

Health Improvement (HI)

North Locality Flash Report 2022/2023



Infant Massage & New Vitamin Distribution

HI secured funding to purchase massage oil and bottles to ensure our local Homelink Worker could continue delivering infant massage opportunities to families.

Infant sessions are being held every Friday within Cumbernauld and Carbrain Community Hub. Ten families have benefitted from the sessions within the first quarter of 2023. Five families have also received healthy start vitamins.

This funding has enabled the Home Link Worker to also link participants into the existing services within the hub eg. Food pantry and Housing issue support.

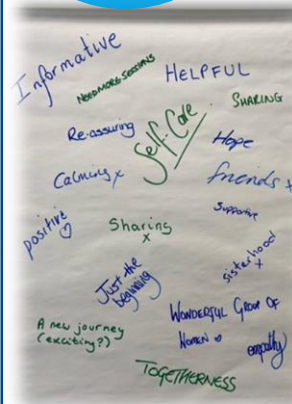
30 Council Staff have benefited from attending 2 sessions (1 per quarter)

NLC Peer Support Menopause Group

HI collaborated with North Lanarkshire Council (NLC) Creative Arts Department to meet the identified need of their staff requiring support with their menopause transition.

HI instigated the introduction of menopause books within NL library services ebook service and since their release the majority of books have been borrowed.

To celebrate and contribute to International Women's day an email was issued to participants to raise awareness of various health improvement opportunities; weigh to go, stop smoking.



54 Families attended this exciting family event



Play Talk Read Bus

On the 8th March, the Parent Club 'Play Talk Read' double decker bus; Benji, visited Moodiesburn.

The roadshow was supported by NHS Lanarkshire's HI Team, who promoted the bus locations to local Lanarkshire parents and caregivers to hop on board with their little ones.

The bus included lots of free, fun activities for families to get involved in and play together, including Bookbug sessions, as well as arts and crafts, messy play and lots of books!



LOIPs (Local Outcome Improvement Plans) Croy Cookery

Funding was provided to deliver a cookery pilot to widen the support of the community pantry. This showcased what can be made up or cooked using the produce on offer within the pantry stock. In addition is also offered participants the opportunity to meet, socialise and get to know others who have a similar interest and learn and share with one another a new skill, reducing isolation in a more fun and creative way.

Five people took part in learning how to source, prepare and cook a plate of healthy stir fried noodles, using a variety of vegetables and cooking sauces. We explored different ways to make the dish, using various other ingredients, learned easier ways to prepare some of the ingredients and also explored differing dietary requirements, as one of the ladies who came along required a gluten free version. The session was full of laughter, socialising and there was even the participation from those recently referred to the hub, through the local GP Community Link Worker.

Scan QR Code to view some pictures we Shared on Facebook



Cost of Living Drop-ins

- HI produced information packs to support the Community Drop in centres that were funded by North Lanarkshire Council.
- A new poster was developed in house to collate various health and well-being help eg. [Weigh to Go](#), [Being Active outdoors](#), [Quit your Way](#), [Occupational Therapy Community Clinics](#), [Well-Connected](#).
- The pack also included the Right Care Campaign poster raising awareness of the various medical care services communities can access and only to go to A&E if they need urgent medical care for a critical emergency.
- The recently produced Mind Matters poster was also included to raise awareness of [Lanarkshire's Mind Matters Website](#) and all the online support available to improve mental well-being.