

# PUBLIC HEALTH AND PLANNING UPDATE

**ISSUE NO 64 – JUNE '10**

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

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



## TEETH TLC: TENDER LOVING CARE FOR TEETH

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Teeth TLC is NHS Grampian's exciting new oral health campaign which has been developed to educate the public and support the professional, providing them with the key information they need to attain and promote good oral health. Launched on the 26<sup>th</sup> of May, Teeth TLC provides a range of resources including posters, postcards and a website, which features additional downloadable information such as lesson plans, games and activities. There are specific sections for individuals, parents and carers, professionals, nurseries, schools, workplaces and help to find a dentist.

So what are you waiting for – visit [www.teethtlc.com](http://www.teethtlc.com) and give your teeth some tender loving care today!

For further information please contact [nhsg.teethtlc@nhs.net](mailto:nhsg.teethtlc@nhs.net)

**Material for the next PH/Planning Newsletter should be submitted no later than 20<sup>th</sup> July to [felinaemslie@nhs.net](mailto:felinaemslie@nhs.net)**

**Katie Cunningham**  
Health Improvement Advisor  
Health Promotion  
Email: [Katie.cunningham@nhs.net](mailto:Katie.cunningham@nhs.net)  
Extn: (5)58690

## D-rug



D-rug is a primary school resource that supports delivery of substance misuse education to primary 7 pupils. NHS Grampian Health Improvement staff have worked in partnership with Grampian Police School Liaison Officers to roll D-rug out to schools in Moray, to provide a cohesive substance misuse education programme, based on key healthy lifestyle and substance misuse messages.

School Liaison Officers initially provide 2-3 interactive presentations to pupils which are

followed up with a D-rug presentation, delivered by a trained NHS Grampian Health Information Assistant.

The D-rug input consists of 2 sections - a 30-45 minute presentation on the health and social implications of substance misuse, concentrating on alcohol, tobacco, solvents and cannabis, followed by an opportunity for pupils to play the D-rug Game (pictured above).

The interactive involvement of pupils in this giant game of Snakes and Ladders is an excellent way of evaluating how much the young people have learned about substance misuse from the earlier presentations and provides an opportunity to reinforce key messages.

The service has proved very popular with schools and the D-rug, delivered in partnership as part of an educational package, contributes significantly to implementation of Curriculum for Excellence substance misuse experiences and outcomes, supporting learners to make informed personal choices with the aim of promoting healthy lifestyles.

D-rug also supports the delivery of the Moray Alcohol and Drug Partnership Strategy 2009/11: Delivering Recovery through Sustainable Change. Funding from MADP supported delivery of D-rug to Moray primary schools in 2009-2010. D-rugs were delivered in twenty-eight primary schools in Moray in 2009-10.

For further information contact:

### **Rachel Thompson**

Assistant Health Improvement Officer (Schools)

Email: [rachel.thompson4@nhs.net](mailto:rachel.thompson4@nhs.net)

Telephone: 01343 567108

## VISION AWARENESS DAY

How much do you know about Eye Health?



Find out more  
at the Free  
Eye Health Awareness Event  
Elgin Town Hall  
Saturday 26th June from  
11am - 3pm



Carolyn Lamb

NHS Eye Care Project Manager, Inverurie Hospital

Email: [carolynlamb@nhs.net](mailto:carolynlamb@nhs.net) Tel: 0750 0033689

## **'CONFIDENCE TO COOK' HUNTLY COMMUNITY TRAINING KITCHEN**

Huntly Food & Health Group launched the community training kitchen within the Linden Centre in September 2009. This is a community facility which aims to promote and raise awareness of Healthy Eating messages through practical hands-on cookery sessions.

The main objective is to have fun through practical cookery in a safe and supportive environment, gaining an understanding of the importance and benefits of a healthy balanced diet, promoting independence, building confidence and developing new skills.

The fully equipped purpose built kitchen with disabled access includes a height adjustable work station accessible for wheel chair users and small children. The kitchen can accommodate a maximum of eight people for practical sessions, with a seating area to encourage groups to sit and enjoy the food they have prepared and maximise the social aspect of the training experience.

The facility has been accessed by a range of members of the community from young parents, crèche, primary and secondary schools, youth groups, community groups – substance misuse, mental health, older people, socially isolated individuals, ante natal groups etc. Feedback has been very positive - a young mother of two reported "I'm now cooking fish, previously I didn't know what to do with it, my family are enjoying new foods such as mackerel pate, my partner is eating couscous, it's a food he'd never heard of, I'm shopping differently buying fresh herbs, ginger etc. all as a result of attending Confidence to Cook sessions and accessing simple, healthy recipes."

Capacity building training is offered to people working with groups in the form of REHIS Food Hygiene and REHIS Food and Health along with Training for Trainers. This package of training equips professionals and volunteers to deliver sessions to their client groups. Two young mums, who were referred to Confidence to Cook by their Health Visitors, have gone on to complete this training and are now being supported to deliver sessions to their peer group.

An MSc Nutrition student is currently carrying out an evaluation of the first year of the kitchen and the impact on the wider community. Local GPs recognise the benefits of the project and are keen to work towards developing a referral pathway for patients to attend sessions to put theory into practice e.g. diabetic patients, celiac, cardiac rehab and newly bereaved men, who have never cooked for themselves.

For further information or to receive the Huntly Food and Health Group Report please contact:

**Fiona Matthew**  
Health Improvement Catering Advisor  
Email: [fiona.matthew@nhs.net](mailto:fiona.matthew@nhs.net)  
Tel No: 01224 558414

**Calvin Little**  
Public Health Co-ordinator, Inverurie Hospital  
Email: [calvin.little@nhs.net](mailto:calvin.little@nhs.net)  
Tel No: 01467 672729

## HIV WAKE UP

A new national campaign has been developed to inform men who have sex with men, aged 20-40 years, about HIV and levels of transmission. A range of resources and a dedicated website [www.hiv-wakeup.org](http://www.hiv-wakeup.org) have been produced to address the benefits of prevention and regular testing, particularly after unprotected sex, and where men can go to seek information, advice and testing.

Links to: Public facing materials [www.healthscotland.com/documents/4216.aspx](http://www.healthscotland.com/documents/4216.aspx)  
Professional briefing [www.healthscotland.com/documents/4217.aspx](http://www.healthscotland.com/documents/4217.aspx)

For further information contact:  
Janet Bruce, Sexual Health Improvement  
Co-ordinator  
Email: [janet.bruce@nhs.net](mailto:janet.bruce@nhs.net), Extn 58592

To order copies of the materials contact:  
NHSG Resources Department on  
Extn 58638



### grampian public health information sessions

#### Learning Fair 22<sup>nd</sup> June 2010

Oak Room, Forest Grove House  
12.00pm – 2.00pm

Here is your chance to find out more about the opportunities available for personal study, training and learning.

Representatives will be on hand to provide information about a range of courses and resources, and to answer your questions.

Stands and displays will include:

- NHS Health Scotland,
- the NHS Knowledge Network,
- Robert Gordon's University,
- NHS Grampian Supporting the Professional,
- HI-Net Learning and Development courses and qualifications resources,
- University of Aberdeen

Additional material provided by Glasgow Caledonian University, NHS Highland health improvement training, the Open University, University of the Highlands and Islands, and others.

The session will be a 'drop-in' format. However, it would be helpful if you would confirm your attendance to [lisabeattie@nhs.net](mailto:lisabeattie@nhs.net) or call 01224 558434 (internal 58434).

Watch for further details of **gphis** events on HI-Net at  
[www.hi-netgrampian.org/hinet/2910.4.420.html](http://www.hi-netgrampian.org/hinet/2910.4.420.html)



## Staff News

### Congratulations to:

- **Carol Irvine**, who was successful in her application for the post of Ethics Co-ordinator, North of Scotland Research Ethics Service. Carol is in Room G62 and can be contacted at [carolirvine@nhs.net](mailto:carolirvine@nhs.net) Extn 58503.

### Welcome:

- **Hilary Fleming** is covering Gillian Pocklington's maternity leave as Workplace Health Improvement Advisor as of 1<sup>st</sup> June 2010 for 11 months. Hilary is in Room G78/80 and her contact details are [hilary.fleming@nhs.net](mailto:hilary.fleming@nhs.net) Extn 58446.
- A warm welcome back to **Dr Rachel Venables**, who has recently returned to her post of Scientific Officer, North of Scotland Research Ethics Service, after maternity leave. Rachel is in Room G62, Summerfield House with contact details [rachel.venables@nhs.net](mailto:rachel.venables@nhs.net) Extn 58480.

### Staff Changes:

- **Andrea Salvona**, Secretary/Administrator providing support to Morag Hamil, Condition Management Programme Director, as from 7<sup>th</sup> June 2010 for 3 days per week. Andrea continues to provide support to Ray Watkins, Consultant in Dental Public Health, 2 days per week. Andrea is in Room F131 and can be contacted at [andrea.salvona@nhs.net](mailto:andrea.salvona@nhs.net) Extn 58589.
- **Lyndsay Cassie**, returns to her substantive post as from 14 June 2010.

### Congratulations to:

- **Cathy and Niall Young**, HepC MCN Manager, who had a baby girl on 26<sup>th</sup> May – Freya, weighing in at 6lbs 11oz.
- **Gillian and Mike Pocklington**, Workplace Health Improvement Advisor, who had a baby boy on Friday, 28<sup>th</sup> May – Max David, weighing 8 lbs 12oz.

### A fond farewell to:

- **Dan Forbes**, Smoking Cessation Advisor left the Smoking Advice Service on 12<sup>th</sup> May 2010 after 2 years service.
- **Milne Weir**, Project Manager – Service Development, who left on 28<sup>th</sup> May 2010 to take up the post of General Manager – North Division in the Scottish Ambulance Service, effective 31<sup>st</sup> May 2010.



## Bon Voyage



Aileen McGregor, who has been Secretary to the City Public Health Team for the past six years and has been with NHS Grampian for 22 years, retired in April 2010. Public Health Team members, past and present, and former colleagues attended a dinner for Aileen in the Nazma Indian Restaurant.

As appreciation for all her hard work and commitment over the years, Aileen was presented with a Pandora Bracelet and a 'Book of Memories', which was made up of photos taken at social events over the years and testimonials from colleagues.

We wish Aileen all the best for a long and happy retirement.