdoor health and wellbeing activities.



40 families attend with **50** children packs provided

2 mindfulness sessions with **Martin Stepek**

Partners included:

- Lanarkshire Weight Management Service
- Quit Your Way
- Get Walking Lanarkshire
- My Support Day
- Bothwell Road Action Group

Country rangers activities:

- Hapazome
- Nordic slinging
- Natural weaving
- Campfire charcoal
- Teas and coffees by the campfire with marshmallows



PHP 4

Jenny and the Bear

The programme ran in partnership with SLLC and 5 local families in October 2022. Families enjoyed swim time with their children with key messages about second hand smoke.



2 parents from a local nursery and 2 parents from Jenny and the Bear programme signed up to be smoke-free role models



2x IMPACT training sessions
3x ABI sessions to NHSL staff
Supported the Scotland's Relationship with Alcohol event as part of Alcohol Awareness week with South Lanarkshire ADP members

PHP 5

The Health Improvement team worked closely with the Beacons to support and connect them in with a range of health and wellbeing opportunities such as Physical Activity Prescription and the SHBBV team.



- **5x** Money Counts sessions for SL partners, 3rd sector organisations and NHS staff. **24** participants attended. Partners/organisations within locality set up with [Fuel Foundation](#) directly as a referrer
- **10x** introductory HI sessions. **62** staff attended. Partners such as SL Home Finders Partner Grp, SL Works; SW Early Help Hub; and the GIVIT Project

The team supported local community resources with the bowel, cervical and breast cancer screening programmes, such as, GPs, SLLC libraries and MECOPP and the local gypsy/traveller community.

Contact the team on our email : HamiltonClydesdaleHITeamHWBTraining@lanarkshire.scot.nhs.uk