

# Health Improvement Team Updates

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Argyll and Bute News Updates June 2017

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## GREAT TURN OUT AT ACEs DAY



Alison McGrory, Health Improvement principal, leading one of the groups in the Focus on future actions workshop.

The Health & Wellbeing Development Day took place in Inveraray on the 10th May and focussed upon Adverse Childhood Experiences (ACEs). Over 100 people attended and learned about the lifelong negative effects that having four or more ACEs can have. Speakers from NHS Greater Glasgow and Clyde, Helensburgh and Lomond Young Carers, NSPCC and the Citizens Advice Bureau gave presentations. Work shops allowed participants to reflect upon these and pull together ideas of how to move this agenda forward in Argyll and Bute. A report will be published soon and the presentations can be found on the [Healthy Argyll and Bute](http://www.healthylargyllandbute.co.uk) website.

### Health and Wellbeing Grant Fund

This year there is £115,000 available for small grants for health and wellbeing activities. This is a similar amount to last year but importantly the £50,000 within this figure that has been provided as one-off funding in previous years, is now permanent funding provided by Argyll and Bute's Health and Social Care Partnership. The grant fund is unique in Scotland and the Public Health Department works very hard to ensure that this money is safeguarded for local health and wellbeing work. This has been difficult in recent years due to the need to make significant savings in health and social care. The grant fund is open to anyone in the third or statutory sector who has a project on one of the 4 strategic priorities in the JHIP. More information on the [Health Argyll and Bute website](http://www.healthylargyllandbute.co.uk).

### Joint Health Improvement Plan

The new Joint Health Improvement Plan (JHIP) was launched in May following an evaluation of the old plan in 2016. The purpose of the JHIP is to provide high level direction and steer for enabling the people of Argyll and Bute to live long, independent and healthy lives. It does this by recognising people lead healthier lives if they live in health communities. The new JHIP will cover a 5 year period till December 2022. It is available to view [here](#).

The evaluation concluded eight strategic priorities in the old JHIP were too many. The new strategic priorities will include fewer themes as follows:

**Theme 1** - Getting the best start in life

**Theme 2** - Working to ensure fairness

**Theme 3** - Connecting people with support in their community

**Theme 4** - Promoting wellness not illness

### Annual Report for last year

Last year saw lots going on for health and wellbeing in Argyll and Bute. It's not easy to record all of this but our annual report gives a flavour of this work. Have a look [here](#).

## Argyll Community Housing Association Receives Award

Argyll Community Housing Association (ACHA) was recently presented with their Healthy Working Lives Gold Award by Alison McGrory, Health Improvement Principal for Argyll and Bute Health and Social Care Partnership. On presenting the award Alison said:

"I would like to congratulate Argyll Community Housing Association on their Healthy Working Lives Award. This is a significant achievement that demonstrates a clear commitment to staff health and wellbeing."

To achieve their HWL Gold award ACHA demonstrated an ongoing commitment to staff health by producing a three year HWL Strategy and action plan. Staff undertook various health promotion activities, including virtual pedometer step challenges from 'Land's End to John O'Groats' and 'climb a Munro' raising funds for charity.

In addition, staff took part in many national initiatives, such as Stress Awareness Day, Breathing Space Day, Go Sober for October and Dry January. Lifestyle checks were offered to all staff and they were provided with information on a variety of health related topics in the staff monthly newsletter.



Marina MacArthur, HR and Training Manager for ACHA said: "Since embarking on the Healthy Working Lives Award Programme we have developed ways to promote and encourage a healthier workforce by recognising the importance of staff wellbeing. As a result we have seen a reduction in both accidents and sickness absence due to having supportive policies and procedures in place."

If you would like more information then please visit the web site [www.healthyworkinglives.com](http://www.healthyworkinglives.com) or contact [angela.coll@nhs.net](mailto:angela.coll@nhs.net) to arrange a visit.

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## Violence Against Women Agenda

Many of you will be aware that the Violence Against Women group has recently combined with Dumbarton to share working and good practice. This will also drive the MARAC agenda forward. An event was held on the 25<sup>th</sup> May 2017 by the Scottish Government to launch the Domestic Abuse Bill due 2017, incorporating the Equally Safe Refresh (2016) and Abusive Behaviour and Sexual Harm (Scotland) Act (2016) looking at examples for good practice and how we can prevent harm to girls and women.

Team Contact: [Alison Hardman](mailto:Alison.Hardman@nhs.net)



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## HWN Islands –Mull, Coll and Tiree

Following on from our tour of Mull for the Health and Wellbeing events Carol Flett (HWN Co-ordinator for Mull, Coll and Tiree) is organising a day's event in Tiree. These events are a great opportunity to engage with groups in the remote Island communities and get contacts, do some work and engage with the people. Voluntary, Statutory sectors are welcome to come along, just let me know if you're interested – [alison.hardman@nhs.net](mailto:alison.hardman@nhs.net)

# Work For Young People's Health

## Cool 2 Talk

Work setting up a new online information service for young people has taken place. The Cool2Talk project is aimed at young people 12-26 and provides free, anonymous and confidential health information online and also access to online counselling one evening per week. The service has recruited four staff who will answer questions which are posted to the website within 24 hours, 365 days per year. The launch of the service which will cover the whole of A+B will take place in Campbeltown in June.

For more information to the website [www.cool2talk.org](http://www.cool2talk.org).

Team contact: [Samantha Campbell](#)



## CCard Pilot

There are 299 young people registered with a paper card and have their electronic card verified at a venue by the end of April 2017, this included 108, 13-15 year olds paper cards and 191, 16-25 year olds paper cards and electronic cards.

The total apps downloaded by the end of April 2017, were 294 which has been a steady increase since February 2017, 234 and the end of Oct, 126. 257 packs of condoms were issued from outlets.

We delivered one Facebook and Instagram campaign in February reaching 7334 people which resulted in 428 actions. In March, three campaigns were run to make up the in the gap when we didn't have access to Facebook and Instagram. In total these campaigns reached 13938 people and resulted in 1170 actions.

Moving forward the next steps are to evaluate the pilot and consider rolling it out throughout Argyll and Bute.

For more details or to get a CCARD go to the [AB wish website](#).

Team contact: [Laura Stepheson](#)

## Young People Short Film

Laura has been working with Youth Services in Oban on the production of a short film lead by young people. The filming should take place next month and provide an opportunity for young people to demonstrate a range of skills and provide a piece of work that can be used to highlight services and sexual health.

## S3 Drama

The drama will include some issues around sexual health and social media, sexuality, self harm, alcohol and tobacco. The drama will be accompanied by lesson plans for teachers and a question and answer session with service providers. I am applying for funding to roll out the drama in October and run simultaneously with the Smoke Free drama tour to keep the costs to a minimum.

## Pregnancy, parenthood and young people strategy

Laura Stepheson has been working with Jaki Lambert (Consultant Lead Midwife) regarding the actions required for the PPYP strategy and the needs assessment. The needs assessment has been widely circulated and results will be collated later this month.

# Training

## Taking a Person-Centred Approach to Behaviour Change with Motivational Interviewing

The two face to face days of the course are enhanced by 2 online modules and by a reflective practice task before day 2. Creative and active learning methods will be used.

After completing the course, participants will:

Apply a person-centred Motivational Interviewing approach to conversations about behaviour change and apply an effective approach to supporting people to change their behaviour.

For information and dates are available on the [Health Argyll and Bute Website](#)

Team contact: [Yennie Van Oostende](#)

### BARNARDOS, CSE

Laura Stephenson and Alex Honeyman delivered a one day course in Helensburgh in May. Future courses for the year have been planned and the Child Protection Committee will send out booking information nearer the time.

### SHARE

Another 3 day SHARE training course is being planned this year, dates will be released after the summer holidays.

Team Contact: [Laura Stephenson](#)

### BROOK, TRAFFIC LIGHT TRAINING

Another one day TLT course is being planned this year, dates will be released after the summer holidays.

Team Contact: [Laura Stephenson](#)

## Self-harm Awareness, Suicide Intervention & Mental Health Training

Free for anyone living or working in Argyll and Bute

Scotland's mental Health First Aid: A 2 day course to raise awareness of common mental health problems and the help people need.

Rothesay, Bute on 11th & 12th July, 9.30am—4.45pm each day.

Oban on 15th & 16th January, 9.20am—4.45pm each day

Working with bereavement by suicide: A one day course to develop skills to be a listening ear and support to someone bereaved by suicide.

Campbeltown on 20th February 2018, 9.30am—16.45

Dealing with Self- Harm: A 4 hour course to find out what self harm is, why people self harm and what support they need

Bute on 30th October, 12.30pm—16.30pm

safeTALK: A 3 hour course to become aware of the signs of suicide risk and signpost someone to help.

Lochgilphead on 14th September, 9.30am—12.30pm

ASIST: Applied Suicide Intervention Skills Training: A 2 Day course to learn how to keep someone safe who is struggling with thoughts of suicide.

Inveraray on 26th & 27th October, 9am—5pm both days

Campbeltown on 28th & 29th November, 9am—5pm both days

Craignure, Mull on 11th & 12th December, 9am—5pm both days

For more information or to book in touch with ChooseLife

[High-UHB.ChooseLife@nhs.net](mailto:High-UHB.ChooseLife@nhs.net) or 01546 704 804

**ChooseLife**