

# Health Improvement

## North Locality Flash Report 2021/2022



**Health & Social Care**  
North Lanarkshire

### North Locality Green Health Network

- Short life working group has been established encompassing the Health Improvement (HI) Team, GP Community Link Workers, third sector green health providers, Mental Health Liaison nurses.
- The group aims to improve the pathway for the community to engage with nature to improve their health and well-being.
- North Lanarkshire Leisure's Active Health Referral form has been recommended as the existing pathway
- Green health opportunities added to active health referral form and also highlighting the Get Outdoor Lanarkshire Website to source onward signposting.



10-11 mums attended weekly

### New Mums in Lockdown COVID Recovery Programme

Weekly sessions took place from March – May 2021.



- Programme offered vital support to first time mums during a stressful and lonely period.
- The mums had an opportunity to interact with peers and build a support network.
- Participants were recruited by Health Visitors, Family Nurses and First Steps.
- Participants were evenly split between those living in Cumbernauld, Kilsyth and the Northern Corridor.

#### Programme Content:

- Facebook and WhatsApp group set up for mums to socialise and signpost to support.
- Live weekly online sessions hosted on WebEx.
- Doorstep drop offs were undertaken to provide resources for the sessions, including: Healthy cookery ingredients & instructions, Bookbug, Play@Home, Toothbrushes & toothpaste, baby massage resources, Solihull cards, free vitamins and pamper packs for mums own self-care.
- Paediatric First Aid sessions were provided.

Mum ages:  
19 – 41yrs  
Baby ages:  
2 -8 months

#### Evaluation and Feedback:

All sessions were well received and confidence as a new mum was rated high / very high after the final session.

“The sessions were useful and I learned new info”

“I am grateful to everyone who organised this course”.

### North Lanarkshire Positive Smoke Free Role Models Pledge (NL PSFRM)

- Partnership Project between NHS Lanarkshire Health Improvement (HI) Team, Voluntary Action North Lanarkshire (VANL) and Community Links.
- Aims to protect children and adults from the effects of second hand smoke, and reduce children's exposure to smoking.
- During the HI Team Swim-time with Jenny Bear Programme four 4 mums pledged to become Positive Smoke Free Role Models.



4 Mums signed the PSFRM Pledge

# Local Outcomes Improvement Plans (LOIPs)

## CUMBERNAULD PRIORITIES

1. Public and Community Transport.
2. Greenspace Maintenance and Environmental Quality.
3. Youth Engagement and Consultation.
4. Digital Inclusion.
5. **Targeted action within identified communities across the board area: Carbrain, Kildrum & Abrohill.**
6. Food and Financial Insecurity.
7. Communication and Engagement.

## KILSYTH PRIORITIES

1. Digital Inclusion.
2. Food and Financial Insecurity.
3. Health and Wellbeing.
4. Improving the environment with a focus on Kilsyth Town Centre.
5. Youth Engagement.
6. Public and Community Transport.
7. **Targeted action in identified communities across the board area.**

## Barriers

## NORTHERN CORRIDOR PRIORITIES

1. Children and Young People.
2. Social Integration and Inclusion.
3. Health Inequalities.
4. Community Transport.
5. **Moodiesburn West.**
6. Youth Engagement.
7. Building Local Relationships, Trust and Communication.

- Buy in from Community Board members
- HI team capacity
- Engaging with local community online (digital inclusion)
- Scottish Government COVID Restrictions
- Partners competing priorities
- Organisational changes within partner organisations



## Community solutions and partnership working:

HI team has played a key role in supporting the development and application process of the two new community hubs within Kilsyth area: Croy's Community Hub and Storehouse Community Café.

- ❖ **Croy's Community Hub** is working closely with HI team on improving training opportunities for their volunteers and also promoting HI programmes on their social media channel. Future opportunities have been explored with the hub including HIIC training and more community based activities. Examples of support offered within the hub: Never Alone - Depression Peer Support Group, Always Unique – a support group for children with additional needs, Community Pantry, Art and Craft sessions.
- ❖ **Storehouse Community Café** the café is offering a wide range of community support including food pantry, referrals to the Financial Inclusion Team and cooking classes (in person and on-line).

## With Thanks and Appreciation



Healthy Working Lives (HWL)

- To support the health and wellbeing of staff and to help them feel valued and appreciated, the HI Team prepared and delivered 220 pamper packs to staff across the North Locality.
- Pamper packs included items for self care and treats such as scented candles, shower gel and an NHS staff health and wellbeing leaflet.

**220  
Pamper  
Packs  
Distributed**