

PUBLIC HEALTH AND PLANNING UPDATE

ISSUE NO 72– JUNE 2011

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

felinaemsle@nhs.net



INTEGRATED IMPACT ASSESSMENT SCREENING FRAMEWORK

CONTENTS:

- ☞ Integrated Impact Assessment Screening Framework
- ☞ Support for Health & Well Being in School Communities in Moray
 - Healthy Minds – Mental Health Awareness
- ☞ The Big Picnic
- ☞ grampian public health information sessions
- ☞ Vote for Freda
- ☞ Staff News/Retirement Tea Party

Aberdeenshire Council supports a new Integrated framework that assesses the impact of policies, plans and strategies on equalities, health, socioeconomic and environmental issues.

Public sector organisations are required by law to assess their policies on the impact on equalities and the environment, and in recent years, there has been recognition of the value of considering impacts on health and socioeconomic issues. The Scottish Government strongly endorses assessing the impact of policies on health, advocating that the development of healthy public policy is a key element to reducing health inequalities (Equally Well; Report on the Ministerial Task Force on Health Inequalities 2008).

After an extensive pilot, Aberdeenshire Council has endorsed the use of a new Integrated Impact Assessment Screening Framework (IIASF). This means that all council policies, plans and strategies, when developed or reviewed, will be screened simultaneously on their impact on equalities, environment, health and socioeconomic issues. The framework supersedes the existing process of conducting stand alone statutory screening assessments required for equalities and the environment.

Material for the next PH/Planning Newsletter should be submitted no later than 02 August 2011 to felinaemsle@nhs.net

The IIASF is designed to help policy planners assess and recommend changes at an early stage of developing or reviewing a policy, plan or strategy that will mitigate potential negative impacts, and enhance potential positive impacts. Applying this framework will help to reduce inequalities and improve environmental, health and socioeconomic outcomes for the population of Aberdeenshire.

For further information, please contact:

Susan Forbes
Health Improvement Officer (Strategy)
Aberdeenshire CHP/Aberdeenshire Council
Email: susan.forbes3@nhs.net
Tel: 01224 665269

SUPPORT FOR HEALTH AND WELLBEING IN SCHOOL COMMUNITIES IN MORAY

'Get Ready To Cook!'

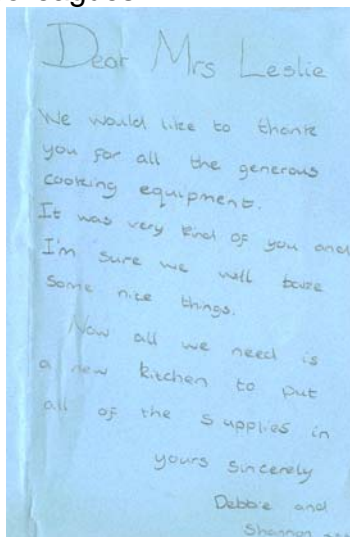


Almost 100 school staff and partners participated in 'Get Ready to Cook!' training, held at Lossiemouth High School on 19th May 2011. The training, which was delivered as part of the Moray in-service training programme, was designed to support staff in primary schools to deliver the practical food skills elements of the Curriculum for Excellence Health and Wellbeing framework and forms part of the HEAT 3 Child Healthy Weight School Intervention Programme.

'Get Ready to Cook!' was developed, planned and facilitated by Health Improvement staff and Principal Teachers of Home Economics. The day began with a presentation from Liz Nicol, Health and Wellbeing Development Officer from Learning and Teaching Scotland, which provided an overview of the Curriculum for Excellence Food and Health organiser with a particular focus on the aspects relating to practical food skills. Morning workshop activity was led by a range of partners including Food Standards Agency Scotland, Quality Meat Scotland and the Royal Highland Education Trust. In addition, Health Improvement staff delivered workshops to promote hand hygiene.

A lunchtime 'marketplace' included information stands from Childsmile, Dietetics and the British Nutrition Foundation; providing participants with an opportunity to find out more about healthy eating and oral health.

Afternoon workshops led by Home Economics staff focussed on supporting staff to deliver practical food skills activity in the classroom. To compliment this, each participant received a guide to 'Planning a practical food activity for primary children' that was developed with support from Environmental Health colleagues.



On completion of the training, each school received a bag of resource information and a set of cooking equipment.

Feedback from the training has been very positive. Schools appreciate the support and are very keen to start using the equipment they have received. A message of thanks from one primary school noted that "The staff were very impressed with the course, they are delighted with the

equipment the school has received and they can't wait to use it, thanks again."

With the help of Principal Teachers of Home Economics, there are plans to provide an ongoing programme of support.

Healthy Minds – Mental Health Awareness

There is a growing awareness in Scotland about the importance of improving and maintaining good emotional mental health and well being. It is recognised that good mental and emotional health is a fundamental and underpinning component of positive health and wellbeing.

There are strong links between the emotional wellbeing of children and young people and their personal, social development and academic performance. Evidence indicates that schools are an ideal setting to promote emotional wellbeing and it is strongest where the promotion of emotional wellbeing is taken forward as part of an integrated whole school approach.

The high priority afforded to health and wellbeing within Curriculum for Excellence acknowledges that mental, emotional, social and physical wellbeing are essential for successful learning. Good mental health underpins all activities that children and young people engage in - learning, playing, interacting socially, communicating and forming relationships.

'Healthy Minds', which recommends a whole school approach to promoting positive mental health for all, began with a pilot project in Lossiemouth Associated School Group in 2005 and was rolled out to Milne's Associated School Group in 2007. The pilot project was initially designed to deliver on the strategic aims set out in 'The Mental Health of Children and Young People: A Framework for Promotion, Prevention and Care', however, it is underpinned by a whole range of policies including Towards a Mentally Flourishing Scotland, GIRFEC, Delivering for Mental Health and Delivering a Healthy Future.

From 2009 to March 2011 'Healthy Minds' was part of the Moray Health and Wellbeing in Schools National Demonstration Project.

In November 2010 650 staff from Speyside, Forres and Buckie Associated School Groups participated in 'Healthy Minds' training organised to raise awareness of mental health and emotional wellbeing. The sessions were truly a partnership approach with teaching and non-teaching staff working alongside partners from a range of agencies.

Following the same format, the training was repeated for approximately 150 staff and partners in Elgin High Associated School Group on 20th May 2011. The programme used a combination of presentations and interactive group activities to challenge participants' preconceptions and generate discussion about mental health and wellbeing.

There are plans to deliver Healthy Minds training on 21st November 2011 for staff and partners working in Keith Grammar School and its associated primary schools.

For more information please contact:

Susan Leslie
Health Improvement Officer (Schools)
Tel: 01343 567123
Email: susan.leslie@nhs.net

On Saturday 7th May 2011 the Education, Culture & Sport Service, in partnership with NHS Grampian and Aramark Ltd, held its first **Big Picnic** event for parents and their children, at the Beach Ballroom, Queens Links and beach area.

This was the first event of its kind and we were overwhelmed with the response, with over 220 families applying to attend.

The theme of the event was **Health and Wellbeing**, and whilst children were engaged in a range of supervised activities during the morning, parents took part in a conference at the Beach Ballroom. There were presentations from staff and pupils at Danestone School and St Machar Academy on the work they have been doing to promote healthy, active lifestyles, and there was a wide range of stalls, including Childsmile, Eat-Play-Grow-Well, Baby Think It Over, Health Promoting Schools, PEEP project, Family Information Service and Active Schools where parents could find out about the services available to them from the City Council and the NHS.

In the afternoon there were further fun activities for families to get involved in, including a "Ready, Steady, Cook" style cooking demonstration provided by Aramark Ltd, a sand sculptures competition on the beach, Zumba dance classes, surfing and rock climbing.

Below are some of the photographs taken on the day.

Nicola Robertson
Health Improvement Officer – Schools
Email: n.robertson@nhs.net





grampian public health information sessions

Learning Fair

28th June 2011

Recreation Hall, Woodend Staff Home

11.30am – 1.30pm

Again this year, this event offers you a chance to find out more about the opportunities available for personal study, training and learning, to develop your knowledge and skills in health improvement.

Representatives will be on hand to provide information and answer your questions about a range of courses and resources, including degree level, distance learning and local training.

Open to all with an interest in public health and health improvement.

Open to all with an interest in public health and health improvement. Stands and displays will include:

- HI-Net Learning and Development courses and qualifications resources,
- NHS Grampian Health Care Support Workers induction and training
- NHS Grampian health improvement training (brief interventions, sexual health and others)
- NHS Grampian Library and Knowledge Services,
- NHS Grampian Learning and Development
- NHS Grampian *Supporting the Professional*,
- NHS Education Scotland, Nursing, Midwifery and Allied Health Professionals
- NHS Health Scotland,
- PHORCaST online resource for careers, skills and training
- Robert Gordon University, School of Health Sciences
- Robert Gordon University, School of Nursing
- University of Aberdeen,
- Additional material provided by Glasgow Caledonian University, Health Protection Scotland, 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 or call 01224 558434 (internal 58434).

Please also contact Lisa if you have an interest in attending as an information provider.

Watch for further details of **gphis** events on HI-Net

VOTE FOR FREDA!

Freda Nicolson, our very own Shetland born Physical Activity Advisor, requires your help!

She has recently branched out in her spare time to do some local modelling and has been doing very well. She has had a moment of bravery and decided to enter a national modelling competition for the retail giant Next.

She is currently standing at 156th but needs more votes to stay within the top 250 to progress to the final! There are 7 days until voting closes and the finalists are announced.

Please if you can, take some time to support our Shetland Beauty Freda and vote for her at the below link:

- <http://www.next.co.uk/model-competition-2011/vote-for-me-idqng9ge3/>

A news article also recently appeared on the Shetland News website about Freda and her race to reach the final of the competition, you can view the news article at the below link:

- <http://www.shetnews.co.uk/news/1040-local-girl-could-be-next-big-thing.html>

Lisa Beattie
Financial Assistant/Administrator
Email: lisabeattie@nhs.net
Extn: 58434



Staff News

Congratulations to:

- Lorraine Scott who gave birth to a baby boy Jack on Saturday 28 May, weighing 8 lbs 12 oz.

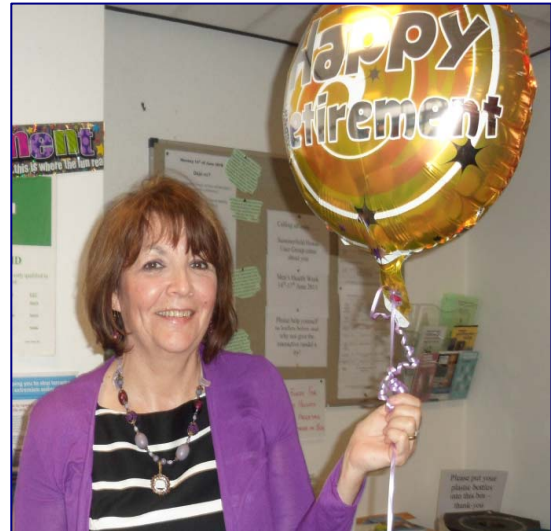
A fond farewell to:

- **Prof Christine Bond**, Consultant in Pharmaceutical Health, Public Health & Planning who leaves NHS Grampian on 30 June 2011 to devote herself full time to her post at the University of Aberdeen.
- **Pat Pirie**, Principal Specialist Analyst, Health Intelligence, who retired on 22 June 2011 after 25 years with NHS Grampian.

RETIREMENT TEA PARTY



Irene Allan



Celia Mitchell

A joint celebration Retirement Tea Party for our two Public Health and Planning Administrators, **Irene Allan and Celia Mitchell** was held on 23 June 2011. Between them they have approximate 80 years of service to the NHS Grampian, working in various departments, before finishing their NHS careers within the Public Health & Planning team in Summerfield House.



Graeme Smith, Head of Service Development - Public Health & Planning did the presentation for Celia Mitchell and **Barbara Smith**, Public Health & Planning Business Manager did the presentation for Irene Allan.