

**NHS LANARKSHIRE**  
**NORTH COMMUNITY HEALTH PARTNERSHIP**  
**BELLSHILL LOCALITY**

**Date of Report:** 14 November 2008  
**From:** Tom Bryce, General Manager  
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**Subject:** Update Report to the Local Area Partnership

### 1. NHS Lanarkshire Wide Update

The new Bellshill Community Health Clinic will be handed over on the 1<sup>st</sup> December and will be operational by Monday, 15<sup>th</sup> December 08.

Significant refurbishment of Viewpark Health Centre has taken place over the past three months and work should be completed early December.

### 2. Issues Specific to the Locality

**Living Better Project:** Supporting the mental health and wellbeing of people with coronary heart disease (CHD) and diabetes is currently being rolled out within the Locality. The Royal College of GPs, together with the Scottish Development Centre for Mental Health and the University of Stirling have been successful in obtaining funding from the Scottish Government to implement this project. The project is working with 6 selected CHP's across Scotland. In each CHP they will be working in depth with 2 GP Practices. Within the Locality we have identified two practices and are at present identifying patients with CHD and Diabetes to take part in patient focused groups. The pilots will run for 18 months.

**Keep Well Project:** In March 2008 Lanarkshire was awarded additional funding to allow the Keep Well Project to extend the delivery of their programme. Bellshill Locality has been chosen to take this project forward because of the identified high level of deprivation within it. The project is to test out anticipatory care with a specific focus on cardio-vascular disease and related illnesses, screening patients between the ages of 45 and 64. Two GP surgeries have been identified and the Keep Well team hope to commence screening in January 2009.

**Mild/Moderate Mental Health Pilot:** The project was established to meet the HEAT targets from the Scottish Government by providing formal assessment of patients presenting with mild/moderate mental health issues and match treatment to appropriate level of need and reduce increase in the annual daily dose per capita of antidepressant medication prescribing.

- Project Team established July '07.
- Assess clients aged 16 and over referred to project using PHQ 9 and CORE 10 before/after treatment and measure outcomes.
- An independent agency will provide a detailed evaluation of project. Advice was sought from 50 users/carers as well as Voluntary staff and Health Professionals of questionnaires
- Stepped-care approach was established. An initial triage assessment to ensure suitable treatment plan matched individual needs. Clinical Associates will provide short-term psychological intervention and the Gateway Service will provide information/advice on a range of issues, self-help materials and signposting to local agencies appropriate to their

needs. In addition, a modular training course run in the evenings will provide Essential Skills for Healthy Mind.

- Staff will be trained in other short-term psychological therapies to offer choice of treatment to patients other than medication. Staff work flexible hours in line with GP practice opening hours.
- The pilot has also recruited a Gateway Worker via Social Work Department.

The pilot will continue until October 2009. The evaluation is underway including feedback from Service users, GPs CAAP's and Gateway Workers. In addition the evaluation will study the population of service users in the area receiving CAAP, Gateway, Counselling or GP only service. This will include appropriateness, quality and cost of service. The report will be available end of December 2008.

In terms of anti-depressant prescribing, the % rate of increase continued on an upward peak until March 07. The rate has since slowed and has continued on a downward trend since June 07. In financial year 07-08 there was a reduction in spend on anti-depressants of £576,814 compared to 06-07.

The results will emphasise the positive outcomes using short-term psychological intervention for a wide range of mental health issues with in Primary Care. It is expected that this will provide the future image of mental health delivery in primary care offering not only choice of treatment, suitable local venues and flexible working hours, but in addition increasing access to psychological intervention. In the long term there will be a reduction in the increase of antidepressant prescribing

### **3. Health Improvement**

**Children's Healthy Weight Service – "Fit for Fun":** Fit for Fun is a childhood healthy weight programme designed to encourage and support children and their families to adopt a healthier lifestyle. It is funded by the Scottish Government and will be delivered by a variety of agencies including NHS and North Lanarkshire Leisure Services.

The programme has been developed as a result of the increase in the number of children and young people in the UK who are overweight.

Being overweight as a child is a major health concern as it can lead to an increased risk of health problems in later life. Diseases such as diabetes, heart disease, stroke and high blood pressure are all linked to being overweight and the long term risk can be lowered if excess weight gain is reduced. Children are also more prone to bullying, feel that they are not able to take part in PE and games at school and they can lose their self-confidence.

Children can be assisted to improve their health and fitness by making lifestyle changes which involve not only the child but also the whole family.

The 'Fit for Fun' healthy weight programme was implemented within Bellshill on 27 October 2008 within Sir Matt Busby Leisure Centre. The programme lasts for eight weeks and will be held from 5.30 – 7.30 pm with one hour physical activity.

Children in the relevant category will be identified from the P1 schools surveillance data of 2007-8 and therefore the first groups will be delivered to children aged 6 and now in P4. Public Health Nurses will recruit children/families to the programme.

Children require to attend the group with a parent or carer. The groups are facilitated by a Dietitian and physical activity coach and an assistant. Supporting materials and incentives are provided as part of the programme.

NHSL are currently recruiting a Programme Manager and Programme Assistant to develop and support this initiative over the next few years.

**Tales from the Edge Experiences of Post—Natal Depression by the ‘Manic Mums’** : The booklet “Tales from the Edge” was launched at the Orbiston Neighbourhood Centre on 23<sup>rd</sup> October by the Manic Mums - a local group who are supported in their creative writing class by Community Learning and Development. The launch was attended by Health, CL&D, Sure Start, the Community Forum and local residents.

Kevin O’Neill, Public Mental Health Development Manager, NHS Lanarkshire, provided the booklet foreword and thanked the Manic Mums for sharing their personal journeys. This collection of essays represents the feelings of a group of local young mothers, who like many others, have experienced Post Natal Depression. They have courageously committed these feelings to print so that other mums may see that they are not alone. The Manic Mums hope that by reading the essays other mums may seek help and in so doing improve their lives and the lives of their families. The Manic Mums are keen that the booklet may assist professionals to gain an insight into their experience and thereby assist them in their work with mothers with Post Natal Depression.

**Breastfeeding Awareness in Schools Project:** Nationally & locally breastfeeding uptakes are low. Breastfeeding confers enormous advantages on infants & children including reduced risk of infections; reduced chance of hospital admission; increased bonding between mother & child and better educational attainment in the early years. Women who breastfeed benefit too as they have a reduced risk of pre-menopausal breast cancer, ovarian cancer & osteoporosis.

The idea to develop a Breastfeeding Awareness Project for schools developed as Public Health staff in Motherwell & Bellshill felt there was a need to do something different to challenge the Scottish bottle feeding culture, this education must start with children.

The planning group wanted to raise the profile of breastfeeding with young people by facilitating an art competition. It was agreed to hold an art “master class”, delivered by a professional artist. This event took place in Strathclyde Park in September 2008 and 10 pupils from schools in Bellshill & Motherwell took part. An award ceremony was held on Friday, 7<sup>th</sup> November attended by Bellshill Community Forum Chair Walter Baker and Ken Corsar, Chairman of NHS Lanarkshire. Each young artist received a £20 gift voucher from the Ink Spot in Hamilton. The overall winner Rachel Byrne from Taylor High School received an ipod shuffle. Thanks must go to Suilven Plazalska for her excellent facilitation of the art class & to Bob Saunders, Cultural Adviser, NLC, for framing and exhibiting the pupil’s art. All artwork produced will be illustrated in a teaching pack which will be used in schools across Bellshill area.

**East Meets West:** To mark Breast Cancer Awareness Month, Bellshill Locality’s Community Health Educators (CHE) organised *East meets West*, a unique fashion show that was a first for Lanarkshire, involving women from both Asian and White Scottish backgrounds coming together in a fusion of music and fashion. All the models were volunteers and had never modeled before. Two of the models have been diagnosed with breast cancer and many others have had relatives or friends who have died or are recovering. Together the women sent a powerful message that with the support of each other, you can take a positive stride following a breast cancer diagnosis, look good and feel great. The evening raised over £1200 for Breast Cancer Care.

The Community Health Educators (CHE), the event organisers, are employed to work with women in their community to offer information and support to raise knowledge and awareness about breast and cervical screening services. By receiving this extra support, women are now in a better position to make an informed decision about their health. Since January 2006 the CHE made contact with 2300 women, 1513 from regeneration areas and 787 South Asian.

**Better Cancer Care: An Action Plan:** The Community Health Educators (CHE) work has been included as an example of good practice in the recent Scottish Government Cancer Care Action Plan (November 2008).

## **Performance Report Including Community Planning Indicators**

### **4. Updates Requested by the LAP**

### **5. Conclusions**

This report demonstrates the activity across the Locality and there is evidence of excellent partnership working across the agencies.

### **6. Recommendations**

The recommendation is that the LAP members are asked to note the contents of the report and take up an update at the next meeting.