

### Public Health Priorities 1, 2 & 6

#### Health Issues in the Community (HIIC) – Access to childcare project

A partnership project managed by Clyde Gateway.

**Aim:** To address both economic and social exclusion and providing improved outcomes for children from the most disadvantaged backgrounds, whilst supporting a reduction in levels of child poverty.

**Activity:** Time to Talk **sessions** for young mums began online (during COVID restrictions) and were developed to help reduce feelings of isolation and improve mental health. The group provided a safe space to talk and connect with others during 'lockdown.'

**Partners involved:** Health Improvement, South Lanarkshire Leisure and Culture, Youth Family and Community Learning and a South Lanarkshire Council Family Support Worker.

**Course content:** Each session lasted 1 hour and discussed areas in relation to HIIC such as:

**What affects 'my' health?**

**What affects the health of 'my community'?**

**Contact information for further support around health and wellbeing**

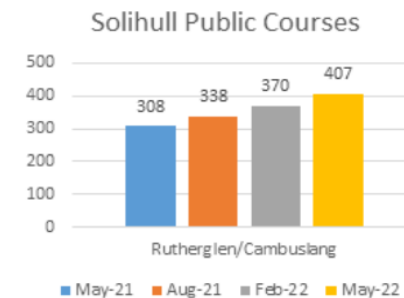
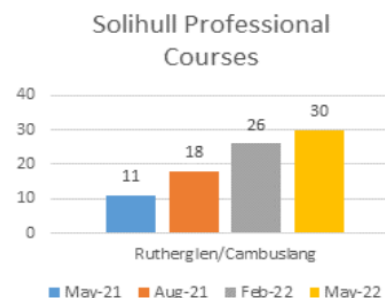
**Current picture:** Delivery is now face to face in Rutherglen Universal Connections. A new HIIC group was formed from Time to Talk participants. Guest speakers have been invited along to the group from Police Scotland, Thistle Credit Union, Scottish Fire and Rescue Service, Money Matters and Home Energy Scotland.

**Feedback:** Participants have fed back they feel more confident getting support online and that the session helped take their mind off other things in addition to showing their support for one another.



#### Solihull Supports work with families, children and young people – antenatal up to 18 years

Locality health improvement staff continuously promote the online Solihull programme amongst staff and partners. Course registrations 2021/2022 see below.



#### Inclusion As Prevention (IAP) – Breastfeeding Test of Change

**Aim of IAP:** To provide an early intervention approach and shift /reshape the design and delivery of services for children and young people at risk of reoffending, including their families.

Health Improvement and the Family Nurse Partnership are involved in a test of change, supported by IAP to create better, longer term, relational pathways for families building on the work delivered by Family Intensive Support.

The work chose to focus on increasing the breastfeeding rates in Lanarkshire by helping to normalise breastfeeding in the early stages and inform parents and families about infant feeding messages.

Women under the age of 19 years were consulted on where they obtained information about feeding their baby; the kind of information they were looking for; who would they trust to provide that information and how would they like that information to be delivered.

The programme will use social media platforms to share messages with families.



### Public Health Priority 3

#### Mental Health & Wellbeing Campaigns

Promoted Time To Talk Day and Mental Health Awareness Week through the sharing of awareness raising materials including downloadable leaflets, posters, podcasts, sources of support and social media messaging.

#### Stigma and Discrimination Champions

The East Kilbride and Cambuslang/Rutherglen locality Health Improvement Team signed the Stigma Free Lanarkshire pledge. We have pledged to tackle stigma and promote the programme's key messages.



**Stigma Free  
Lanarkshire**

We have been doing this is through the delivery of the Understanding Mental Health Stigma Workshops to staff across the Health and Social Care Partnership, Third Sector and other partners.

The workshop aims to give participants:

- a better understanding of mental health, mental illness, stigma and discrimination, how it affects people's lives
- how to identify small ways in which you can tackle stigma and a knowledge of what resources are available to help and where to access them.

An article about our work features in Lanarkshire Links magazine Mental Health Matters <https://indd.adobe.com/view/3d4c9e12-7ab1-44d5-9713-2c753a609252>

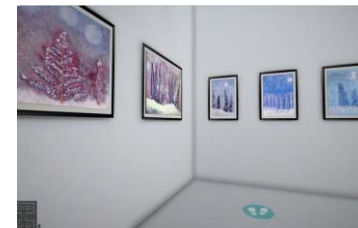
**For further information** on any aspect of this flash report please contact:  
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June 2022

#### Scottish Mental Health Arts and Film Festival (SMHAF) - Normality

##### Bazooka Arts

Prior to the pandemic there had been a green health network building up around Hunter Health Centre. By reaching out to people through the network, this project captured through audio, video and visual art brought all these experiences together to create a resource that showcases the benefits of outdoor activity.



SMHAF partially funded this project to produce a 'Route Map back to Normality'. A virtual exhibition showcasing artwork and poetry created by participants receiving mental health support through the therapeutic arts programme delivered during Covid.

##### Still Life Booklet

**The Greening Camglen Network** produced an Art Inspired by Nature book called "Still Life" which highlights people's experiences of lock down with the theme being Normality. The partnership asked local Residents how they had connected with and used green spaces in their area during the pandemic.



This booklet (attached) includes some of the photographs taken by local residents during Eco Walks and rambling in their local area. 500 booklets were distributed through staff and partners. People report enjoying the prompts that the booklet gave them to slow down and take note of nature. There is also a map showing local green health.

### Public Health Priorities 4 & 5

#### Cervical Screening Cambuslang / Rutherglen

15 practitioners attended including GPs Practice Nurses, Admin & Community Practitioners

#### Cancer Research UK Information Sessions

Cancer Research UK (CRUK) and the Health Improvement Team hosted a Cervical Screening in Scotland presentation and all primary care staff were invited from the local GP practices.



#### Screening Inequalities Project, Rutherglen

Aim: To narrow the cancer screening gap in the most deprived communities where uptake, primarily in cervical cancer screening is much lower.

The programme consisted of a targeted GP Practice, a Community Engagement Worker and a 'Don't skip your screening' communications campaign.

In addition, evening clinics were offered and transport provided to reduce barriers to screening. 19 women attended these appointments; many had avoided any screening for a number of years.

[View Summary Report.](#)

#### Cancer Screening Programme

#### Workshop for HI Staff

As part of the Health Improvement (HI) Cancer Screening Action Plan, screening leads for Breast, Bowel and Cervical and the Public Health Programme Manager (Screening) developed and delivered a workshop to Health Improvement locality staff.



#### National Campaigns

Across the year, the locality teams raised awareness of Cervical Cancer Prevention Week, Cervical Screening Awareness Week, Bowel Cancer Awareness Month and Breast Cancer Awareness Month through the sharing of campaign specific public information including infomails, downloadable leaflets, posters, podcasts and social media messaging as well as signposting to local and national sources of support.

#### Tobacco, Prevention and Education and Quit Your Way

Activity delivered to support the Quit Your Way service include:

- Pharmacy project in East Kilbride focused on areas identified through Local Delivery Plan data.
- Second Hand Smoke activities with local young dads group run in conjunction with Routes to Work South.
- Attending Training for Trainers IMPACT training. Designed to support both stopping smoking and mental health and wellbeing.
- Working with Hairmyres hospital to identify and support patients and relatives who are not using the designated no smoking areas. This will also tie in to a short life working group on green spaces within the grounds.
- Supporting South Lanarkshire College to continue to deliver on the Ash Scotland Smoke Free Charter.
- Encourage local organisation and groups to sign up to the Smoke Free Role Models pledge.

