

**NHS LANARKSHIRE**

**NORTH COMMUNITY HEALTH PARTNERSHIP**

**NORTH EAST UNIT**

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**Subject: Update Report to the Local Area Partnership**

### **Angels Share: A Diversionary Programme for Bellshill Young People**

#### **Introduction**

This Scotland-wide programme is aimed at young people who are experiencing a range of challenges in their lives around health, substance use and / or anti social behaviour. Piloted in Wishaw the programme is now being delivered in Bellshill and started late November. Working intensely with 2 young people from each Bellshill High School, this is a partnership approach involves Health Improvement, Social Work and Progrez.

The programme will use a mixture of physical recreation activities and workshops to inform, stimulate and motivate young people towards making positive lifestyle choices for their future.

#### **Objectives:**

- Increased access to and awareness of health and fitness options
- Increased exposure to positive role models and positive lifestyles
- Increased awareness of the impacts of alcohol and drugs, anti social behaviour and peer pressure
- Increased confidence and wellbeing to live a more positive lifestyle

#### **HOW?**

All participants will take part in a 6 week programme combining physical activity with a series of workshops addressing contemporary challenges for young people today.

The programme will also utilise diaries around activity levels, behaviours and food / drink consumption in order to track any changes in behaviours or attitudes during the 6 week period.

The workshop series includes a range of topics which can be tailored to the needs of each particular group, ensuring that the workshops are always relevant. Workshop topics include:

**Alcohol / Drugs** : Image, Risk, Effects, Use

**Violence** : Experiences, Levels, Impact, Consequences

**Gangs** : Networks, Territories, Perceptions, Impacts

**Sex** : Sexual health, Risks, Vulnerability, Risk-Taking Behaviour

**Employment** : Prospects, Ambitions, Goals

**Sectarianism / Racism** : Origins, Examples, Consequences

Each session will be delivered for approximately 3 hours and within that period all participants will attend a workshop and a physical recreation activity.

#### Measuring Progress – Physical Activity

Within the physical recreation activity there will also be a benchmarking exercise in week 1 which will be repeated in week 6 in order to measure any change in basic fitness levels. The benchmarking exercise will incorporate 3 small tests looking at individual strength, endurance and lung capacity. By introducing the physical recreation in this way, we get the opportunity to challenge the young people very early in the programme and can then help set goals and targets for the forthcoming five weeks.

#### Illustration of 6 Week Programme

Hour	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
1	Introduction & Workshop Health & Wellbeing	Workshop Drugs & Alcohol	Workshop Violence & Gangs	Workshop Sexual Health	Workshop Employment and Training	Workshop Review distance travelled
2	Physical Activity Benchmarking	Physical Activity	Physical Activity	Physical Activity	Physical Activity	Physical Activity Measurement
3	Review / Goals	Review / Goals	Review / Goals	Review / Goals	Review / Goals	Awards & Next Steps

#### Week 1

Using a role model in the first session, we will outline the purpose of the programme, the use of the diary(s) and our expectations of the participants. The initial Health & Wellbeing workshop will examine participants current lifestyle activities / choices. Physical activity will include a bleep test, individual strength test (sit-up / press-up) and peak flow monitor. The final part of the session will examine the week ahead for participants and will help them set some small individual and group goals.

#### Week 2 – 5

Each week will begin with an interactive workshop on a topic agreed by partner organisations and / or participants. The physical activity session will be agreed a week in advance with participants and will be governed by environment in which we

are delivering each session. Final part of the session will review the previous week and help set some goals and targets for individuals and group for the following week.

### **Week 6**

Using a role model and appropriate support staff, the final session will review the actions, feelings and choices of participants during their time on the programme. The physical activity session will repeat the 3 tests carried out by participants in week 1 and examine any changes in performance, where relevant, relating them to changes in behaviour / choices.

The final actions in the programme will be to present awards to completers and introduce them to organisations / agencies that can assist them to sustain any changes they have made with regards to their lifestyle choices.

### **Conclusions**

The LAP members are asked to note the content of this report for information only. Members will receive an evaluation of this programme which is expected around March next year.