

PUBLIC HEALTH AND PLANNING UPDATE

ISSUE NO 71 – MAY 2011

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

felinaemslie@nhs.net



POOL VEHICLE - REMINDER

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Did you know that there is a pool car available for all staff within the Public Health & Planning Directorate?

The car, a Renault Kangoo 1.5 diesel, can be booked through

the Health Information Resources Service (HIRS). The HIRS also holds the keys.

I would like to encourage all staff to use the vehicle. The lease for the Kangoo is of course paid whether the car is used or not. If the vehicle is constantly in use this makes for a cost efficient form of transport for Public Health & Planning. It can be driven anywhere in the UK for business purposes.

If you are not a current user of the car and would like to use it please complete the driver declaration form and return a copy to myself. The form can be found by following this link:

<http://www.hinetgrampian.org/hinet/files/Driver%20Declaration.pdf>

You will be covered by NHS Grampian's insurance. I will also need to view the paper part of your license (the part where endorsements are noted). If you have endorsements you are not excluded from

Material for the next PH/Planning Newsletter should be submitted no later than 21 June 2011 to felinaemslie@nhs.net

using the car, but the insurance company must be informed.

When using the car please note the following:

- The driver is responsible for checking the vehicle is roadworthy – please check tyres, lights and fluid levels before use. Any faults must be reported to the HIRS.
- Please complete the mileage sheet after every journey.
- It is customary to leave the vehicle with at least a half a tank of fuel for the next user.
- The driver is responsible for any speeding fines, parking tickets, etc.
- In the event of a breakdown or accident either contact the HIRS or the lease company directly. Out of office hours please contact the lease company who will arrange recovery.
- The car is kept in the grounds of Woodend Hospital and must be returned there after use.
- It can be taken to your home address in preparation for an early start the following day.

Please contact me if you have any further queries or want to be shown the vehicle.

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**MORAY YOUTH COUNCIL - MORAY COMMUNITY PLANNING DIALOGUE
EVENING
The Beechtree Café, Moray College
Monday 18th April 2011**

Hazel Whyte, Planned Care Manager presented on young people's involvement with community planning in relation to health. Jenny McLean and Laura Sutherland, both Health Improvement Officers show cased projects that young people were involved with in relation to:

- Project planning
- Consultation – questionnaires, focus groups
- Steering group membership
- Evaluation and review of all services

The night started with Ice breakers which immediately drove the myth of 'stuffy suits' away and set the standards for a very informal evening to promote the sharing of information.

Community Planning Partners delivered their presentations giving the young people a clear picture of how everyone fits into the Community Planning Partnership and where young people can have a voice on the five Local Outcomes:

- Wealthier & Fairer
- Smarter
- Safer & Stronger
- Healthier
- Greener

Each of the partners and councillors were allocated tables and the young people were given the opportunity to 'speed' round the tables at 5 minute intervals, with specific, challenging questions, such as, 'Describe community planning in three words?' Partners were also given the opportunity to ask 'if they were getting it right?' - Health received a very positive response, with young people commenting on specific projects, such as:

- Kick Butt – Young girl who attends Milnes High School, commented, "It really works, less young people are going to the smoking corner, also the peer education is a great way of involving the young people."
- MIB (Mobile Information Bus) – "Fantastic the bus is great, we have to have more of the bus" One young man wanted increased access to the MIB in his local area. It was explained to him that parking was an issue in the particular area identified. He then spoke with the Moray Council convener, who directed him to the appropriate person and after further discussion the parking matter was resolved.

Casey, a member of the Youth Council, summed up the event – 'It showed us all that is not as hard as it seems to speak to some in authority, but I think both sides find it difficult crossing the age barrier.'

For further information, contact

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**SUPPORT FOR HEALTH AND WELLBEING IN SCHOOL COMMUNITIES
'TUCK AND TRAVEL'**

Several Moray Primary Schools are participating in 'Tuck and Travel', an initiative designed to encourage healthy eating and safe and active travel.

'Tuck and Travel' cards are completed by pupils each day to record healthy journeys and healthy eating. There are incentives and rewards for children who complete their cards. All children can participate in the scheme by eating at least one portion of fruit or vegetables during the day and by walking, cycling, catching the bus or doing the 'Park and Stride' to school.

'Tuck and Travel' is part of the Moray Travel Smart Scheme and has been approved by the Scottish Government as a 'non-targeted' child healthy weight intervention.

'Focus on Food' Training

This multi-agency food and health awareness training which has been delivered during February and March in Elgin, Buckie, Keith and Forres forms part of a wider programme to support staff to implement the Curriculum for Excellence Health and Wellbeing framework and the Schools (Health Promotion and Nutrition Scotland Act).

The training is designed to provide participants with an awareness and understanding of the food and health aspects of the Curriculum for Excellence Health and Wellbeing framework and a greater understanding of food/nutrition issues, including the Eatwell Plate and elements of a

balanced diet, how to comply with nutrition legislation and activity to address HEAT Target 3: Child Healthy Weight.

Schools attending the training have been provided with resources, such as the Eatwell plate mat and a selection of games produced by the Food Standards Agency, to support them to promote healthy eating.

A 'Handy' programme

As part of an ongoing initiative to promote safe and hygienic practice, hand hygiene champions are being trained in schools to enable and support them to confidently deliver hand washing lessons.

In 2009 Healthier Scotland issued resource packs to schools to support hand washing. To compliment this resource and with the support of infection control colleagues, a 'Hand Washing Champion' training programme was developed and rolled out to schools who identified the need for training. Provision of training has now been extended to early years settings to ensure consistent messages are delivered across Moray.

Training has recently been delivered in Millbank, Milne's, Findochty and St Geraldine's Primary Schools and Portknockie and Rainbow Nursery Schools. These establishments are now planning to deliver hand washing as part of a whole school approach either throughout the academic year or as part of an annual health week event.

For more information please contact:

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Staff News

A warm welcome to:

- **Dr William Moore**, Consultant in Public Health Medicine, who will join the Public Health & Planning Directorate from 1 June 2011. William completed his public health training in Northern Ireland before spending the last four years establishing an MSc in Public Health for Queen's University, Belfast and providing service improvement/development and commissioning decision support to the Public Health Agency.

Congratulations to:

- No April Fool! - **Wendy Innocent** gave birth to baby Gregor Thomas Anthony on 1 April, weighing just over 8lbs. After a short stay in the baby unit, mum and son both doing well.
- **Gemma Mitchell** gave birth to a baby boy Michael William Wood on 28 April, weighing 7lbs 5oz.