Scottish Health Awards: Easterhouse Cancer Support Centre a winner

Janice Watt, Service Manager, Macmillan Cancer Information & Support Service, Easterhouse, won the cancer care award at the 2010 Daily Record Scottish Health Awards. Volunteers who help run the service also received a highly commended at the Awards for their service.

Under her management, the Macmillan Cancer Information Service, based at the Library in the Bridge, Easterhouse, has provided invaluable information and support to victims of the disease. The service opened in April 2009 and has helped over 1,800 people since then.

Mark Feinman, Director, North-East Sector, Glasgow City Community Health Partnership (CHP), said, “This Cancer Support Service is a great example of joint working between the partners which include NHS Greater Glasgow & Clyde, Macmillan Cancer Support, Glasgow Life and the local community. It has won a local health award and also featured at the local Glasgow Celebration of Success event.”

Janice said, “I was absolutely delighted to win the Cancer Care Award at this year’s Scottish Health Awards, but I am by no means a one woman show, which is why I was so proud that the volunteering team were runners up in the volunteering category. I would also like to say a huge thank you to our partner organisations Macmillan Cancer Support, North-East Sector, Glasgow City CHP, Glasgow Life and Cancer Support Scotland (Tak Tent), for without their support this service would not be possible. This was a week of real mixed emotions for all involved in the service, as we sadly lost one of our service users, Bobby, on 9 November – I would like to dedicate this award to him.”

The Macmillan Cancer Information & Support Service Drop in is open Mondays 4-7pm, Wednesdays and Fridays from 10am until 4pm at the Library at the Bridge, Easterhouse. The service offers free confidential support and information, benefits advice, complementary therapies and counselling for anyone affected by cancer.

Call 0141 531 8105 for more information, help or if you want to find out about volunteering for the service.

The second of four community consultation events on the affects of alcohol took place in November at Parkhead Congregational Church. The event was organised by the Alcohol Community Engagers (ACEs) volunteers and supported by the Glasgow Council on Alcohol (GCA) East Team and East Ripple Effect Steering Group.

The event was supported by local Councillor George Redmond who said, “It’s great to see so many local people involved, embracing the challenges and working together with local partners to make a difference.”

The event gave members of the community a chance to raise their alcohol related issues and concerns directly with local services and agencies including the police, Glasgow Community Safety Services (GCSS), Community Planning and health staff from the North-East Sector of the Glasgow Community Health Partnership (CHP).

Two similar events will take place in 2011 in Shettleston and Easterhouse. For more information call Laura Hainan, Health Improvement Lead, (North-East Sector), Glasgow City Community Health Partnership (CHP), on 0141 201 9807.
BREATHELESS? CHECK YOUR LUNG CAPACITY

During November the British Lung Foundation and the North-East Glasgow Stop Smoking team held two events to promote awareness of COPD (Chronic Obstructive Pulmonary Disease). COPD is a name used to describe various conditions where people have difficulty breathing because of long term damage to their lungs. Everyone who has chronic bronchitis or emphysema has COPD and many people have both.

People were asked if they wished to take a lung capacity (spirometry) test. This is where you blow in a tube and your lung capacity is measured. This test can determine early stages of lung disease and prevent people from further lung damage. “Many sufferers are smokers or people exposed to second hand smoke. Staff from the Stop Smoking Service were there to offer advice to people wanting help to quit smoking.”

You can call the Stop Smoking team on 0141 201 9832 for free help and advice about giving up smoking.

CHILDREN’S BOOK RAISES AWARENESS OF DANGER OF EXPOSURE TO SECOND HAND SMOKE

NHS Greater Glasgow & Clyde are currently running an awareness campaign in the press regarding the dangers to children of second hand smoke in the home and car. The promotional materials on buses, libraries, doctors’ surgeries and in the press feature a little teddy bear that is holding its nose.

All P1 classes in schools in the NHSGG&C area have been asked to take part in a competition to name the little bear on all of the promotional materials and all pupils who take part will be given their very own story booklet (which contains all the key messages) to take home. The booklet, written by Linda Morris, Health Improvement Lead for Schools and based in the North-East Sector, Glasgow City Community Health Partnership, has lovely illustrations and a page at the back for them to colour in. The idea being that if a parent/carer reads the story to the child at home, and is encouraged to colour in the picture as homework, then it will maximise the opportunity to communicate very important messages directly to the target audience.

The competition winners will be presented with certificates on No Smoking Day on Wednesday 9 March.

SHOCK FINDINGS IN SCOTLAND’S FIRST SMOKING IN CARS STUDY

Smoking in a car exposes a child passenger to dangerous levels of poisonous particles... and even opening a window doesn’t protect them.

These are the stark findings of a survey by leading NHS Greater Glasgow & Clyde (NHSGG&C) health experts.

The study involved a child-sized doll being fitted in a car seat with the very latest smoke monitoring equipment attached at the doll’s mouth so that precise measurements could be taken. The particles of tobacco poison were so high that they compared with the levels you would expect after being exposed to secondhand smoke in a busy smoke filled pub before the smoking ban.

NHSGG&C is giving away 10,000 car stickers bearing the slogan “Our car is smokefree” in an attempt to get the message across that smoking in cars is dangerous not only for people who smoke and their adult passengers but most importantly for children who have no choice but to be in these cars.

The study also proved that the common misconception of opening the window while you smoke in the car doesn’t actually help. This will only reduce harmful air levels slightly and crucially it still doesn’t bring it down to a safe level.

North-East Glasgow residents can get their free Smokefree car sticker by contacting Smokefree Services at 0141 201 9832 or visiting any local Health Centre.

No Smoking Day is Wednesday 9 March!

Call North-East Smokefree Services for help to quit on 0141 201 9832.

On No Smoking Day our staff will be at the Forge Shopping Centre, Parkhead, and the Shandwick Centre, Easterhouse, to answer questions and offer help to stop smoking.
SILVER DEAL ACTIVE: OUR COMMUNITY CHAMPIONS

LOCAL HEALTH STAFF, PROJECTS AND VOLUNTEERS WERE AMONG THOSE COMMENDED AT THIS YEAR’S EAST GLASGOW - EVENING TIMES GLASGOW COMMUNITY CHAMPION AWARDS HELD AT THE PEOPLE’S PALACE ON 19 JANUARY.

Winner of the Health and Wellbeing Award was Silver Deal Active East. This Award recognises groups or projects which promote the improvement of health and wellbeing within their communities.

Silver Deal Active East is a physical exercise programme for the over-60s operating at 45 free sessions across the East End. It is run by Glasgow Life, in conjunction with the North-East Sector of Glasgow City Community Health Partnership, and Glasgow Housing Association.

Silver Deal Active East provides free swimming lessons, dance taster sessions and armchair activities, alongside a series of creative arts workshops to more than 600 members.

The other finalists were the volunteers of the Macmillan Cancer Information and Support Service in Easterhouse, and healthy walks organiser Jim Watton. Macmillan Cancer Information and Support volunteers give their time to people affected by cancer through a drop-in service at the Library at the Bridge in Easterhouse. Many of the volunteers have personal experiences of cancer. The project also won a Scottish Health Award in November 2010.

NHS volunteers also were commended in the Senior Category. The Senior Award winner was Springboig centenarian Margaret Miller who is still volunteering at the Lightburn Hospital WRVS Harmony Stroke Club she set up 35 years ago.

Nancy Humphries from Bridgeton was also a finalist. Nancy is dedicated to improving lives through her work as chairperson of East Community Addiction Forum (ECAF), which gives a voice to people touched by addiction. She is also an ACE (Addiction Community Engager) for the continuing community consultation on alcohol and a member of the Glasgow City Community Health Partnership, North-East Public Partnership Forum.

Medics Against Violence is a group of surgeons and doctors who give up their free time to go out to schools and prisons and talk about the consequences of knife crime. Members of the network of 120 medics have spoken to over 5,000 young people in the west of Scotland about the damage caused by violence. Christine Goodall, who founded the group, said: “It’s great to be awarded this prize, because Medics Against Violence really is a team effort.”

All winners will be invited to a gala finale at the City Chambers in December.

“After celebrating Silver Deal Active’s five successful years in November 2010, this is a fantastic way to start 2011. It proves that the work we do in the community is making a difference to the lives of the people of East Glasgow and being recognised. I would encourage everyone aged 60 plus to take advantage of this free initiative.”

David Inglis, Silver Deal Active Manager, Glasgow Life

BREASTFEEDING BEST FOR BABIES

More East End mums are choosing to give their child the best start in life. Mothers are getting the positive messages about breastfeeding their babies and increasing numbers are choosing to feed their babies in the natural way.

In 2007 only 18% of mums in the East End were breastfeeding their child at six weeks of age, now there are 26% of mothers breastfeeding at this stage. If this continues East End babies and families are well on their way towards the government health improvement target of 33% of babies breastfed at 6 weeks of age by the end of 2011, improving the health of babies and mothers.

The entire East End community should be congratulated on this achievement. Mums are supported to breastfeed not just by professionals but by family and friends who realise that “Breast is Best” and are pulling together to support mums to breastfeed. Mothers are now finding that breastfeeding is a positive and enjoyable experience.

For more information and details of local support groups contact Christine Harper, Infant Feeding Adviser, North-East Sector, Glasgow City CHP, on 0141 232 0170.

TACKLING DOMESTIC ABUSE

Glasgow’s 16 Days of Action to eliminate violence towards women was again supported by Glasgow City Community Health Partnership. Each year the 16 Days campaign is a focus for highlighting the issues around domestic abuse and the services for help.

Over thirty staff from local organisations in East Glasgow took part in a training event at Eastbank Health Promotion Centre organised by Russell Robertson, Service Access Co-ordinator for the CHP’s North-East Sector.

Russell said, “The session was aimed at helping staff from Housing Organisations, Community Police, Social Work and the voluntary sector to understand the issues around domestic abuse with the emphasis on good practice, prevention and protection.

‘I’d like to thank Caterina O’Connor, Training Co-ordinator – Gender Based Violence from Greater Glasgow Training Consortium, for her excellent presentation at the event.”

Caterina O’Connor, Greater Glasgow Training Consortium, Irene Storie, GHA, and Russell Robertson, Glasgow City CHP

4 PAGE HEALTH SUPPLEMENT
Positive Parenting Program: POSITIVE HELP FOR PARENTS

NHS Greater Glasgow and Clyde and Glasgow City Council are working together to offer local families the world-acclaimed Triple P - Positive Parenting Program. Already, parents are signing up for Group Triple P sessions which are being held in libraries, community centres and nurseries.

There are three seminars in the Triple P Seminar Series and parents can choose to do one, two or all three. Each seminar lasts just 90 minutes.

THE POWER OF POSITIVE PARENTING

The Power of Positive Parenting seminar helps parents understand why children behave the way they do and how to bring out the best in kids. It includes simple suggestions for managing problem behaviour and avoiding the traps that can actually encourage misbehaviour. And it recommends ways parents can look after themselves too.

RAISING RESILIENT CHILDREN

Excitement, anticipation, frustration, disappointment – if children learn how to deal with everyday feelings they’re more likely to become caring, sensitive and strong kids and less likely to act out or misbehave as a reaction.

The third Triple P seminar helps parents equip their kids to cope with the ups and downs of life.

Staff trained in the programme include nursery nurses, family support workers and health visitors. April Montgomery, Parenting Co-ordinator at Bridgeton Health Centre, has been delivering Triple P seminars recently in Dennistoun.

April said, “A new series of seminars will be taking place from December to March in Shettleston, Easterhouse, Bridgeton and Maryhill. Parents who have taken part have really enjoyed the seminar and recommend it to others.”

Log on the website for more information or call 0141 531 6635 for local dates or call the free parenting hotline on 0800 027 7246 for details of groups and classes across Glasgow.

All parents can access the Triple P website for more information and handy tips: www.triplep-staypositive.net

The latest edition of the Tip sheet, which has parenting tips and information for every parent, is now available to download from the website.

Improved Dental Health for Children in East Glasgow

Latest results from the National Dental Inspection Programme, which monitors decay levels in Primary 1 schoolchildren, show that dental health of 5 year olds in the East Glasgow area has steadily improved over the last decade. In 2010, 52% of Primary 1 children had no decayed, missing or filled teeth compared to only 20% in 2002.

The marked improvement supports the theory that the introduction of community based oral health improvement initiatives can have an impact in reducing high levels of tooth decay. Some of the community initiatives include Childsmile, toothbrushing programmes in nurseries and health promotion initiatives with parents/carers.

Debbie Connelly, Health Improvement Senior, North-East Sector, Glasgow City Community Health Partnership, said, “This is great news for East Glasgow, hopefully we will continue to see children reaching school age without any decayed, missing or filled teeth.”

For more information on looking after your child’s teeth visit www.child-smile.org or contact the Oral Health Action Team on 0141 781 2116.

Carol McDougall from Keep Well with members of the 3 in 1 group

KEEPING WELL AND PHYSICALLY ACTIVE

Members of the Shettleston 3 in 1 Club run by Key Community Support were delighted to receive a Christmas present of a new Boccia (indoor bowling suitable for wheelchair users) kit from the Glasgow City Community Health Partnership (North-East) Keep Well project.

Carol McDougall, from Keep Well, said, “Supporting the 3 in 1 Club fits in with the objectives of the Keep Well programme which helps to make services which help people become more physically active more accessible to people. Previous campaigns to help people with learning disabilities to take part in physical activity have shown an increase in walking groups at the Accord and Riddrie Day Centres for people with learning disabilities.”

Find out how Keep Well can improve your health by calling 0141 554 9276 or visiting the Keep Well Shop at Unit 4, In Shops, Parkhead Forge.

The 3 in 1 Club meets on Thursdays at Shettleston Old Parish Church Hall from 11.30am - 3pm and is open to anyone with a learning disability and their carer. For more information call Christine Conroy on 0141 766 1852.

Carol McDougall from Keep Well with members of the 3 in 1 group

Glasgow City Community Health Partnership (CPH) manages NHS Greater Glasgow & Clyde local health services in health centres and community settings. The North-East Sector provides services in North-East Glasgow and covers the area from Springburn to Easterhouse and from Robroyston in the north to Carmyle in the south.

GLASGOW CITY COMMUNITY HEALTH PARTNERSHIP
North-East Sector Headquarters,
Templeton Business Centre, Glasgow G40 1DA.
Tel: 0141 277 7450
Any comments on Community News to laurina.hewson2@gcc.scot.nhs.uk