

# PUBLIC HEALTH AND PLANNING UPDATE

ISSUE NO 57 – MAY '09

Welcome to the May edition of the Newsletter. If you would like to contribute to future editions, please contact:

[felinaemslie@nhs.net](mailto:felinaemslie@nhs.net)



**NATIONAL SMILE MONTH  
2009**

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Material for the next PH/Planning Newsletter should be submitted no later than 19<sup>th</sup> June to [felinaemslie@nhs.net](mailto:felinaemslie@nhs.net)

This year the National Smile Month campaign runs from 17 May to 16 June. The campaign theme is '**Look After Yourself, Brush for Health**'. This theme is continued from last year's event – the most successful to date – in focusing on oral healthcare's impact on the rest of the body.

There is a growing body of evidence demonstrating a link between good oral healthcare and good overall body health. Recent studies suggest that people with gum disease are more at risk of heart disease, heart attacks, strokes, diabetes and, in the case of pregnant women, giving birth to underweight babies.

Almost everyone suffers from gum disease at some point in their lives but with a good oral healthcare routine it can be kept under control and prevented from developing into more serious general health conditions.

- ☺ **Brush for two minutes twice a day with fluoride toothpaste.**
- ☺ **Cut down how often you have sugary foods and drinks.**
- ☺ **Visit your dentist regularly, as often as they recommend.**

The British Dental Health Foundation's website [www.nationalsmilemonth.org](http://www.nationalsmilemonth.org) has lots of information including how to get involved in Smile Month and ideas for activities, how to plan an event, and downloads including quizzes, colouring sheets and puzzles. You can also access their online resource catalogue to order resources to promote the campaign.

### **Resources:**

Resources Team has a range of materials suitable for promoting oral health. In addition to relevant posters and leaflets, there are also a number of 'borrowable' resources such as videos, displays and models. After registering, you can book or order resources online or browse the catalogue at [www.nhsghpcat.org](http://www.nhsghpcat.org) selecting Dental/Oral health for the subject.

Alternatively, contact the Resources Team on:

Telephone: 01224 558504

Fax your request to: 01224 558630 Internal fax: 58630

Email: [grampian.resources@nhs.net](mailto:grampian.resources@nhs.net).

Resources may be collected from the Health Information Resources Service at Summerfield House, Gairsay Road, Aberdeen and the Healthpoint at Aberdeen Market. Resources can also be delivered through NHS internal mail.

For further information contact:

**Karen Tosh**

Oral Health Improvement Co-ordinator

Health Promotion Programme

NHS Grampian Public Health Unit

Tel: 01224 558524

Email: [k.tosh@nhs.net](mailto:k.tosh@nhs.net)

## **POSTGRADUATE CERTIFICATE IN FRONTLINE LEADERSHIP AND MANAGEMENT**

The third Postgraduate Certificate in Frontline Leadership and Management starts in September this year and applications for funded places are invited. This is a master's level postgraduate certificate delivered through a partnership of NHS Education for Scotland (NES), De Montfort University (DMU) and UHI Millennium Institute (UHI).

For more details, visit HI-Net:

<http://www.hi-netgrampian.org/hinet/4912.html>

**Anne Whitcombe**

Health Improvement Co-ordinator Knowledge & Learning

Email: [anne.whitcombe@nhs.net](mailto:anne.whitcombe@nhs.net)

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## **Grampian Public Health Information Sessions Programme of Lunchtime Events**

### **1 - Improving health, supporting inclusion for people with learning disabilities**

on Monday, 8th June 2009 at 12.30pm  
Seminar Room, Summerfield House

**June Brown** - Nurse Consultant  
**Fiona Flett** - Lead Speech and Language Therapist  
**Gillian Lewis** - Public Health Specialist

Come along to this lunchtime event to

- Develop your understanding around the health inequalities agenda for people with learning disabilities.
- Learn about learning disability services in Grampian.
- Ensure you are meeting your legal and professional obligations.

There will be opportunity for group discussion to explore ways in which we can support the health needs of people with learning disabilities.

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### **2 - Reflecting on Health Behaviour Change**

on Thursday, 18<sup>th</sup> June 2009 at 12.30pm  
Conference Room, Summerfield House

**Q: HOW MANY PEOPLE DOES IT TAKE TO  
CHANGE A LIGHT BULB?**

**A: IT CAN CHANGE BY ITSELF, BUT  
IT MUST WANT TO CHANGE...**

*...but is this really enough?*

**Stephan Dombrowski** – Health Psychologist in Training  
**Caroline Comerford** – Nutrition Co-ordinator

**Not your usual area of work?**

GPHIS gives an opportunity to hear about public health work across the organisation.

**Interested in personal development?**

GPHIS can contribute to evidence for your CPD or KSF personal development plan.

As these events take place over lunchtime, please feel free to bring along your packed lunch. Tea, coffee etc. will be made available.

**Please respond to indicate your attendance at these events, to:**

- 1) Improving health, supporting inclusion for people with learning disabilities – 8<sup>th</sup> June '09  
[lisabeattie@nhs.net](mailto:lisabeattie@nhs.net) or call 01224 558434 (Internal 58434)
- 2) Reflecting on Health Behaviour Change – 18<sup>th</sup> June '09  
[carlajohnson@nhs.net](mailto:carlajohnson@nhs.net) or call 01224 558536 (internal 58536)

Watch for further details of GPHIS system-wide events on HI-Net: Public Health Network and Learning and Development sections. [www.hi-netgrampian.org](http://www.hi-netgrampian.org)

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**NHS Grampian Strategic Themes  
Improving Health Reducing Inequalities  
(Rescheduled Event from 28<sup>th</sup> April)**

**GPHIS public health whole system event**

**Tuesday 7<sup>th</sup> July at 12.00 noon  
Forest Grove House**

**What will your attendance at this event give you?**

- Develop your understanding about the corporate vision and context
- Learn about the development of strategic themes
- Consider where you fit in and what you can contribute

The programme will include a presentation by NHS Grampian Executive Team with an update by Dr Lesley Wilkie, Director of Public Health.

There will be interactive workshops considering the strategic themes.

Dr Linda Leighton-Beck will present the current picture for Improving Health, Reducing Inequalities in Grampian and there will be further opportunity for small group discussion around this theme.

**To take this opportunity to provide a stand, poster or information sheets about your work (template format available), contact Hazel Dempsey on 01224 (5)55231 or email [hazeldempsey@nhs.net](mailto:hazeldempsey@nhs.net)**

This event will contribute to your evidence for Continuing Professional Development.

**Lunch will be provided.**

**Please respond to confirm your attendance to this event to:**

**Lisa Beattie**  
Email: [lisabeattie@nhs.net](mailto:lisabeattie@nhs.net)  
Telephone: 01224 558434 (Internal 58434)

## **JUNE: NATIONAL SMILE MONTH (until 13<sup>th</sup> June)**

Over the next four weeks your local **healthpoint** will be supporting National Smile Month's 36<sup>th</sup> year of running.

Throughout the month, **healthpoint** will be following National Smile Month's campaign highlighting systematic links between oral health and general health.

Drop into your local **healthpoint** to find out more or call 0500 20 20 30 free!

## **JUNE: MEN'S HEALTH 15<sup>th</sup>- 30<sup>th</sup>**

From the 15<sup>th</sup> June **healthpoint** cover Men's Health Week by offering free confidential information and advice on a number of male related health issues.

National Men's Health Week aims 'to raise the profile of men's health. It is hoped to change men's health-related behaviour, not least in terms of increasing their willingness to access health care and reducing the risks they take with their health, but also to promote men's awareness of wider lifestyle issues that can have an impact on health.' (Men's Health Forum Scotland)

Visit your local **healthpoint** at Aberdeen Indoor Market, ARI, and Dr Grays Elgin to find out more about:

Alcohol  
Sexual Health  
Weight Management  
Exercise  
Healthy Eating  
Blood Pressure  
Cholesterol Levels  
Domestic Violence  
Mental Health

Prostate Cancer  
Breast Cancer  
Puberty  
Drugs  
Stress  
Baldness  
Diabetes  
Healthy Eating  
Eating Disorders

For more information on these topics and more, visit your local **healthpoint** this June at Aberdeen Indoor Market, ARI, Dr Grays Elgin or call the free **healthline** on 0500 20 20 30.

For further information, please contact:

**Debbie Humble**  
Marketing Assistant  
Email: [dhumble@nhs.net](mailto:dhumble@nhs.net)  
Extn: 58744  
E-mail: [dhumble@nhs.net](mailto:dhumble@nhs.net)

## WELL NORTH BOARD MEMBERS VISIT TO DUFFTOWN

The Well North – Dufftown a Self Caring Community project team played host to Well North Board Members on the 6<sup>th</sup> May 2009.



Left to right Linda Esson, Wendy Thompson  
(Community Nurse), Debbie Morrison

The Well North Board members were initially welcomed by [Dr Heneghan](#), who introduced board members to the history of Dufftown and the Stephen Hospital. They were then given a tour of the Stephen Hospital, the Dufftown Health Centre and the Shand Gym and its additional facilities.

Well North Board Members included Margaret Burns, Chair of NHS Health Scotland; Eileen Wilson, representing non executive board member; John Howie and Wendy Peacock – NHS Health Scotland; Angus MacKiggan, the

Well North Co-ordinator and Councillor Lee Bell from The Moray Council, who deputised for Dr David Cameron, Chair person for NHS Grampian.

After the tour, presentations were delivered by Dr Heneghan and Tracey Gervaise, Public Health Lead, Moray Community Health and Social Care Partnership on the BP Telehealth and Well North projects.

The Well North project aims to engage with patients registered with the Dufftown Health Centre who have been identified as being at possible risk of long term conditions. These individuals are being invited along to the Dufftown Health Centre to have a health check which is led by the Community and Practice Nurse Team.

The Well North Board members also had the opportunity to meet and speak to Linda Esson and Debbie Morrison who both feel they have greatly benefited from taking part in the health check. Linda Esson praised the Community Nurse who led her Health Check. “Wendy carried out my health check. She made me feel very comfortable and I was able to listen to the advice that she offered. I have also been able to go back and ask more questions.” Linda also said that she would encourage anyone offered the health check to take part in the Well North project. “Taking part in the Well North health check has given me the big push that I needed to make little changes to my lifestyle that hopefully will have long term benefits”.

**Helen Mackenzie**  
Health Communications Officer  
Email: [helen.mackenzie2@nhs.net](mailto:helen.mackenzie2@nhs.net)  
Extn: 67168



## STAFF NEWS

### A warm welcome to:

- **Andrea Thomson**, Administrator, Sexual Health Network, Aberdeen City CHP. Andrea is in Room F205 and can be contacted at [andrea.thomson1@nhs.net](mailto:andrea.thomson1@nhs.net)
- **Dani McCarthy**, Marketing Assistant, Public Health who starts on 26<sup>th</sup> May 2009. Dani is in Room G27 and can be contacted on Extn 58744. Dani is an RGU management with marketing student and will spend her placement year supporting public awareness activities within NHS Grampian.

### Congratulations to:

- **Dr Rachel Venables** on the birth of a baby girl – Caitlin, 6 pounds 9 ounces on 28 April 2009. Both are doing well.

### A fond farewell to:

- **Dr Margaret Watson**, Public Health Pharmacist, who leaves on 29<sup>th</sup> May 2009 to focus full time job in Aberdeen University.
- **Debbie Humble**, who is leaving on 12<sup>th</sup> June, having spent the past year with NHS Grampian as an RGU student placement. Debbie has made a valuable contribution to marketing awareness in public health. Good luck to Debbie for her final year at RGU and the Shell Steps programme.