

# Clydesdale Locality Health Improvement Team

## Flash Report 2021



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. The team has undergone some staffing changes this year, however we continue to work closely with Healthy Valleys to deliver health improvement work with communities. We are now looking forward to continuing to build on the good work of the team from last year.

### Clydesdale Locality

### PHP 4

Community Led Support Approach continues:

3 rounds of Clydesdale in Conversation.

Engaged with local people in 3 communities.

22 good conversations.

6 signposting.

3 follow ups.

### PHP 1



**Clydesdale in Conversation**

### PHP 2

Solihull emotional health and well being e-learning sign ups:

Public: 218. Staff : 34

Vitamin D distributed

First pots: 132

Returns: 207

Healthy Valleys Partnership;

3 Oral Health Podcasts developed

5 Oral Health family sessions delivered

Healthy Valleys Partnership;

- 3 x tobacco and pregnancy sessions delivered.
  - 5 social media posts to 3,374 followers to promote Quit Your Way/No Smoking day.
  - 7 social media posts to promote Sexual Health Blood Borne Virus key messages.
- Just Ask/Free Condom Distribution.
- 2 New Just Ask Sites developed.
  - 18 Condom Distribution Sites.

### PHP 3

- 5 ALERT sessions delivered to health, social care, public and 3<sup>rd</sup> sector staff to support Suicide Prevention.
- 12 people trained in Mental Health First Aid (Healthy Valleys).
- 2 Suicide Prevention Walks with 30 participants.
- 500 Snowed Under Booklets, 100 Snowed Under Posters distributed locally.
- Kick Mental Health participants provided with 100 well connected resources and linked to local activities.
- 14 social media posts to 3,374 followers, 4 mental health information sessions to boost awareness.

### Community Conversations – Cervical Cancer/Screening

100 well being packs distributed.

80 community interviews.

9 community information sessions.

45 community conversations

7 social media posts to 3,374 followers.

- Healthy Valleys: The Place to Be; CAB partnership
- 10 referrals to Financial Inclusion support
- 7 1:1 Financial Inclusion supports
- Place to Be – Period Positive Events (32 attendees).
- NHS Healthy Working Lives 27 fruit baskets distributed.

### PHP 5



### PHP 6

- Physical Activity Prescription.
  - Total Referrals: 428. 59% SIMD 1 & 2.
- 2 Get Walking Lanarkshire Walks in Carluke.
- 12 walk leaders trained via Health Valleys.
- Beacons connected to Castlebank Park to access gardening/growing activity weekly.