

Health Improvement

(South West Team) Flash Report 2022/2023



Locality Health Improvement Team covering Cambuslang, Rutherglen, East Kilbride and Strathaven. Focused work around the 6 Public Health Priorities (PHPs) and delivered within local communities. <https://www.publichealthscotland.scot/our-areas-of-work/scotlands-public-health-priorities/>

6 Families completed Swim-time

Jenny & The Bear Swim-time (PHP 4)

A partnership initiative with NHS Lanarkshire and South Lanarkshire Leisure & Culture (SLLC) which encourages



parents and carers to enjoy quality time with their children in the swimming pool whilst supporting them to be positive anti-smoking role models. The programme ran for 6 weeks from 12 October - 30 November 22 in Lifestyles, Eastfield, Rutherglen. Open to Parents / Carers with young children who reside in SIMD 1 or 2 in Cambuslang or Rutherglen and who may come in contact with a smoker i.e. family/friends.



SOUTH LANARKSHIRE Leisure & Culture

Referrals came from Health Visitors, SLLC & Little n Lively. 6 families completed the sessions and signed the Smoke Free Role Model Pledge. Qualitative feed-back showed increased awareness of health messages, better social connections and general enjoyment of attending the programme.

45 Families attended from Springhall



Play Talk Read Bus (PHP 2)

Benji, the PTR bus visited Springhall Community Centre Library on 1 March 2023.

The event was well attended and families enjoyed engaging in the fun and activities with their little ones.

Benji also made an appearance at Asda car park in Blantyre on 2 March, 2023. Again, the event was well attended and the location provided busy footfall with 70 families participating. Cambuslang has few suitable locations for the PTR Bus. ASDA car park, Blantyre provided the perfect solution to ensure the Cambuslang, Halfway and Blantyre areas were included.

35 people connected with the event!

Let's Gather Event (PHP 1 & 3)

Let's Gather was the theme for the 2022



Scottish Mental Health and Arts Festival. An event was held at Overtoun Park in Rutherglen on 16th May to provide the opportunity for the local community to 'Gather'. The event was attended well, despite the rainy, blustery weather. Activities were hosted by Greening Camglen, an established group made up of friends groups, Leap, Grow 73, Healthy n Happy, Cambuslang Allotment, Clydesmill Growing Together, Cambuslang Apiary Project, Revolve, South Lanarkshire Council, Cambuslang Housing and Rail 74. **The activities on the day included:** a silent disco, a mindfulness walk, outdoor yoga, creative community session, mindful cup of tea and making art from nature.

Comments on the day



"This is so nice. I walk at this park often but wasn't aware of all the opportunities that Grow 73 offers and I loved seeing the foxes den. Now I know that it is there, I am more likely to get involved".

"Monday was a delight. When the weather is bad you really do appreciate a campfire and birch tea from a Kelly Kettle!"



"I wasn't going to take part in the yoga but I am so glad I did as it left me feeling calm and energised"

"I loved learning about the seed bombs and I am planning making them with my grand children."

Over 60 local businesses contacted

Breast Screening East Kilbride (PHP 5)

The NHS in Scotland offers breast screening to all women aged between 50 and 70 once every three years. Breast screening saves 130 women's lives each year in Scotland and helps by finding breast cancers at an early stage when they are too small to see or feel.

The mobile units visited 2 locations in East Kilbride from June 2022 for approximately 6 months. In preparation for the visit, the Health Improvement Team raised awareness of this with the West of Scotland Breast Screening Service through the distribution of breast screening information (information letter with links to NHS Inform screening information and NHS Scotland poster) across staff groups within the locality including the Staff Briefing and via GP practice waiting area screens. Information letters and posters were also shared with a wide variety of community settings and groups including Pharmacies, Foodbanks, Libraries, Supermarkets, Bingo Halls, Citizens Advice Bureau and Community Halls.

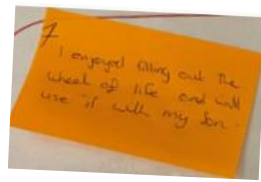


GP Practices were contacted by the Community Liaison Officer from the West of Scotland Breast Screening Centre and received an information pack 3-4 weeks before screening commenced. The pack included social media assets, information letter, previous screening report and information resources for practice staff. The breast screening service worked with 3 practices to contact first time attenders to increase uptake of first time appointments. Uptake figures will be shared when available.

10 sessions from January until March

Empowering Women Group (PHP 6)

This 'closed' group is by referral only and was initiated by the Family Support Workers within Cambuslang/Rutherglen. 10 Sessions were offered which covered a range of topics such as Mindfulness, Health Checks and Gender Based Violence. 6 women attended the sessions.



Health Improvement were invited to facilitate sessions on *Nutrition and Health & Wellbeing*. The Eatwell Guide, hidden sugars, and food labelling were topics that formed part of the discussions. The group particularly liked the Wheel of Life tool which is used to gauge how well balanced your life is.

Quit Your Way (PHP 4)

QYW promoted to SIMD 1&2 Groups, in particular :

- Routes to Work South as part of a presentation to their Personal Growth Groups. (4 sessions x 10 participants Jan –March '23)
- Whitlawburn Adult Wellbeing Group
- AGAPE Men's group



Feedback has been positive. Not every individual was aware of the wide array of support available from the QYW service i.e. pharmacies, Specialist Nurse and online support.

Other projects include:

- Pharmacies project identified SIMD 1&2 catchment - offering additional promotion of the QYW service and support.
- Established connections with G.P. Link workers to liaise with referral and potential support for individuals quit attempt.
- Collaborate work with Tobacco & Pregnancy Team focusing on young Dads and Dads to be through locality groups.
- Vets project identified SIMD 1&2 practices in EK and promotion of key messages of harm to pets of Second hand smoke through discussion.

For further information on any aspect of this flash report please contact:

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