

PUBLIC HEALTH AND PLANNING UPDATE

ISSUE NO 66 – SEPTEMBER '10

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

felinaemslie@nhs.net



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PUBLIC HEALTH AND PLANNING DIRECTORATE NETWORKING EVENT

With the integration of Public Health and Planning into a new Directorate, Dr Lesley Wilkie has announced an event which will allow us to network together, exchange information about work going on in different parts of the Directorate and consider opportunities for working more closely together.

The event will take place at The Suttie Centre on **Wednesday, 6 October 2010, 10am to 2pm, with registration from 9.30 am.**

Details are on HI-Net. Places at this event may be limited and you should confirm your attendance immediately to:

Material for the next PH/Planning Newsletter should be submitted no later than 5 October to felinaemslie@nhs.net

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Getting fit in Moray is about to get a lot easier. Walk Moray has introduced short evening walks throughout September. Whatever your level of fitness, health walks can help you step out on the road to regular, healthy activity. A team of trained volunteers will lead you on safe walks to improve

your fitness. Walking regularly with a group not only improves physical and mental health but introduces a whole new circle of potential friends to walk with!

For further details contact:

Debbie Barron
Health Walk Coordinator – Moray
Email: debbie.barron@nhs.net
Tel No: 01343 567172

Well North

Well North is a pilot anticipatory care project designed to improve the health of people experiencing health inequalities in remote and rural areas of the North of Scotland, with a particular focus on early intervention with adults at risk of cardiovascular disease and diabetes.

Health checks are being offered by the Well North project to people within Dufftown Health Centre and, since April 2010, in Rothes Health Centre, monitoring blood pressure, checking BMI, height and weight measurements and cholesterol levels, giving lifestyle advice to those who need it and directing them to local services and facilities to help them maintain and/or improve their health.



Dufftown's annual "Still Running" 5k took place on Sunday 15 August and had nearly 100 people of all ages, walking, jogging and running around the picturesque hilly course. For the second year, this event was supported in part by Well North, supplying medals and goody bags for the competitors. Event organiser Audrey Benvie said: "she was delighted with the turnout – up by a third on last year's event". -

Visit www.walkjogrunmoray.org.uk

For further information contact:

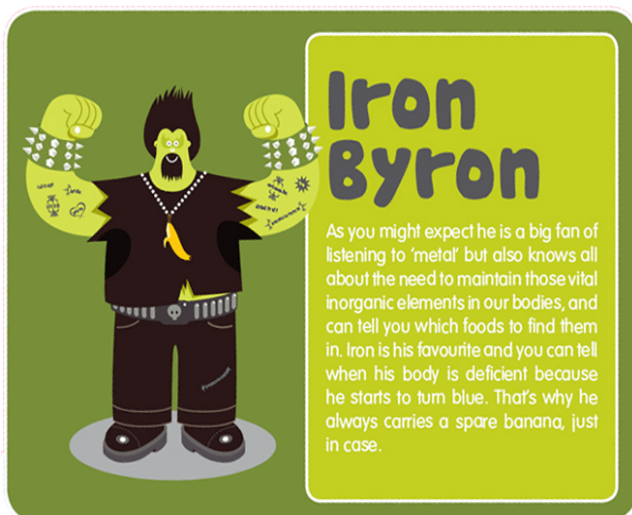
Barbara Stearn
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BE BRIGHT, EAT RIGHT



New faces have arrived at secondary school canteens with the launch of the 'Foodie Doodies'. Pupils from Buckie High School have been involved in developing 'Foodie Doodie' food characters that were launched on 31 August to encourage the uptake of healthier school meals.

See the example of The Iron Byron character below.



'Foodie Doodies' is an extension of the successful 'Be Bright, Eat Right' campaign introduced in Moray Primary Schools two years ago, which resulted in an increase in the uptake of school meals from 39% to 45%. The campaign, led by Moray Council's catering services with support from Health Improvement Officers, supports the implementation of the Curriculum for Excellence Health and Wellbeing framework and the Schools (Health Promotion and Nutrition) Scotland Act and contributes to the wider Moray Community Plan to promote and encourage children, young people and their families to adopt healthier lifestyles.

For further information contact:

Susan Leslie
Health Improvement Officer Schools
Email: susan.leslie@nhs.net
Tel No: 01343 567123

BED PUSH

Elgin Rotary Club and Moray Healthy Working Lives Partnership organised a Bed Push event on Sunday 16 August at Cooper Park, Elgin to raise money to buy lighting and water fountains for the sensory garden at Dr Gray's Hospital.

The winning team "Shades" is pictured below.



The event was a great success and a good crowd of people turned out to cheer on the teams.

For further information on HWL, contact:

Laura Sutherland
Health Improvement Officer NHS
Email: laura.sutherland@nhs.net
Tel No: 01343 567143



grampian public health information
sessions



A healthy start? Findings from the Growing Up in Scotland Study

**Wednesday 13 October 2010
Conference Room, Summerfield House
12.30pm - 2.00pm**

Growing Up in Scotland is the longitudinal research study following the lives of 8,000 children and their families from birth through to the teenage years. GUS has a strong focus on the early years and on outcomes for children. Our participating families have been visited once a year until their child is nearly 6 to collect information on a range of topics including experiences of pregnancy and birth, child health and development, parental health and well-being, support for families, use of and access to services.

This presentation will cover some of the key findings from the first four years of the study and will provide an opportunity for discussion. For more information about GUS please visit:
www.growingupinScotland.org.uk

As this event takes place over lunchtime, please feel free to bring along your packed lunch. Tea, coffee etc. will be made available.

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.

Please confirm your attendance at this event, to:

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

PUBLIC HEALTH DENTAL NEWS

The NHS Grampian Public Health Dental News can be accessed by following the link:

http://www.nhsgrampian.org/nhsgrampian/dental.jsp?pContentID=6545&p_applic=CCC&p_service=Content.show



Staff News

Congratulations to:

- **Andrea Fraser**, Health Improvement Officer - Schools, on the birth of a baby boy - Matthew Alexander who arrived safely on 23 July weighing in at 10 lbs.

Welcome:

- A warm welcome back to **Freda Nicolson** who has recently returned to her post of Physical Activity Advisor, after maternity leave. Freda is in Room G78/80, Summerfield House and can be contacted at fredanicolson@nhs.net Extn 58421.
- **Dr Marjorie Johnston**, Specialist Registrar in Public Health Medicine, who started at the beginning of August. Marjorie is based here in Summerfield House and can be contacted at marjorie.johnston@nhs.net Extn 58402.
- **Mary Bellizzi**, Health Improvement Officer with responsibility for Healthy Eating Active Living (HEAL) – 11 month post. Mary started on 23 August 2010 and is based at Inverurie Hospital.
- **Marcia Robertson**, appointed as Keep Well Project Co-ordinator in Fraserburgh for the Keep Well Community Pharmacy Anticipatory Care Pilot project. Marcia, who was previously Practice Manager at Inch, is based in Fraserburgh, email address is: marcia.robertson@nhs.net