

# PUBLIC HEALTH AND PLANNING UPDATE

ISSUE NO 68 – NOVEMBER '10

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

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



## DIRECTOR'S UPDATE ON INTEGRATION OF THE PUBLIC HEALTH & PLANNING DIRECTORATE

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Material for the next PH/Planning Newsletter should be submitted no later than 8 February 2011 to [felinaemsle@nhs.net](mailto:felinaemsle@nhs.net)

The initial Directorate staff engagement event on 6<sup>th</sup> October was well attended by staff from all sectors, with an interest in public health and planning. I take this opportunity to thank all who attended for their productive participation and openness with regard to future development.

The event has provided extremely valuable information about the areas which require further discussion. The next event, planned for Wednesday 15<sup>th</sup> December, will focus on three of the emerging key issues: –

- Prioritisation
- Health & Care Framework
- Connectivity

In order not to confuse the establishment of the new Directorate with the ongoing Review of the Public Health function across the system, this next event is aimed at Directorate staff (defined by line management structure).

It is, however, necessary to ensure a connection with the other sectors and, to this end, the three Public Health Leads, or their nominated representative, will be invited to attend. The outcomes from this session will be shared across the system.

To confirm your place at the next Directorate event on **Wednesday 15<sup>th</sup> December, from 13.00 – 16.30 in the Med-Chi Hall, contact Gill Johnston on ext 58425 or [gill.johnston@nhs.net](mailto:gill.johnston@nhs.net).** Places will be limited.

**Dr Lesley Wilkie**  
Director of Public Health & Planning

## THOUSANDS OF NORTH EAST WORKERS INVOLVED IN HEALTHIER WORKPLACE AWARDS – 14 OCTOBER 2010

A total of 31 organisations from across the City, Shire, Moray, and Offshore, employing more than 26,000 people scooped top awards for boosting health and wellbeing in their workplaces.

The Healthy Working Lives Programme was launched to encourage employers to promote a healthier workforce and covers a wide range of topics including health promotion, occupational health and safety, employability, mental health and wellbeing, community involvement, and health and the environment.

At the Awards Ceremony at the Salvation Army Citadel, **Moray Community Health and Social Care Partnership** was officially named a Gold Award winner as well as scooping the Mental Health and Wellbeing Commendation Award, becoming the first NHS team outside NHS Greater Glasgow and Clyde to achieve all four awards and only the second organisation in the Grampian area to pick up all four accolades. The team's recent activities included physical challenges, providing all staff with a mental wellbeing guide book, the restoration of Dr Gray's Rose Garden and the continuing work, involving local organisations to create a Sensory Garden at the hospital.

### Grampian 2010 Health Working Lives Awards

#### Gold Awardees:

- Moray Community Health and Social Care Partnership
- Moray Council
- Petro-Canada UK, Aberdeen whose activities included taking part in a Corporate Decathlon
- Scottish Enterprise Grampian, Aberdeen
- Talisman Claymore Platform, Offshore

#### Receiving Silver Awards:

- Bibby Offshore Ltd, Aberdeen
- BIS Salamis, Aberdeen
- Castlehill Housing Association, Aberdeen – activities included a team cycling from Land's End to John o' Groats, raising £5,500 for charity
- HMP Aberdeen
- Shell Nelson Platform, Offshore
- Shell Upstream Europe, Aberdeen

#### The 20 Bronze Award winners:

- Abermed, Aberdeen
- AMEC Natural Resources, Aberdeen
- Bluewater Aoka Misu, Offshore
- Bluewater Service UK Ltd, Portlethen
- Cornerstone, Grampian-wide
- Endeavour Energy, Aberdeen

- First Shared Service Centre, Aberdeen – activities by this part of FirstGroup included a team gardening at an Aberdeen care home for older people
- FMC Technologies, Aberdeen
- Grampian Housing Association, Aberdeen
- Langstane Housing Association, Aberdeen
- Milltimber Primary School, Aberdeen
- Nexen Buzzard Platform, Offshore
- NHS Acute Sector (Aberdeen Royal Infirmary)
- NHS 24, North Contact Centre, Aberdeen
- Petrofac - Heather Alpha, Offshore
- RAF Kinloss, Moray
- RAF Lossiemouth, Moray, the first military organisations to achieve HWL awards
- Stena Carron, Offshore
- University of Aberdeen
- Vroon, whose activities included staff climbing their office stairs' equivalent of Ben Nevis.

The awards were presented by Dr Lesley Wilkie, NHS Grampian Director of Public Health & Planning.

Aileen Simpson, Assistant Director of the Scottish Centre for Healthy Working Lives, said: “Encouraging workplace health should never be a chore or a second thought – a healthy workforce is the key to success for organisations in all sectors. The Healthy Working Lives Award programme provides a clear framework to creating better workplaces, and our nationwide network of advisors is always on hand to provide all the help and support organisations require to achieve the Award.”

### PHOTOS TAKEN DURING THE HEALTHY WORKING LIVES AWARD CEREMONY



**Moray Community Health and Social Care Partnership picked up the Mental Health and Well-Being Commendation Award**



**Shot of Dr Lesley Wilkie, Public Health & Planning Director while speaking at the Healthy Working Lives Award Ceremony on 14 October 2010**



**NHS 24 collected the Bronze Award**



**NHS Grampian Acute Sector collected the Bronze Award**

## HEALTHY WORKING LIVES

Organisations need to meet core criteria to achieve the three levels of award – Bronze, Silver and Gold – however, it is designed to be flexible so employers can select the topics most relevant to their workforce.

Another aspect to the Award Programme is the Healthy Working Lives Mental Health Commendation Award, which recognises good practice in promoting mental health and wellbeing in the workplace.

The Scottish Centre for Healthy Working Lives was established in 2006 and is the national centre for expertise in Scotland in relation to protecting and improving the health of those in work. The Healthy Working Lives Award has been developed in consultation with businesses and health professionals across Scotland. It is supported by the Confederation of British Industry (CBI) Scotland, the Federation of Small Businesses (FSB), the Scottish Trades Union Congress (STUC), the Scottish Government, the Health and Safety Executive, NHS Scotland, the Convention of Scottish Local Authorities (COSLA), Jobcentre Plus, Scottish Enterprise and Highland and Islands Enterprise (HIE). It can offer advice on the latest health and safety legislation, occupational health support and help with health promotion. The Centre's 80 advisors are on hand to support companies achieve the HWL Award. Advisors are based in the 14 Health Boards across Scotland.

The Healthy Working Lives Team in Grampian is one of fourteen teams throughout Scotland tasked with supporting workplaces to improve workplace health and safety within their organisations. The Grampian Team currently supports 195 organisations and their 85,000 employees.

For further information about the HWL Award, please contact the national advice line free on 0800 019 2211 or visit [www.healthyworkinglives.com](http://www.healthyworkinglives.com)

### MENTAL HEALTH AND WELL- BEING COMMENDATION

- Moray Community Health and Social Care Partnership

Issued on behalf of Healthy Working Lives

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### Teeth TLC Campaign Evaluation



In May 2010 NHS Grampian launched an oral health improvement campaign, Teeth TLC, which seeks to educate the public and support the professional, providing them with the key information they need to attain and promote good oral health.

The campaign was devised after research with the public and several stakeholder groups. The main elements of the campaign included a selection of resources such as posters and postcards which were distributed to dental practices, GP surgeries, pharmacies, schools and nurseries. A website, [www.teethtlc.com](http://www.teethtlc.com) was also promoted.

We would like to hear your views on the campaign, whether it was meaningful and what improvements might be made to help us with further development.

**Please help us by answering some brief questions, available at the following link:**

<http://www.surveymonkey.com/s/X5VDJYG>

Many thanks,

**The Teeth TLC Team**

## PRESS RELEASE: SERVICE CHANGES TO THE CONDITION MANAGEMENT PROGRAMME

The national **Condition Management Programme**, which is currently provided by the NHS and Jobcentre Plus through the Pathways to Work package, has changed some areas of its service delivery across Grampian, which are effective from now until the end of the programme next year.

The main changes to the service delivery, effective from October 2010 include:-

- The programme sessions will now be delivered over a period of up to 10 sessions as opposed to the original 13 sessions.
- There will now be an option for the programme to be delivered to clients via the telephone, in addition to face to face, - this will remain the customer's preference and be agreed at the start of each programme.
- The main office of delivery for Aberdeen City and Shire will be Ebury House, 14 Dee Street, Aberdeen.
- The office in Elgin will remain and continue to provide the service to the Moray area.
- There will be availability for sessions to be delivered in Fraserburgh, but the main office is to close with staff members relocating to Aberdeen.
- Access to the programme through referrals from Job Centre Advisors remains the same.

These changes are due to a combination of factors including demand, capacity and funding, and will have no implications on the availability of the programme to customers both in the City and Shire.

Please be aware that the updated model of delivery will allow this worthwhile programme to continue to be available to as many people as possible for the remainder of the programme.

If you have any questions, please do not hesitate to contact The Condition Management Programme Team on 01224 816300.

Aberdeen Office: 01224 816300  
Elgin Office: 01343 528033  
Communications: 01224 816308

### CMP Background

Delivered by experienced NHS practitioners and using a cognitive therapy approach, the CMP programme supports people on health related benefits through a programme enabling them to better understand and manage their condition, with a particular focus on their capacity to work. The confidential programme is currently available to anyone claiming health related benefits with the potential to get back to work and is available through referrals from Job Centre Advisors. Since being established across Grampian in April 2007, the programme has supported a significant number of people through the programme with many going on to training, voluntary work, further education and work placements.

**For further details please contact:**

**Jill Craig**  
Communications Support Officer  
Tel: 01224 816308  
Email: [jill.craig3@nhs.net](mailto:jill.craig3@nhs.net)  
Condition Management Programme  
5<sup>th</sup> Floor, Ebury House  
14 Dee Street, Aberdeen  
AB11 6DR  
Tel: 01224 816300

## ABERDEEN SCHOOL ACHIEVES EXCELLENCE IN HEALTH PROMOTION



Hazelwood School in Aberdeen has become the first special needs school in the region to be awarded Health Promoting School of Excellence status.

The award was made by the Pan Grampian Moderation Board, in recognition of the school's efforts to promote positive health and wellbeing to pupils, staff, parents and the wider school community.

The board noted the school's quality of health promotion activities which have been sustained over a number of years.

The concept behind Health Promoting Schools is that health promotion is not only taught within the classroom but is reinforced throughout all aspects of school life and through

partnership working with the wider community.

A health promoting school works to provide children and young people with the confidence, skills, knowledge and resilience they will need to make healthier lifestyle choices, cope with challenges and embrace opportunities throughout their lives.

Headteacher of Hazelwood School, Jill Barry said: "Everyone at the school is absolutely delighted to receive this award. Special commendation must go to principal teacher Anne Kidd, who has had responsibility for health promotion throughout the school.

"Gaining Excellence as a Health Promoting School reflects the dedication and enthusiasm of the whole school community who have worked so well together on a wide range of projects. Pupils and staff across the school have taken the opportunities presented by working for the award and produced some excellent work both in class and in less formal settings."

"The pupils now have a very good understanding of how to be healthy and the need to make healthy lifestyle choices which we hope will stay with them into their adult lives."

Public Health Lead for Aberdeen City Community Health Partnership, Linda Smith said: "Hazelwood School has clearly demonstrated that health and wellbeing is a clear priority within the school community."

"The school has also shown that they have worked effectively with a number of partners on health and wellbeing and have been supported by the Health Promoting Schools team within Aberdeen City to put together their portfolio. This high standard has required commitment from everyone in the school community and it is a privilege to have been invited to the presentation to help mark the occasion."

Aberdeen City Council's Convener of Education, Culture and Sport, Andy May said: "Congratulations must go to school staff, pupils, parents and indeed the wider community for their fantastic efforts in gaining Health Promoting School of Excellence status.

"Well done and keep up the good work."

Airyhall, Milltimber, Danestone and Manor Park Primary Schools have previously gained the Health Promoting School of Excellence Award.

Anyone wishing further information regarding Health & Wellbeing in Aberdeen City Schools please contact:

**Anna Gale**  
Assistant Health Improvement Officer  
Email: [annagale@nhs.net](mailto:annagale@nhs.net)  
Tel: 01224 (5)55281

## NHS GRAMPIAN TOBACCO POLICY 2006

NHS Grampian Tobacco Policy (2006) has been in place for the last 4 years and there is a general perception among staff that the policy is not being implemented. The following reminders are offered to provide clarity for those who have not made themselves familiar with the Policy recently:

Support for staff and patients who wish to stop smoking is available from the NHS Grampian Smoking Advice Service (SAS) by contacting 0500 600 332. Advisors are based throughout Grampian and details of your local advisor can be provided by contacting the SAS at [grampian.sas@nhs.net](mailto:grampian.sas@nhs.net) or Extn 51211. A full list of community sessions is updated every 6 weeks and is available at [www.hi-netgrampian.org](http://www.hi-netgrampian.org). At several NHS Grampian sites there are Community Pharmacies on site or nearby. Local pharmacies can be found through [www.nhs24.com/content/default.asp?page=s11](http://www.nhs24.com/content/default.asp?page=s11) These can provide 12 weeks of smoking cessation support and Nicotine Replacement Therapy. This may provide an opportunity for staff who wish to quit to get support. Managers are asked to facilitate this within reason. Further support can be provided online through Just Five Minutes at [nhsgrampian.justfiveminutes.com](http://nhsgrampian.justfiveminutes.com). All staff and patients are encouraged to make contact with the SAS if they are motivated in any way to make lifestyle changes associated with tobacco use. The SAS can provide a drop in/awareness raising session to any group of staff if required by contacting [ross.sutherland@nhs.net](mailto:ross.sutherland@nhs.net)

Smoking is only permitted in designated smoking areas where these are provided. Staff should locate designated smoking areas on their site, in order to inform patients and, where relevant, for personal use. Managers must ensure that the Tobacco Policy is part of the induction process for all NHS Grampian staff, including contractors and students. This process should raise awareness of cessation support available and provide information about where and when smoking is permitted.

The Tobacco Policy Review Group has been remitted by the Board to improve compliance with the existing 2006 Policy and revise the 2009 draft Policy for future implementation. The group will ensure engagement with staff and service users in these processes. Please take time to remind yourself about the detail of the existing policy. Tobacco Policy Review Group members from the Public Health & Planning Directorate are Gillian Lewis ([gillianlewis@nhs.net](mailto:gillianlewis@nhs.net)) and Derek Petrie ([Derekpetrie@nhs.net](mailto:Derekpetrie@nhs.net)).

For further information please contact:

**Gillian Lewis**  
Head of Health Promotion  
Email: [gillianlewis@nhs.net](mailto:gillianlewis@nhs.net)  
Extn: 58626

### Updated Copy of the Who's Who Guide

Details of the Public Health & Planning and Public Health badged staff within sectors can be accessed through the following link on HI-Net:

[http://www.hi-netgrampian.org/hinet/secure\\_files/PH&PlanningWho'sWhoGuideNovember2010.xls](http://www.hi-netgrampian.org/hinet/secure_files/PH&PlanningWho'sWhoGuideNovember2010.xls)

Any changes in your details, please contact [felinaemslie@nhs.net](mailto:felinaemslie@nhs.net) Extn 58510.

## FINAL YEAR OF THE HPV CATCH-UP PROGRAMME SEPTEMBER 2010 – AUGUST 2011

The National Human Papilloma Virus (HPV) Immunisation Programme started in Scotland in August 2008. The vaccine helps to protect against the 2 main types of HPV that can cause cervical cancer. Three injections are given to girls over a 6 month period.

All girls in Scotland born on or after 1 September 1990 are being offered the vaccine. The programme runs two- fold; in schools, all girls are offered the vaccine (S2 routinely), and in a one-off three-year out of school catch-up programme running from 2008-2011 through GPs. NHS Grampian is running a campaign targeting girls out of school and who are still eligible (born on or after 01 September 1990) for the vaccine, as it is the last year of catch-up and really the final opportunity the out of school girls have to get this vaccine as part of the national programme.

The campaign includes a TV advert that lets people know more about the vaccine, including who is eligible and where they can get protected. The girls are advised to contact their GP or look out for their own pink invite in the post. GP Practices are issuing invitations to all eligible girls.



The TV advert stars local students who have been vaccinated, and brings them together to support the national message: “together we can fight cervical cancer”. It is hoped to boost the number of girls having the immunisation by reassuring their peers and encouraging them to also have the jab.

If you want to find out more about the HPV programme either the catch up campaign for out of school girls or the schools programme please either contact:

**Laura Kluzniak**  
Project Manager Immunisations  
Extn: 58595  
Email: [laura.kluzniak@nhs.net](mailto:laura.kluzniak@nhs.net)

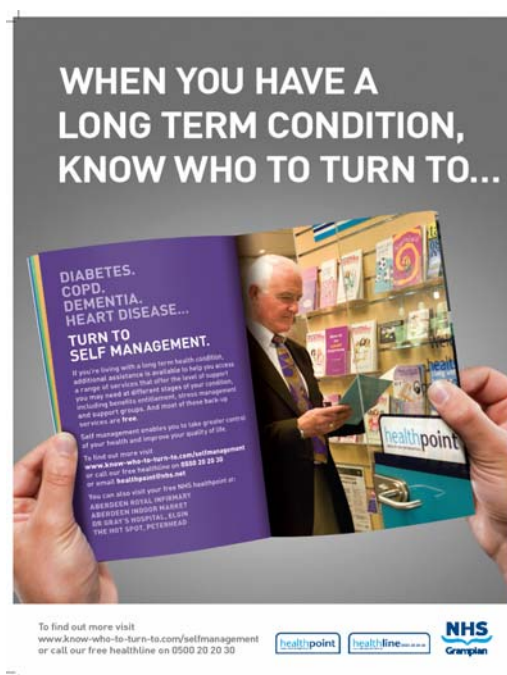
## KNOW WHO TO TURN TO FOR SELF MANAGEMENT ADVICE

Around 1 in 3 people in the North East of Scotland live with one or more long term conditions – NHS Grampian in partnership with voluntary organisations, carers and patients have developed a self management campaign to help people living with long term conditions (and their carers) to 'Know Who To Turn to' to find out about the range of local services available to support them.

Self management supports and encourages people living with long term conditions to access information and to develop skills to find out what's right for their condition and, most importantly, right for them. There is a huge amount of help and advice available already and this campaign is about signposting people to these useful resources, whatever their long term condition, or their needs.

Self management is **not** a replacement for services. It does not mean the person and/or their carer has to manage their long term condition(s) alone. It's about working hand in hand with the people who can provide the right support at the right time to enable individuals and their carers to choose how they want to live with a long term condition. There is no 'one-size-fits-all' model of self management. It is not an individual action, specific treatment or service. It has to be tailored to each person's needs, circumstances and wishes. For everyone, the challenge is to get on with life, while dealing with the reality of living with a long term condition.

For more information on self management visit NHS healthpoints at Aberdeen Royal Infirmary entrance concourse, Aberdeen's Indoor Market, Dr Gray's Hospital in Elgin, or The Hot Spot in Peterhead or call NHS Grampian's free healthline on 0500 20 20 30, or email [healthpoint@nhs.net](mailto:healthpoint@nhs.net), visit [www.know-who-to-turn-to.com/selfmanagement](http://www.know-who-to-turn-to.com/selfmanagement)



**Linda Duthie**  
Self Care Project Manager  
Email: [linda.duthie@nhs.net](mailto:linda.duthie@nhs.net)  
Extn: 58491

## Give Kids a Chance

The annual Give Kids a Chance reports, for the period from 1 April 2009 to 31 March 2010 are now available on HI-Net. Please visit the Give Kids a Chance homepage at <http://www.hinetgrampian.org/hinet/2792.html> to view copies of the:

- Annual Review
- Evaluation & Monitoring Report
- Individual area reports for Aberdeen, Aberdeenshire & Moray
- Income & Expenditure breakdowns

## Not long until Christmas!

Christmas 2010 is not far away and people are making arrangements for Christmas festivities and celebrations. Why not spread this Christmas cheer a little further and think about fundraising for Give Kids a Chance.



Instructions for organising raffles and encouraging staff to make donations are now available from Give Kids a Chance so that you can join with us to raise much needed funds for the project.

You can support us by:

- Assembling Christmas hampers full of treats and goodies to be raffled in offices and workplaces.
- Making donations to Give Kids a Chance instead of sending Christmas Cards.
- Organise a Christmas Concert or a Christmas Quiz.

Last year £7,309 was raised which was used to support young people take part in activities across Grampian. If you would like more information on any of our Christmas Fundraising ideas or want to register to take part please contact [heather.wilson2@nhs.net](mailto:heather.wilson2@nhs.net) or visit our website at: [www.nhsgrampian.org/gkac](http://www.nhsgrampian.org/gkac)

### Heather Wilson

Denburn Health Centre, Rosemount Viaduct  
Email: [heather.wilson2@nhs.net](mailto:heather.wilson2@nhs.net)  
Extn: 55224

## STAFF NEWS

**A fond farewell to:**

- **Helen Foster**, Secretary/Administrator who retires on 8 December 2010.
- **Emma Rochford**, Secretary/Administrator who leaves on 3 December 2010 to take up a post outwith NHS Grampian.