

### Tackling Poverty Training

Motherwell Locality Health Improvement Team worked in partnership with local organisations to engage with community groups to deliver on the 6 public health priorities for Scotland.

5 families from SIMD 1+2 completed course



### Jenny & The Bear Baby Massage Pilot



- Jenny & The Bear Baby Massage Pilot ran for 7 weeks from Feb 2023 – March 2023 at Forgewood Community Centre. The focus was **key health messaging around second hand smoke**
- The course consisted of one initial information session and 6 weeks of baby massage sessions with time for socialising with other parents
- 7 mums, 2 dads, 7 babies attended over the course of the 7 weeks and 5 out of the 7 families completed the course
- Motherwell Locality HI Team sourced the venue, recruited the participants for the course and delivered the key health messaging around second hand smoke each week

Referrals for the programme were provided by:

- ❖ Health Visitors/ First Step Workers
- ❖ Third Sector Partners such as One Parent Families Scotland
- ❖ Word of Mouth – parents discussing with friends

#### Next Steps

Health Improvement Team and Forgewood Community Centre are in discussion with the parents from the course to start a parent/toddler group. This was identified as a gap in the area.

#### Feedback

**“I loved how kind the staff were and how comfortable they made me and my baby feel. I loved how they bonded with my son and taught me how to relax my baby and massage him properly.”**

**“Will now ask grandparents to smoke outside and wash their hands”**



#### Local Outcome Improvement Plans – Motherwell Priorities

- Tackling Poverty and Inequalities
- Community Engagement
- Community Safety
- Mental Health and Wellbeing
- Environment
- Digital Inclusion
- Town and Community Hubs and Town Vision

26 Attendees

- Addressing the Cost of Living crisis training was offered to staff and volunteers from Bellshill, Motherwell and Wishaw/Shotts community drop in points (warm space providers)
- This training was based on the North Lanarkshire Worrying about Money resource and delivered by HI Seniors and Tackling Poverty Team.
- 2 sessions delivered in February 2023 to 26 attendees – 1 Face to Face and 1 Virtual
- Pre and post training scores were collated and measured for changes in **confidence** (in raising the topic of money worries) and **knowledge** (of support services available). Increases in both groups shown below;

Face to Face session			Virtual session	
Pre session	Post session		Pre session	Post session
5.3/10	7.7/10	<b>Confidence</b>	6/10	9/10
4.6/10	7.4/10	<b>Knowledge</b>	3.8/10	9/10

## ADP Lanarkshire Recovery Cup

- The football tournament funded by Lanarkshire Alcohol & Drug Partnership took place at Ravenscraig Sports Facility
- Health Improvement staffed an information stall and supported event evaluation
- Mouth Cancer model was displayed to raise awareness of Mouth Cancer
- Participants were asked what they enjoyed about the day, responses included:
  - Bringing communities together/ community spirit
  - Youth recovery – reducing stigma
  - Meeting new people



Youth Work

**Motherwell Health Improvement Team successfully supported the following local groups to secure Consortium Locality Activity Funds.**

### Lanarkshire Community Food and Health Partnership

#### Big Chef Little Chef

- 6 week cooking/nutrition course focussing on cooking on a budget and introducing nursery children to new foods
- 6 families attended from Forgewood Family Learning Centre
- HI provided a goodie bag with a range of support information

### Motherwell Salvation Army SCRAN Youth Club

- Free youth club for children aged 10-14.
- A place to socialise with others and opportunity to engage in a variety of activities
- Free hot meal provided for all to support with food poverty.



Partnership working

## Minority Ethnic Cancer Screening

### Partner Organisations

- Health Improvement
- Maternal & Infant Nutrition Team
- CAB
- Social Security Scotland
- Tackling Poverty Team
- North Lanarkshire Carers Together
- Menopause Warriors
- Jo's Trust

### Lanarkshire Mosque Women's Wellbeing Event

- HI organised a wellbeing event with various partner organisations as stallholders
- Attendees completed a cervical screening questionnaire
- HI and Jo's Trust delivered a cervical screening information session with mum/toddler group

### Lanarkshire Carers Cancer Workshops

- Delivered two interactive awareness sessions for Breast, Cervical and Bowel screening in partnership with Lanarkshire Carers with Urdu and Arabic interpretation
- Sessions provided an overview of NHS Lanarkshire screening programmes, signs and symptoms to watch out for and how to make appointments suitable to your needs



### Feedback

- "Really enjoyable and busy session" – stall holder
- "The feedback was great. The ladies found it very informative" – Mosque Volunteer

Early Years



## Neighbourhood Networks

- HI attended Learning Disabilities group to deliver workshops on Personal Hygiene and Nutrition/Physical Activity
- Activities included hand hygiene, oral hygiene, personal hygiene, Eatwell Guide activity and fitness station.



Learning Disability

### Next Steps

- Deliver 3 more cancer awareness sessions with Lanarkshire carers – 1 with Polish interpretation
- Support the parents from the Jenny and the Bear pilot and Forgewood Community Centre to apply for consortium funding
- Deliver Tackling Poverty training to community organisations and clinical teams

For more information contact  
sarah.warnock@lanarkshire.scot.nhs.uk