Date of Report: Quarter 1 (April – June 2013)

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Subject: Update Report to the Local Area Partnership

1. Health Improvement

Smoking Cessation

The Mini Movers and Active Families early years programmes continue to be delivered across North Lanarkshire, in which the health improvement team supported the development of the lesson plans. Lesson plans include second hand smoke sessions and includes health eating and sun awareness sessions in the Mini Movers programme. Evaluations from children, nursery staff and parents taking part in the Mini Movers have been very positive and demonstrated improved knowledge and positive changes in behaviour.

The health improvement team has been working in partnership to plan and deliver tobacco and smoking awareness programmes such as a ‘young peoples tobacco and cannabis’ to Pathfinder staff, ‘tobacco brief intervention’ training to Welfare benefits agency staff and Justice service staff.

The stop smoking service and Jenny the Bear were promoted at the justice service health fayres, Get Active conferences and services are promoted in the Motherwell Community Forum newsletters.

Smoking Cessation support groups continue to be well attended in Daisy Park Community Centre and Motherwell Fire Station. An additional support group has started in the Centenary suite of Motherwell Football Club.

Motherwell Locality is continuing to support Motherwell Football Club in the promotion of the “Please Keep Smoke Outdoors” Second hand smoke campaign at Motherwell Football Club.

Breastfeeding

Motherwell locality achieved Stage III Baby Friendly Accreditation in March 2013.
The Breastfeeding support group continues to run on Tuesdays mornings in Daisy Park.

**Healthy Start vitamins**
On the 6th May a Scotland wide 12 month pilot commenced to improve the uptake and accessibility of the Healthy Start vitamins. This pilot involves the women and childrens vitamins being distributed at community pharmacies and allows non beneficiaries of the Healthy Start scheme to purchase the vitamins. The number of vitamins distributed will be reported by The Scottish Government but no data is available at present.

In addition, Motherwell has been chosen to pilot a social marketing campaign to encourage the uptake of the scheme and the Early Years Collaborative is planning test sites to improve uptake.

**Weaning and Infant Massage**
Weaning and Infant massage is currently being reviewed due to staff shortages the health improvement team are assessing how they support the continuation of the support classes. Community Learning and Development still provide infant massage classes every week and weaning less frequently.

**First Steps**
The First Steps worker for Motherwell is currently working with vulnerable mums in the Community.

**Alcohol**
Health improvement staff represent the Unit on the North Lanarkshire Collaborative Themes Working Group where discussion and development/allocation of resources for alcohol awareness, smoking awareness, mental health, suicide awareness and sexual health takes place. This information is shared with colleagues and partners throughout the Unit localities and distributed on the run up to campaigns.

Funding has been secured for a summer 2013 campaign for Play Safe, Home Safe. 85 packs given out at Justice Service Men’s Health Fayre 23rd May and 46 packs given out at Justice Service Women’s Health Fayre 11th June.

**Sexual Health**
Since the launch, the Youth Sexual Health Clinic in Motherwell Health Centre has been well attended. In quarter one a total of 53 young people were seen (7 male; 46 females. Mean age 18.8 years old) Young people are offered the Play Safe, Home Safe bags by the nurse, containing alcohol and sexual information along with bottle top covers, condoms and personal alarms.

Sexual health and relationships training has been offered to CL&D and partners.

Health Improvement have been tasked with the coordinated response to the syphilis spike in certain parts of Lanarkshire, including Motherwell. The team is tasked with raising awareness to partners and the key prevention messages.

**Mental Health**

Report produced by Lizzy Hammond, Health Improvement Senior, Motherwell Locality
Well Connected continues to be promoted to partners and at community events, in particular the pilot period for Get Active referrals.

Team continues to circulate and promote SAFEtalk and ASIST training.

**Healthy Eating**
Training is being provided for partners to develop capacity and sustainability to deliver to their own groups. Resource boxes are provided for those who have completed training to enable them to deliver workshops. The trainers will be supported with the electronic NHSL resource pack, access to training resources and the development worker will support them in the initial session. The development worker also continues to provide healthy cooking sessions within the locality to various partners and local community groups.

**Cervical Screening Amnesty**
All GP practices will receive the Improving Cervical Smear Uptake Best Practice Tool Kit.

**Towers Strategy**
Health improvement are leading on the planning and implementation of the health and wellbeing objectives in the Tower Strategy. All 26 towers in Motherwell now contain health information points displaying information and signposting on relevant health topics. In addition a door to door leaflet drop of the Bowel Cancer leaflet as part of the national Detecting Cancer Early campaign was carried out in June.

The first estate officer training day took place in May with 21 officers attending. The day included training and awareness raising of suicide, drugs and alcohol, dementia awareness, Well Connected and smoking awareness. The programme evaluated well, in particular the drugs and alcohol session and the dementia awareness. Future training dates are planned quarterly.

The team have been engaging with the tenants and residents groups to support any health and wellbeing activities the groups would like to progress. Health improvement have engaged with the tenants and residents chairs to offer support and health topics awareness raising sessions.

**Street Soccer NL (SSNL)**
The 13 week pilot programme in Muirhouse (from 21st January) with attendance totalling 184 young people, evaluated positively from the young people attending for the focus group and end questionnaire. The young people reported they were more physically active, fitter, felt safer in their community, met new people, were more confident and felt their health and wellbeing had improved.

Since there is currently limited youth diversionary activities in Motherwell, it was agreed that SSNL will continue to be delivered around the Motherwell area until May 2014.

Block 2 of Street Soccer NL has been delivered in North Motherwell from 6th May, although this is a 10 week programme, due to its success and positive feedback from the community safety subgroup it will remain at the site for another 10 weeks (block 3).

**Community Forum**

Report produced by Lizzy Hammond, Health Improvement Senior, Motherwell Locality
The Motherwell Community Forum’s Community Engagement proposal 2013/14 was submitted and agreed.

The 3rd edition of the Well Said newsletter was distributed in June.

‘Ageing well with positive choices’ Reshaping Care for Older people event hosted by the Motherwell consortium was held on Friday 21st June which the Community Forum supported. It was attended by around 80 local residents and the full evaluation reported in being produced.

2. Healthy Working Lives

The locality are now working to maintain the Gold award, with a Gold review taking place before end September and have a 3 year strategy and action plan in place.

Battery, drink can and printer cartridge recycling schemes are proving very successful in the health centre.

The Weigh to Go pilot 10 week programme commenced 7th June with 11 attending, there are 7 staff members regularly attending.

Staff health checks were carried on 26th in Motherwell Health Centre attended by 9 staff members for 13 available appointments.