

PUBLIC HEALTH AND PLANNING UPDATE

ISSUE NO 76 – DECEMBER '11



Welcome to the 76th edition update.
A huge thank you once again to everyone
who has participated by taking the time
to produce the articles for the newsletter.
If you have still not submitted any articles
but would like to do so, please contact:



felinaemslie@nhs.net

UPDATE ON SENIOR LEVEL VACANCIES

CONTENTS:

- ☞ Update on Senior Level Vacancies
- ☞ Opening Up Garioch
- ☞ PH/Planning Contacts for DATIX incidents
- ☞ NHS Grampian (Acute Sector) Silver Healthy Working Lives Award
- ☞ Aberdeenshire CHP Gains Certificate of Commitment
- ☞ 'Healthy Minds' – An Introduction to Managing Self Harm Training
- ☞ 'Storyline' Training/Background
- ☞ Special Offer
- ☞ *healthpoint*
- ☞ Moray Health and Wellbeing Guidelines for Schools and Early Years
- ☞ 'Tuck and Travel' Success at West End Primary School
- ☞ Eat, Play and Grow Well
- ☞ Give Kids a Chance
- ☞ Staff News

Staff will be aware that there are currently a number of senior level vacancies in NHS Grampian. [Mark Sinclair](#), previously Director of HR and Strategic Change has left NHS Grampian and [Dr Lesley Wilkie](#), Director of Public Health and Planning retired on 30th November 2011.

These vacancies have provided an opportunity to reflect on the best configuration of functions, both now and for the future, as we implement the detail of the Health and Care Framework.

As a result the following actions have been agreed:

- The post of Director of Public Health has been advertised externally. . The responsibilities of this post will include Civil Contingencies and Health Intelligence.
- In the short term, until this appointment is made, [Susan Webb](#), Deputy Director of Public Health will fulfil the role of Acting Director of Public Health and [Graeme Smith](#), Head of Service Development, will coordinate the planning function. Both Susan and Graeme will report directly to the Chief Executive.

**Material for the next PH/Planning
Newsletter should be submitted
no later than 7 February 2012 to
felinaemslie@nhs.net**

- A redesigned role of Executive for Modernisation will be created, with a focus on the implementation of the Health Plan and the Health and Care Framework. The detail of the functions included in this role will be the subject of discussion with those directly affected.
- The post of Director of Workforce, which will replace the Director of HR, will be advertised externally in the near future.
- In the short term, until this appointment is made, the two existing Deputy Directors for HR and Strategic Change – [Clare Ruxton](#) and [Lynn Marsland](#) - will lead the Directorate. Both Clare and Lynn will report directly to the Chief Executive.

All staff directly affected by these changes will be fully involved and informed as these actions are implemented. In addition, staff side colleagues have been fully involved in the discussions about future configuration and will be involved throughout the recruitment and appointment processes.

Whilst change of any type is difficult, it is important to review and reflect on our leadership arrangements when vacancies arise, as we do with every vacancy in NHS Grampian. It is also important to note that these arrangements will be implemented at the same cost, or a reduced cost, compared to the current structure.

Further updates will be provided as the actions are implemented and appointments are made.

In the meantime, if you have any questions please contact [Richard Carey](#), Chief Executive – richard.carey@nhs.net

OPENING UP GARIOCH

Local groups and professional artists in Garioch have collaborated on a project to identify and capture the barriers faced by people in their local communities.

Inverurie Health Improvement Group's 'Opening Up' project aims to promote social inclusion in the area and the first phase of the project has resulted in DVD and online film which includes the creative work of around 70 participants.

The contributors include older people, young people with disabilities and people with mental health or substance misuse issues who have portrayed their experiences of day-to-day life, including their use of local shops and services. The film will form part of a presentation to be taken to local groups and associations to raise awareness of issues faced by vulnerable people in the community. Once the film has been presented it will also form part of the next phase of the project to make Inverurie the first socially inclusive town in the UK. Opening Up Garioch is available to view on You Tube at: www.youtube.com/watch?v=10eyy-fBhTc&NR=1.

Mary McCallum
 Health Improvement Officer -Strategy- Chief Executive Service
 Aberdeenshire Council
 Email: mary.mccallum@nhs.net

Public Health and Planning contacts for DATIX incidents and some 'frequent asked questions' can now be found on Hi-Net <http://www.hi-netgrampian.org/hinet/file/7144/DATIXFAQ.doc>

NHS GRAMPIAN (ACUT SECTOR) SILVER HEALTHY WORKING LIVES AWARD



The Healthy Working Lives Programme encourages employers to promote a healthier workforce and covers a wide range of topics, including health promotion, occupational health and safety, employability, mental health and well-being, community involvement, and health and the environment.

On Wednesday, 16th November at the Healthy Working Lives 2011 award ceremony, a total of 36 organisations from across the North East and offshore, employing more than 29,000 people, received top awards for improving health and wellbeing in their workplaces.

Amongst the award recipients was NHS Grampian (acute sector) who collected silver, having achieved the bronze in 2010.

Chair of NHS Grampian Bill Howatson presented the awards and receiving a framed certificate on behalf of NHSG were Ian Milne and Seamus Saunders.

Congratulating the award winners, Steve Bell, Strategic Director of Healthy Working Lives, said: "Management and staff at all the organisations who have achieved an Award must be congratulated on their efforts to improve their health and wellbeing.

Jim Clark
Health Improvement Advisor
Email: jim.clark@nhs.net
Extn: 58525

ABERDEENSHIRE CHP GAINS CERTIFICATE OF COMMITMENT

The Baby Friendly Initiative accredits maternity and community facilities that adopt internationally recognised standards of best practice in the care of mothers and babies in relation to infant feeding. Baby Friendly accredited facilities show increased breastfeeding initiation rates and improved standards of information and care regarding infant feeding.

Aberdeenshire CHP commenced the accreditation process this year and has just received the 'certificate of commitment' from UNICEF.

Well done to all those involved in gaining the certificate of commitment. Work continues at a pace for stage 1 assessment in 2012.

For further information, please contact:

Chris Chick
Infant Feeding Coordinator - Aberdeenshire
Email: cchick@nhs.net

'HEALTHY MINDS' AN INTRODUCTION TO MANAGING SELF HARM TRAINING

On Tuesday, November 22nd 2011, 60 participants attended a half day 'Introduction to managing self harm' training delivered in Elgin Town Hall. Participants included staff from 6 schools together with a range of NHS and other partners.

The training was also delivered over two 'twilight' sessions on 9th and 14th November as part of the joint Buckie High, Milne's High and Keith Grammar School CPD programme.

The aim of the training, which is part of the wider 'Healthy Minds' Mental Health Framework for Children and Young People approach, is to offer mental health training, with a specific focus on providing an introduction to understanding and managing self harm, to staff working with children and young people

Objectives of the training are:

- To increase staff understanding of deliberate self harm and suicide
- To support staff to recognise when a young person is at risk of self-harm and/or suicide
- To increase staff confidence and skills in identifying and managing deliberate self harm
- To support staff to support children and young people
- To make the links with the Mental, Emotional and Physical Wellbeing aspects of the Curriculum for Excellence Health and Wellbeing framework

By the end of the session it is anticipated that participants will have an increased awareness and understanding of issues relating to self harm and how they can support young people, including:

- Definitions of self harm and patterns of self harming behaviour in young people
- Knowledge of specific mental health issues, including anxiety, depression and their relationship to self harm
- Why young people self harm
- How to recognise and react appropriately to self harming behaviour
- Appropriate referral pathways
- Links with Mental, Emotional and Physical Wellbeing aspects of the Curriculum for Excellence Health and Wellbeing framework

Immediate feedback has been extremely positive and the training will be formally evaluated by Osp Arnatottir, Rowan Centre trainee, as part of her MSc.

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

'STORYLINE' TRAINING

Funding was provided by Moray Alcohol and Drug Partnership to bring Storyline consultants, Sallie Harkness and Steve Bell, to Moray to deliver a 1 day training course on Wednesday, 21st September 2011, with the aim of having a team of people in each Associated Schools Group who could support use of the Storyline approach.

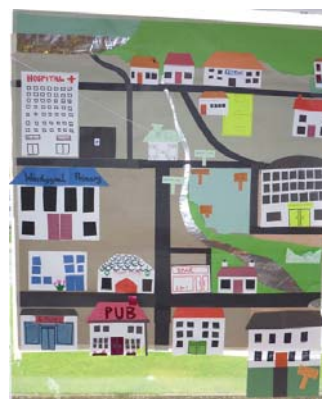
26 school staff and partners, including school nurses, attended the training and evaluations were overwhelmingly positive. One Head Teacher commented; “Really enjoyed the Storyline training – has lots of potential so thank you for bringing them to Moray.”

The trainers also delivered a one and a half hour ‘Introduction to Storyline’ at New Elgin Primary School on Tuesday evening, 20th September, which was attended by 23 staff.

BACKGROUND

‘Storyline’ uses a story to frame context based teaching. It was developed in 1967 in Jordanhill College of Education, Glasgow and, over the following years, a particular methodology gradually emerged. The outcome is a strategy now known as Storyline.

The main feature that differentiates this approach from others is that it recognises the value of the existing knowledge of the learner. Thus, through key questioning the pupils are encouraged to construct their own models of what is being studied, their hypothesis, before testing this with real evidence and research. The key questions are used in a sequence that creates a context or setting within the framework of a story. Together, learner and teacher create a scenario through visualisation – the making of collages, friezes and pictures employing a variety of art/craft techniques. These provide a visual stimulus for the skill practice planned by the teacher.



The ‘Storyline’ methodology can be particularly helpful to support the delivery of Substance Misuse and Relationships, Sexual Health and Parenthood education because, by using a hypothetical setting and characters, it provides a degree of anonymity for children and young people.

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

SPECIAL OFFER

There are two sections of black ash slatwall to give away. Each piece of slatwall, which was taken from the old healthpoint at 181 Union Street, has dimensions of:

1.83m (h) x 1m (w). If interested, please contact:

James Norman
Health Information Resources Co-ordinator
Email: jamesnorman@nhs.net
Extn: 58638




Know who to turn to for help with your health – healthpoint offers free and confidential health advice from trained staff on a wide range of topics.

- Practical ways to improve your health
- Your health concerns
- Support groups and organisations
- How to access NHS services
- Long term conditions e.g. diabetes, asthma
- Access to free condoms
- Access to smoking cessation service

No medical advice offered

Now Open Monday to Friday 9.00 – 5.00

Your  at Dr Gray's is now open, situated within the Foyer, from Monday to Friday – 9.00 – 5.00.

Additional Services

- Healthline – free telephone line which provides healthpoint services, Monday – Friday, 9.00am -5.00pm
- Healthtext – text info to 82828 – a health advisor will call back during office hours (cost standard network rates)
- Email for information – healthpoint@nhs.net

MORAY HEALTH AND WELLBEING GUIDELINES FOR SCHOOLS AND EARLY YEARS

'Health and Wellbeing Guidelines for Schools and Early Years' have been launched as part of an ongoing programme to support schools and early years' centres in Moray to promote and improve health through implementation of the Schools (Health Promotion and Nutrition) (Scotland) Act and Curriculum for Excellence Health and Wellbeing.

The guidelines provide a framework for learning experiences and outcomes to promote health and wellbeing in schools and early years' centres and, in reflecting the requirements of national and local government, will ensure a consistency of approach which is in the best interest of children and young people, their parents, carers and communities.

A poster and leaflet which provide an overview of the Curriculum for Excellence Health and Wellbeing framework were launched alongside the guidelines. The documents can be accessed via Hi-net at the links below:

Health and Wellbeing Guidelines

<http://www.hi-netgrampian.org/hinet/file/7060/H&WBGuidelinesforSchools.pdf>

Poster

<http://www.hi-netgrampian.org/hinet/file/7061/H&WBFrameworkPoster.pdf>

Leaflet

<http://www.hi-netgrampian.org/hinet/file/7062/H&WBFrameworkLeaflet.pdf>

'TUCK AND TRAVEL' SUCCESS AT WEST END PRIMARY SCHOOL

Primary two pupil, Caitlin Banks, is the first pupil at West End Primary School to complete the 'Tuck and Travel' reward card, which is part of a scheme to promote healthy eating, physical activity and safe, active travel with pupils, staff and parents.

Depute Head Teacher, Amanda Cox, said;

"The Tuck and Travel cards are completed by pupils each day to record healthy journeys and healthy eating. All children can participate in the scheme by eating at least one portion of fruit or vegetables and by walking, cycling, catching the bus or doing the 'Park and Stride' to school. There are incentives and rewards for children at various stages of completion of the cards, including badges, soup packs and leisure passes. Caitlin is the first of our pupils to submit a completed card and she will receive a swim pass for herself and her family to use at Moray Leisure Centre."

The award was presented to Caitlin by Councillor Jeff Hamilton, Chair of the Moray Council's Children and Young People's Committee, at the school's Friday 'free talk' activity.

Friday Free Talk gives the opportunity for classes, pupil groups and individuals to tell to the rest of the school what they have been doing and ask for opinions and ideas. It is also used as a time to recognise personal achievement in and out of school and promote community activities. Friday Free Talk helps promote the aims and health promoting ethos of the school by encouraging pupils to become responsible citizens, effective contributors, confident individuals and successful learners.

Councillor Hamilton, said;

"Moray Council Education and Social Care is committed to playing a key role in promoting health and wellbeing of children, young people and their families in communities across Moray. This initiative forms part of a much wider framework of learning experiences and outcomes to promote health and wellbeing in schools and early years' centres."

Moray Public Health Lead, Mrs Tracey Gervaise, said;

"The activity at West End Primary School and other schools involved in the Tuck and Travel scheme is supporting Moray Community Health and Social Care Partnership and Moray Council to address issues associated with overweight and obesity in relation to Child Healthy Weight."

Susan Leslie

Health Improvement Officer (Schools)

Tel: 01343 567123

Email: susan.leslie@nhs.net



Eat, Play and Grow Well

Now organised by Community Dietetics for Grampian

NHS Grampian successfully exceeded the Scottish Government 2008-2011 Heat 3 child healthy weight target. We achieved this by developing and implementing a range of interventions including both one to ones and school based programmes.

The targeted intervention for identified overweight (>91st BMI centile) children continues to be Eat Play Grow Well (EPGW). Over the last year we have continued to build and improve the programme using the feedback from families we have seen. Below is a comment from a parent who completed the programme in Aberdeen

“Incorporating information on healthy eating, exercise, cookery has given me the opportunity to address these issues with my daughter and encouraged the whole family to take on board a healthier lifestyle. I would have liked it (the EPGW programme) for longer than 4 weeks. I would certainly recommend this programme to all families”

Now EPGW is a 6 session programme delivered by community dietitians, in a range of locations across Grampian. The content explores behaviour change, food choices, portion sizes and being active.

It is now even simpler to refer a child or young person (we have programmes suitable for age 5 – 15 years) by filling in the EPGW referral form (available from email below) and send back to Community Dietetics at nhsg.communitydietitians@nhs.net. Please remember to fill in height, weight and BMI centile.

In addition a new school based programme called “Grow Well Choices” will be delivered to Primary 5 – 7 children across Grampian from Autumn 2011.

We also have new interim guidance for child healthy weight in the form of an Integrated Care Pathway (ICP) which was developed by Community Dietetics. The ICP will be piloted initially in a couple of areas in Grampian and the process evaluated before being rolled out more fully across Grampian.

If you have any comments or queries about

- EPGW then please contact Community Dietetics on 01224 556476 or nhsg.communitydietitians@nhs.net
- Grow Well Choices please contact Caroline Comerford 01224 558601 or caroline.comerford@nhs.net
- CHW Integrated Care Pathway (ICP) please contact Heather Donald on 01224 556305 or heatherdonald@nhs.net

Jenny Gordon

Public Health Dietitian

Public Health Team, Denburn Health Centre

Email: jenny.gordon1@nhs.net

Extn: 55 280

Give Kids a Chance

Reports now available for Give Kids a Chance

Annual Review, Evaluation & Monitoring, Critical Review and Income and Expenditure reports are now available on the GKAC home page on [HI-NET](#)

Contact Heather Wilson on telephone number 555224 or by email on heather.wilson2@nhs.net for any additional information.



Welcome!

Staff News

A warm welcome to:

- **Katherine Burke** who is appointed as Health Improvement Officer - Education, Learning & Leisure (ELL) in Aberdeenshire. Katherine, who commences in December 2011 and will be working across the Public Health Team and Aberdeenshire Council (ELL service), will be based in Gordon House, Inverurie with contact details katherine.burke1@nhs.net on Tel # 01467 670990.
- **Lynn Grant**, CHW Health Coach, Moray Community Health Social Care Partnership (MCHSCP). Lynn is based in Spynie Hospital, with contact details lynn.grant2@nhs.net Tel # 07557203572.
- **Kirsty Reid**, CHW Health Coach, MCHSCP, Spynie Hospital. Kirsty's contact details are kirsty.reid4@nhs.net on Tel # 07557203571.
- **Eric Russell**, Public Health Co-ordinator – Health Impact Assessment, (MCHSCP). Eric is based in Spynie Hospital and can be contacted on Tel # 01343 (5)67120 at eric.russell@nhs.net

Staff Changes:

- **Estelle Muller-Girod**, who leaves the Business Development Team to take up the post of Civil Contingencies Support Officer, Public Health & Planning – Civil Contingencies based in Room G55, Summerfield House. Estelle's contact details are estelle.muller@nhs.net on Extn 58615.
- **Laura Sutherland** has accepted the post of Public Health Co-ordinator (Moray). Laura has been a valued member of the Moray Health Improvement Team for several years as a Health Improvement Officer (Acute), where her most recent inputs include Healthy Working Lives, Sexual Health, Smoking Cessation/Prevention and the recently opened **healthpoint** at Dr Grays. Laura can be contacted on laura.sutherland@nhs.net on Tel: - 01343 (5)67143.
- **Sarah Nuttall**, who has been working with the Childsmile Team in the City, joins the Health and Work Team in December 2011 as a Project Support Worker. Sarah is in G78/80 and contact details are sarah.nuttall@nhs.net on Extn 58748.

Congratulations to:

- **Susan Forbes** on the birth of her baby boy "Lachlan James Peter" on 13th September, weighing 8lbs 7oz.

A Fond Farewell to:

- **Susan Doran**, Health Improvement Advisor – Health and Work Team who leaves on 16th December 2011.