

PUBLIC HEALTH AND PLANNING UPDATE

ISSUE NO 73- AUGUST 2011

Welcome to the August edition of the Newsletter. If you wish to contribute to future editions, please contact:

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Material for the next PH/Planning Newsletter should be submitted no later than 20 September 2011 to felinaemsle@nhs.net



NOMINATIONS SOUGHT FOR SCOTTISH HEALTH AWARDS 2011



Local people from across Grampian are being urged to nominate top health workers and teams for an accolade at the Scottish Health Awards 2011.

This year is the tenth anniversary of the awards and judges will once again begin their search for Scotland's unsung health heroes, culminating in a prestigious award ceremony in Edinburgh.

The Scottish Health Awards acknowledge and reward NHS workers and volunteers who go the extra mile to deliver exceptional care, cure illnesses or improve local health services.

There is an award category to celebrate the commitment of loyal staff from every area of healthcare. This year there are also a number of new categories including the Care for Long-Term Illness Award, Care at Home Award and Health Promoting Business Award.

NHS staff and volunteers from across Grampian who work in any healthcare setting from hospitals and dental surgeries to GP practices or in the local community are eligible for an award.

Do you want to reward the dedication and commitment of healthcare staff in the North East? If so, this is your chance to nominate individuals, such as therapists, GPs, specialist carers or the cleaners and cooks who work tirelessly behind the scenes of NHSScotland.

A caring pharmacist from Turriff received a high profile honour at the Scottish Health Awards 2010. John Strachan collected the Community Care Award for the caring and professional service that he provides to the local community. John was one of three healthcare professionals or teams from NHS Grampian to reach the final stages of the awards last year.

Cabinet Secretary for Health, Wellbeing and Cities Strategy, Nicola Sturgeon said: "All of us will know someone special who works in NHSScotland - someone who goes that extra mile to provide the very best quality healthcare to the people of Scotland. These awards provide us with the opportunity to recognise those dedicated and loyal staff working across the health service and I would encourage you to take this chance to nominate that member of staff for an award."

NHS Grampian Chief Executive Richard Carey added: "Every day, patients and their families kindly take the time to tell our staff they appreciate the care they've received, and I hope they will take part in nominating individuals and teams for these popular awards.

"I am also encouraging our staff to nominate their colleagues – we have so much to be proud of and this is an excellent opportunity to be recognised nationally."

To nominate your health hero visit www.scottishhealthawards.com The closing date for nominations is Monday 12 September 2011.

Give Kids a Chance

The Give Kids a Chance Summer Newsletter is now available. Please visit the [GKAC website](#) to read all about the progress the young people have been making. Stories from Aberdeen, Aberdeenshire and Moray are featured in this edition.



SPREE books will be available again from the Give Kids a Chance team at Denburn Health Centre. Books cost £23 each and are valid until 1st October 2012. **SPREE** Books offer great 2 for 1 or 50% off savings on restaurants, family dining, informal dining, leisure, health, beauty and general shopping opportunities in a variety of outlets in Aberdeen and the surrounding area. For each **SPREE** book sold a donation of £5.00 will be made to Give Kids a Chance. To browse the offers in this year's book please [click here](#).

If you would like to order a **SPREE** book or would like more information please contact the Give Kids a Chance office on telephone numbers 01224 555293, Ext 55293 or e-mail grace.hanvey2@nhs.net **SPREE** books will only be available from Give Kids a Chance between 1st August – 8th September 2011. Order now to avoid disappointment.

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healthpoint Open Day



A new *healthpoint* at 58A, High Street, Fraserburgh was officially opened by Dr David Cameron, Chairman NHS Grampian, on 30th June 2011.

The *healthpoint* is an exciting new development which will provide quality health information and advice to both the general public and local professionals.

The day was a huge success with many coming to the *healthpoint* to meet our staff and find out more about our services. Customers were offered free lifestyle checks, as well as advice and information from our trained staff, there was also a prize draw for £200 of supermarket vouchers.

healthpoint offers free and confidential information and advice on a variety of health related issues including:

- 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 services

Trained staff provides personalised information and advice to support healthcare professionals to support patients to self care – as well as being accessible directly by the public. Health professionals can also refer patients and relatives to the *healthpoint* for further support, advice and information.



The new *healthpoint* will be open Tuesday, Thursday and Friday, 11am to 3pm and Wednesdays 12.30pm-3pm, at 58A High Street, Fraserburgh.

You can also access the service by calling the free *healthline* on 0500 20 20 30, by emailing healthpoint@nhs.net or texting the word 'INFO' to 82727. Alternatively you can visit www.nhsgrampian.org/healthpoint for further information or to find the location of your nearest *healthpoint*.

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THE DEVELOPMENT OF A NEW GUIDANCE DOCUMENT TO IMPROVING HEALTH AND REDUCING HEALTH INEQUALITIES IN ABERDEENSHIRE 2011 - 2015

A Guide to Improving Health and Reducing Health Inequalities in Aberdeenshire 2011 - 2015 was completed in June 2011.

The Guide highlights Aberdeenshire's approach on how to work in partnership between agencies and communities to improve health and reduce health inequalities, in the current restricted financial climate. It is well linked to the National and local strategic context of health improvement, namely Equally Well 2008, NHS Grampian Health Plan 2010-2013, Aberdeenshire Single Outcome Agreement, along with the Aberdeenshire Community Plan 2011-2015 and Local Community Plans.

The Guide provides a wide range of information useful for multi agencies, for example; a rationale for the Scottish Government recommendation of taking an integrated multiagency outcome focused approach to health improvement planning; evidence to support working with priority groups to reduce health inequalities; information on demography, health data, rural deprivation and isolation. It also provides the seven key priority areas of work that include; reducing inequalities in health; early years; mental health and wellbeing; tobacco; alcohol and other drugs; healthy eating active living; capacity building.

The document, which builds on the achievements of work delivered by the two previous Joint Health Improvement Plans, is relevant for those working in strategic and operational settings, such as Community Planning Partners.

The Guide is now available electronically and can be accessed at:
<http://www.hi-netgrampian.org/hinet/file/6373/HealthImpGuidelines.pdf>;

For further information please contact:

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KEEP WELL ANTICIPATORY CARE COMMUNITY PROJECT (FRASERBURGH)

Keep Well is a national project aimed at improving health and well-being in areas of greatest need through targeted health checks. Aberdeenshire has two sites for Keep Well health checks, namely Fraserburgh community pharmacies and new for 2011/12, Peterhead Health Centre.

Marcia Robertson, Keep Well Project Co-ordinator, has recently immigrated to New Zealand and a new postholder, Sandra MacAllister, has just been appointed. The post is currently funded until May 2012, and the postholder will work towards ensuring long term sustainability of the health checks in line with planned local and national mainstreaming.

For more information, please contact:

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BUCKIE THISTLE COMMUNITY ALERT

The "Buckie Thistle Community Alert" event ran for the second successive year on Wednesday, June 15 2011. The event was planned and delivered in partnership with Grampian Police, Buckie Thistle, Moray Alcohol and Drug Partnership, NHS Grampian (Public Health), Buckie High School, Grampian Fire and Rescue, Active Schools, Quarries and the Red Cross

The event was targeted at Primary 7 pupils in Buckie Associated Schools Group who will be making the transition from primary to secondary school in August. The event aimed to encourage young people to make positive choices around alcohol and drug use and provided an opportunity for them to meet their new peers before moving to secondary school.

The "Community Alert" event was based around a series of interactive presentations which included alcohol and drug awareness, first aid, and the dangers of alcohol related fire incidents.

Following the presentations, pupils watched a drama production provided by the 'Out of the Darkness' theatre company. The performance highlighted

issues relating to peer pressure/influence, bullying through social network sites and the effects of consuming alcohol and drugs.

Diversionary activities, that can provide an alternative to experimenting with alcohol or drugs, were the focus for the second half of the day, allowing the young people to explore a range of physical activity options. Local clubs and active schools coordinators provided taster sessions which included kick boxing, jogging, aerobics, team building, golf, football and cricket.

Positive feedback has been received from both pupils and teachers. Pupils expressed how much they enjoyed the event and how they had fun through active learning. They also highlighted that meeting their new peers had relieved some anxieties they had about moving to secondary school. One pupil commented that; 'Overall it was a great day and I think everyone enjoyed it!'

For further information please contact:

Rachel Thompson
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Moray CHSCP
Spynie Hospital
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Aberdeenshire Information on "HI-Net" Site Updated

The Aberdeenshire information on the Grampian health improvement network site has recently been updated and can be found within the "People & Networks" part of the site –

This also includes information on PH activity, links to other sites and details about the PH team, www.hi-netgrampian.org/aberdeenshirewellbeing.



Aberdeen City ADP Training Events

Forthcoming Professional Development Events Available to Book Now

- Motivational Interviewing (2 Day Course) - 8th/9th September 2011. Denburn Health Centre, (Health Education Room), Rosemount Viaduct, Aberdeen AB25 1QB
- Motivational Interviewing Techniques (3 Day PBW) - 9th/10th November 2011 & 12th January 2012. Royal Aberdeen Children's Hospital, Westburn Road, Foresterhill AB25 2ZG
- Working with Drug and Alcohol Users (4 Day Course) - 6th/7th/13th/14th February 2012. Woodend Hospital (Donside Room), Eday Road, Aberdeen AB15 6XS
- Children and Families affected by Parental Substance Misuse (2 Day Course) - 20th/21st February 2012. Woodend Hospital (Donside Room), Eday Road, Aberdeen AB15 6XS
- Using Brief Interventions (1 Day Course) - 28th February 2012. Woodend Hospital (Donside Room), Eday Road, Aberdeen AB15 6XS

Booking Information:

If you are interested in booking your place on one of these events, please visit www.projectSTRADA.org and sign in, using your account details.

If you do not have an account with STRADA, please click on the "create an account" button on the STRADA homepage and complete the short form.

Please contact us on 0141 330 2400 or email strada@gla.ac.uk if you have any general enquiries about these courses.

Your Local ADP Contact Details are:

Marie-Louise Shaw
Email: marie-louise.shaw@nhs.net
Tel: 01224 (5)55268
www.aberdeencyadp.org.uk

University of Glasgow Charity No. SC004401
DrugScope Charity No. 255030





Staff News

A warm welcome to:

- **Anne Cousins**, new Oral Health Improvement Co-ordinator in Moray CHSCP. This is a new post which will cover Oral Health needs within all vulnerable groups in the Moray community. Anne's contact details are anne.cousins@nhs.net Extn 67151.
- **Christine Chick** took up post as Infant Feeding Co-ordinator for Aberdeenshire CHP in Inverurie Hospital. Chris can be contacted by email, cchick@nhs.net
- **Dr Emily Burt**, Public Health ST1, who started on 3 August 2011. Emily is in Room G54 and can be contacted on emily.burt@nhs.net Extn 58402.
- **Jane Adleigh**, maternity cover for Nicola Cochrane as Team Secretary in Aberdeen City CHP as of July 2011. Jane is in Denburn Health Centre and her contact details are jane.adleigh@nhs.net Extn 55245.
- **Jill Fraser**, Secretary/Administrator providing temporary support to **Gillian Evans**, Head of Health Intelligence and **Christina Cameron**, Managed Clinical Network Manager Respiratory, Unscheduled Care & NHSG Health and Care Framework. Jill is in Room F131 and her contact details are jillfraser@nhs.net Extn 58536.
- **Naomi Milne**, new Marketing Assistant from RGU University started on 1st August 2011. Naomi is in Room G78/80 and can be contacted on Extn 58744 naomi.milne@nhs.net
- **Sheila Robertson**, Administrator in the Ethics Team who previously worked in Reception in Westholme. Sheila is in Room G62 and can be contacted on sheila.robertson@nhs.net Extn 58474.

Staff Changes:

- **Diane Murray**, covering Carla Sim as Secretary/PA to Leslie Wilkie, Director of Public Health and Planning and Barbara Smith, Public Health & Planning Business Manager as of 25 July 2011.

A fond farewell to:

- **Archie Watson**, Health Resources Information Assistant who retires from NHS Grampian on 12 August 2011.
- **Christine McLean**, Community Learning Health Worker, Aberdeen City CHP who left NHS on 26 July 2011.
- **Marcia Robertson** (Keep Well Co-ordinator, Fraserburgh) who has immigrated to New Zealand.
- **Sarah Munro**, RGU placement Marketing Assistant who leaves on 12 August 2011.

Best wishes to:

- **Carla Sim**, on maternity leave from 22 July 2011.
- **Susan Forbes** (Smoking Cessation Co-ordinator & Health Improvement Officer (Strategy) on maternity leave from 5 August 2011.

ABERDEENSHIRE CHP STAFF CHANGES

Through redesign of the Aberdeen Public Health team there are now six areas which match local community planning areas and will be the same as the local areas for the CHP following the CHP redesign. Further details with locations and contacts available from the team update on HI-Net.

- **Caroline Clark** formerly Public Health Co-ordinator for North Aberdeenshire - now Advanced Public Health Co-ordinator (Banff & Buchan)
- **Calvin Little** formerly Public Health Co-ordinator for Central Aberdeenshire - now Advanced Public Health Co-ordinator (Buchan)
- **Fiona Murray** formerly Public Health Co-ordinator for South Aberdeenshire - now Advanced Public Health Co-ordinator (Kincardine & Mearns)
- **Carolyn Lamb** appointed as Area Public Health Co-ordinator for both Formartine & Garioch areas.
- **Dawn Tuckwood** formerly Health Improvement Officer (Schools) - now Area Public Health Co-ordinator for Marr.

Further changes are as follows -

- **Linda Watt** (Health Improvement Officer - Drugs & Alcohol) is now seconded to Aberdeen Foyer until May 2012, as Buchan Alcohol Project Co-ordinator and will be replaced for the time of the secondment by **Christine Herron**, with effect from 8 August 2011.
- **Jill Smith** formerly Assistant Health Improvement Officer (AHIO) has been appointed temporarily as maternity cover for Smoking Cessation Co-ordinator.
- **Sandra Macallister** formerly Assistant Health Improvement Officer (AHIO) has been appointed as Keep Well Co-ordinator (temporary post).

Following changes to the budget within Education, Learning & Leisure (ELL-Aberdeenshire Council), it has been decided to redesign and the Health Improvement Officer (HIO) Schools post and Assistant Health Improvement Officer (AHIO) posts will be replaced during this year with a single Health Improvement Officer (HIO) post.