



Pictured left to right: North East Locality staff wearing their lipstick smeared to promote the Jo's Trust #SmearforSmear Campaign during Cervical Cancer Prevention Week in January.

## Welcome

Welcome to the February 2018 Newsletter. In January staff promoted Cervical Cancer Prevention Week, posting pictures on the Partnership's Twitter account [@GCHSCP](https://twitter.com/GCHSCP).

We have a focus on Anticipatory Care Planning and the work going on in Localities to promote recovery from addictions.

We also look at the Partnership's Five Year Mental Health Strategy Engagement.

For all the news remember to look at the new Partnership [website](http://www.glasgowcity.hscp.scot) and follow us on Twitter [@GCHSCP](https://twitter.com/GCHSCP).



[www.glasgowcity.hscp.scot](http://www.glasgowcity.hscp.scot)



[@GCHSCP](https://twitter.com/GCHSCP)

## In this Issue:

Chief Officer's Message

Transformational Change

Volunteer Charter

Your Support Your Way

# Contents:

## Chief Officer's Message

- ▶ Welcome to the February 2018 edition

## Transformational Change Programme

- ▶ Transforming health and social care services

## New Carers Act Scotland

- ▶ New Act comes into effect on 1 April 2018

## Be Prepared - Developing Anticipatory Care Planning

- ▶ Information on your care

## Promoting Cervical Screening #SmearforSmear Campaign

- ▶ Staff support the campaign to encourage women to attend smear tests

## Supporting Parents and their Teenagers

- ▶ Triple P Parenting Programme

## My Body Back Clinic Opens at Sandyford

- ▶ New Service for Survivors of Sexual Violence

## Thriving Places Recognise Local Heroes

- ▶ Local people recognised for their everyday kindness

## Using the Computer to Support Your Mental Health

- ▶ Computerised Cognitive Behaviour Therapy now available

## Photovoice Exhibition Showcases Recovery

- ▶ Work of North West Recovery Communities

## Mentors Make A Difference - Could It Be You?

- ▶ Staff take part in MCR Pathways Mentoring Programme for young people

## Tackling Stigma To Reduce Alcohol Harm

- ▶ Understanding the reasons behind alcohol use in older people

## Learning and Development 25th Anniversary

- ▶ Supporting staff to develop their learning

## Speech and Language Therapy Review

- ▶ Looking at models of service

# Contents:

## Five Year Mental Health Strategy Engagement

- ▶ Engaging with local people on our services

## Young People Vote for Local Projects

- ▶ The Big Grant Giveaway

## Partnership Signs Up to the Volunteering Charter

- ▶ Supporting the development of volunteering

## Leverndale Art Strategy Group Winning Images

- ▶ Exhibition in the cafe at Leverndale Hospital

## Working Together to Provide Support for Addiction

- ▶ South Alcohol and Drugs Recovery Service

## Young Volunteers Make a Difference

- ▶ Volunteers in the Youth Health Service

## Health and Social Care Information is a Click Away

- ▶ Find out about the Your Support Your Way Website

## Health and Wellbeing Programme Helps Recovery

- ▶ Work of the Restart programme

## Thanks to All for Supporting Christmas Present Appeal

- ▶ Collecting gifts for local children

## What Integration Means to Me

- ▶ Larry Callary, Senior Learning and Education Adviser, North West Locality

## Get In Touch

- ▶ How to contact the Partnership

## Chief Officer's Message



David Williams, Chief Officer

Welcome to the February edition of the Glasgow City Health and Social Care Partnership newsletter. I'm sure many of us can't believe it's already been a couple of months since I was wishing everyone a Happy Christmas, and many of us were looking forward to a break over the festive period. I hope whatever you did you managed to unwind over Christmas and New Year and I'm sure everyone now feels very much back in your daily routine. In our first edition of 2018 we have a particularly full newsletter, which I think reflects what a busy year we are all going to have.

Last year, in the newsletter and during the course of my work, I spoke a lot about the [Integration Joint Board's vision](#) and our commitment to meeting the

[National Health and Wellbeing outcomes](#), which drive everything we do. This year we're going to continue to focus on exactly what is going on across the city to achieve the vision and outcomes we aspire to. There's an article on the transformation programme, where you can get a feel for how ideas and suggestions, including those by you as members of staff or stakeholders, can influence the changes we're looking to make to how we support vulnerable people across the city. We want to bring the transformation work to life for you so that you can see the work going on to transform our city and possibly inspire you to get involved with suggestions and ideas.

In future editions we'll feature in more detail some of the actual programmes and projects proposed and implemented to transform our Adult, Older People and Children's Services. It seems fitting at this time of year, when people are working, to varying degrees of success, on sticking to their new year's resolutions, that the newsletter features a variety of stories related to supporting people's physical and mental health and well-being. You can read about the excellent work completed by the Partnership to develop an Anticipatory Care Plan (ACP) for people living with long term conditions that increase the probability of them being admitted to hospital or requiring urgent support. This is a great development that supports one of the national health and wellbeing outcomes, which is designed to support people, including those with disabilities or long term conditions, or who are frail, to be able to live independently and at home or in a homely setting in their community wherever possible.

We also have stories about work to highlight the importance of smear tests to protect women from cervical cancer; an innovative approach to treating mild to moderate anxiety and depression; tackling stigma to reduce alcohol harm in older adults; and the Partnership signing up to the Glasgow Volunteering Charter. As ever, there are a wide variety of stories in this edition of the newsletter that reflect the breadth of work undertaken within the Partnership.

We also draw your attention briefly to the Carers (Scotland) Act 2016, which comes into effect in April and is designed to improve access to and the quality of services to people who care for others. Preparations are already well underway for the implementation of the key features of the Act, and we will be providing more detail as this work progresses through our existing communication channels and in a dedicated story in the next edition of the newsletter.

I hope you enjoy February's newsletter and continue to enjoy reading about the work of the Partnership throughout the year.

## Transformational Change Programme

The Glasgow City Integration Joint Board's Strategic Plan sets out how community health and social care services and functions delegated to it by Glasgow City Council and NHS Greater Glasgow and Clyde will be planned and delivered. It also sets out the vision and future direction of community health and social care services within Glasgow City.

Our vision is to support people to flourish, work in partnership with people and organisations to transform our services for the better and engage with communities to improve health and wellbeing:

“We believe that the City's people can flourish, with access to health and social care support when they need it. This will be done by transforming health and social care services for better lives. We believe that stronger communities make healthier lives.”

In order to meet our aspirations and deliver on our vision, we have an integration transformation programme that has been developed to deliver the transformational change needed across the Partnership to support people to live longer, healthier lives in their own homes and communities and to support our commitment to meeting the nine National Health and Wellbeing Outcomes.

The transformational change programme is developed, planned and monitored through the Partnership's Integration Transformation Board (ITB). Consisting of members of the Executive and Senior Management Team and supported by colleagues from Business Development, Finance, HR and Organisational Development, the aims of the ITB are:

- to deliver transformational change in health and social care services in Glasgow in line with the Integration Joint Board's vision and Strategic Plan, and the National Health and Wellbeing Outcomes;
- to monitor and evaluate the short, medium and long term impacts of the transformational change programme;
- to monitor and realise financial savings arising from the transformational change programme and
- to engage with stakeholders and promote innovation within and beyond the Glasgow City Health and Social Care Partnership.

Since October 2017, the IJB has agreed transformational change programme proposals, which are available on the Partnership's [website](#), in relation to [Adult Services](#), [Older People Services](#) and [Children's Services](#) for the three-year period 2018-2021. These ambitious but realisable programmes lay out the vision for delivery of these types of services and the priorities for them in meeting the needs within their respective areas of responsibility. The programmes also highlight the potential efficiencies and financial savings attached to the priorities identified, and they give a clear indication of what success will look like.

Continued on next page



Continued from previous page

It will be fascinating to follow the progress of these programmes as they develop, and you can keep up to date by reviewing the update papers which will go through the IJB or IJB Finance and Audit Committee. Subsequent editions of the newsletter will focus on the programmes to give you some additional detail on what they are designed to achieve and how some of the specific areas of work are being progressed. In the next edition we'll concentrate on the Adults Services programme, and see some of the work underway to realise the objectives set out.

We know that one group alone cannot deliver health and social care transformational change across the entire city, so the ITB encourages ideas, suggestions and opportunities for transformational change from a variety of sources, including the Strategic Planning Forums, localities and care groups, public and stakeholder engagement forums such as the Locality Engagement Forums and any other group convened to engage and generate ideas from stakeholders. One of the ways in which staff in the Partnership can influence the programme or get involved in transformational activity is to use the [Employee Voice](#) online portal, which is only available to staff. Here you can make suggestions or submit ideas for how small or large changes to processes or services could make a big difference to people in the city or how staff go about their business.

---

## New Carers Act Scotland

The Scottish Government is introducing a new Act that will support carers, both adult and young carers. [The Carers \(Scotland\) Act 2016](#) (the Act) will be implemented on 1 April 2018. It places a number of obligations on local authorities, Health Boards and Integration Joint Boards. These include:

- duty to prepare a local carer strategy and review it every three years;
- consider the role of relevant stakeholders, including carers and Third Sector carer organisations in the planning for implementation of the Act and
- ensure the carer's views are taken into account in relation to carer involvement in care planning and hospital discharge.

In preparation for the Act coming into effect the Partnership have been busy carrying out a number of tasks. One of the main tasks was to consult with the public about our proposed Eligibility Criteria for Carers Services. The consultation is now finished and a report was considered and approved by the [Integration Joint Board](#) on 24 January 2018. You can read a copy of the report and Eligibility Criteria on the Partnership's website.

More information on the work we have been doing to help us get ready for the new legislation will be available in the next edition of our newsletter.

## Be Prepared - Developing Anticipatory Care Planning

In 2015-16, Glasgow City Health and Social Care Partnership used the Integrated Care Fund to develop an Anticipatory Care Plan (ACP). The plan is used by people living with a long term condition(s) that increases the probability of admission to hospital or requiring urgent support.

The ACP keeps information that is important to the person in one place and in the event of a crisis can be shared with relevant practitioners to inform the most effective care provision. A summary of that information can be shared with GPs and included in the Key Information Summary (KIS). The idea behind ACPs is to encourage people to 'think ahead' and plan how they will self-manage their condition in a crisis (or prevent a crisis), identify who their key supports and contacts are and their preferences in the event of requiring admission to hospital or care.



Pictured: Paul Adams and Kirsteen Cameron

The Glasgow ACP was launched in August 2016 and at that time, work started at a national level to develop a plan that could be used across Scotland. The Glasgow plan helped inform the national plan which was launched in June 2017. The plan and associated practitioner guidance and information for the public can be found at <http://ihub.scot/anticipatory-care-planning-toolkit/>. The website provides access to printable ACPs, guidance documents and an app that can be downloaded to smartphones.

The Partnership Lead for Anticipatory Care, Paul Adams, Head of Older People's Services (North West) said: "Health and social work staff have been using ACPs for over a year and are now just beginning to transition to the national format."

Paul noted that many people expressed concern about the size of the national plan, which is approximately three times that of the Glasgow version. This was to ensure that the good practice initiatives from across the country were incorporated into the tool. He added: "It has to be emphasised that the ACP is owned by the person and not by the professionals or care-givers working with them. To that end, the plan will be informed via contributions by a range of people and will be continually updated by the person who owns the plan or their carer/family/advocate. It is not intended that the plan be completed in one sitting."

Jean Blackwood, Service Manager, said: "The big challenge associated with ACPs is sharing the content. Until a single patient record is developed, we need to work across our various IT systems to gather information."

Kirsteen Cameron, Practice Development Nurse, has been involved with anticipatory care work. Kirsteen recently attended a 'digital enablement' workshop in Glasgow, which considered options for gathering, recording, sharing and reporting ACP related information using a variety of electronic and digital options. The event demonstrated the Recommended Summary Plan for Emergency Care and Treatment (ReSPECT) process. This is a UK initiative that has evolved to support ACP by prompting realistic shared decision-making to guide a person's clinical care in a future emergency where they do not have capacity to make or express choices. Further information can be accessed at [www.resus.org.uk/respect/](http://www.resus.org.uk/respect/).

## Promoting Cervical Screening #SmearforSmear Campaign

Partnership staff supported the Jo's Trust #SmearForSmear Campaign during Cervical Cancer Prevention Week, which ran from 22-28 January 2018. Staff posed for pictures smearing their lipstick, which were posted on the Partnership's Twitter feed @GCHSCP.



Siobhan Harkin, North East Locality Health Improvement Team said: "Cervical cancer is the most common cancer in women under 35, yet one in three young women don't attend their smear test. We want every woman to know that smear tests can prevent cervical cancer. Share your #SmearForSmear and help us reach as many women as possible with a message about the importance of smear tests. Your post might be the reminder or encouragement someone needs to go for their smear test, it could save a life."



For more information on cervical cancer go to [www.jostrust.org.uk/](http://www.jostrust.org.uk/)



Pictured above: Staff from the Partnership and partner organisations take part in the Campaign.



# Supporting Parents and their Teenagers



Pictured: Staff from the Triple P Programme

Glasgow Central Parenting Team has joined forces with North West Health Improvement Youth Health Service (YHS) to offer a triage of support to young people and their parents/carers in the North West of Glasgow.

This joint work offers parents/carers the opportunity to attend a Teen Triple P parenting group where a crèche is provided and teenagers can access support from the YHS. Teen Triple P groups are available on a Thursday evening in Maryhill Health and Care Centre running for eight weeks during each school term. The Programme provides opportunities for parents/carers to get together to discuss and share their parenting experiences.

Teen Triple P offers an approach to parenting that aims to promote teenagers' development and manage behaviour in a constructive way, based on good communication and positive reinforcement to support teenagers to achieve their maximum potential.

Staff member AnnMarie McAllister said: "Being able to provide additional support to parents by accessing the YHS while attending Triple P Parenting Programme is a great asset and a holistic approach for the whole family."

A parent support group has now been established offering parents/carers opportunities to receive peer support and 1:1 advice from a Teen Triple P facilitator.

One parent said: "By attending Teen Triple P group and the Parent Support Group I got support and tips on parenting and also got help for my family through the YHS which has been so beneficial."

If you would like to find out more on Teen Triple P please contact: [CentralParentingTeam@ggc.scot.nhs.uk](mailto:CentralParentingTeam@ggc.scot.nhs.uk) on 0141 277 7560. If you would like more information on the YHS and the Parenting Support Group please contact: The Youth Health Service 0141 451 2727.

## My Body Back Clinic Opens at Sandyford

In February a London-based charity My Body Back Project (MBB) opened its first Scottish clinic offering specialist health care to survivors of sexual violence in Glasgow. MBB is based in Sandyford, the NHS Greater Glasgow and Clyde (NHSGGC) sexual health service on Sauchiehall Street.

The project brings together the West of Scotland Sexual Health Managed Clinical Network, NHSGGC and Rape Crisis together with MBB (London) to bring the service to Glasgow. The service will provide as comfortable an environment as possible with dedicated workers from Glasgow and Clyde Rape Crisis.

Charity founder Pavan Amara said: “We realised early on there was a need for this service in Glasgow because we received many emails from Scottish women who have experienced sexual violence, saying they wanted to use our service but could not afford to travel to our London clinics. We are grateful for support from the Scottish Government Equally Safe Fund, which provided funding to start the service in Scotland.”

Dr Pauline McGough, Clinical Director at Sandyford said: “There are many reasons why women may not come for smear testing. Survivors of sexual violence face particular barriers. We hope this trauma-informed service will give these women the chance to come back into the screening programme and move forward with their recovery.”

---

## Thriving Places Recognise Local Heroes

People show kindness every day in Ruchill and Possilpark, and the Unsung Local Heroes project, supported by staff from North West Health Improvement Team as part of involvement with Ruchill and Possilpark Thriving Places, wanted to celebrate people who make the community a good place to live. The Thriving Places approach focuses on the assets within the communities, including the skills and strengths of residents. It encourages organisations to work in partnership with local people to plan and deliver appropriate and relevant services and to make the best use of existing resources and assets.

Between February and September 2017, 32 people were recognised as Unsung Local Heroes for the small acts of kindness that they do for their neighbours, from a weekly visit to taking the bins out.

Each local hero was given a small gift by the person who recognised them and they had their picture taken so that it could be shared on the Ruchill and Possilpark Unsung Heroes Facebook page.

Local business, Florist Gump on Saracen Street, donated flowers to one lucky hero, and The Courtyard Cafe, Westercommon donated ‘tea for two’ to another. Others received a £10 voucher (courtesy of Ruchill and Possilpark Thriving Places).

Anna Grady, North West Health Improvement Team said: “To mark the end of the project all the unsung local heroes and the people nominating them were invited to a St. Andrews Day celebration meal, provided by the Courtyard Café. This was held in Bardowie Gospel Hall on 28 November, and everyone took away a Christmas tree decoration, a star for a star!”

# Using the Computer to Support Your Mental Health

Computerised Cognitive Behaviour Therapy (cCBT) became available in NHS Greater Glasgow and Clyde in November 2017, and we have already had over 200 referrals from GPs across the board area.

cCBT is based on Beating the Blues (a computerised CBT treatment for depression) and is a national programme for treating mild to moderate anxiety and depression online. It is recommended by the National Institute for Health and Care Excellence (NICE) and Scottish Intercollegiate Guidelines Network (SIGN), and it has a strong evidence base from patients in Scotland.



Treatment consists of eight one-hour sessions completed weekly via the internet, either in the patient's house or at a community location such as a library.

Referrals can be made via SCI Gateway with only patient contact information required. Patients will typically be provided with access to the cCBT programme within five working days, and the cCBT co-ordinator is available to provide support throughout the programme.

The referrer is asked to maintain clinical responsibility. Before commencing each session the programme asks the patients if they have had any suicidal thoughts in the last week. If they answer yes they are asked to grade their intent on a scale of zero to eight. Any intent is recorded and the co-ordinator will pass this information on to the referrer by the next working day at which point the referrer can decide if further action needs to be taken. Alerts are infrequent with less than 1% indicating five out of eight or more with regard to intent.

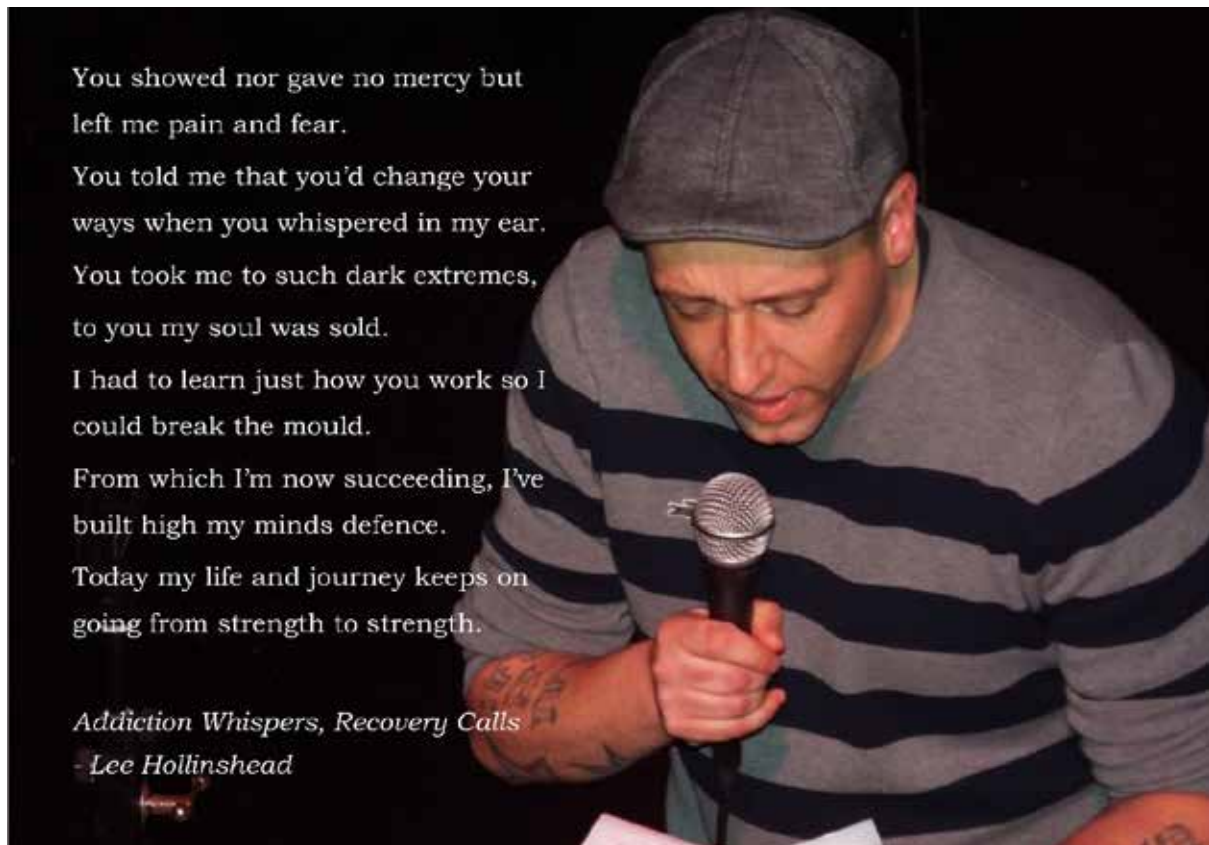
Dr. Jane Burns, Consultant Clinical Psychologist, NHS Greater Glasgow and Clyde said: "cCBT gives staff a quick and easy way to access psychological therapy for patients with mild to moderate anxiety and/or depression. It is particularly useful for patients who struggle to attend appointments due to work/caring commitments or their own health difficulties. It gives patients another flexible treatment option while increasing prevention and promoting self-management."

Patients' feedback:

"Beating the Blues has made a huge difference to the way I have been feeling. I am now able to be more positive about life. I liked how I could complete the session whenever I was able to do so rather than having the structure of an appointment."

"I thought it was helpful because it was not intrusive and I could do it at a pace I could cope with. I am currently reducing my medication and am recognising at this stage the importance of having undertaken the course last year. I started to feel the benefits very quickly after taking the course, but it is certainly helping in maintaining my wellbeing in the long term."

## Photovoice Exhibition Showcases Recovery



An innovative Photovoice exhibition was run by North West Recovery Communities (NWRC) in the Buchanan Galleries during the last week of January. The event was held in the 'Good,' a store managed by the Kibble children's charity.

The exhibition was the culmination of a five-month Photovoice project where NWRC, in partnership with Alcohol Focus Scotland, Glasgow City Alcohol and Drug Partnership (ADP) and Edinburgh University, examined the community impact of Alcohol Free Functions in Town (AFFIT).

NWRC is a community-led partnership whose members are passionate about promoting recovery from alcohol and drugs issues. They deliver a range of opportunities for people to be exposed to the fact that 'Recovery is Possible' through a range of different activities, discussions, groups, drop-in sessions and social events in a range of community venues across the north west of the city. These events are organised, led and delivered by local people in recovery, their families, supporters and a range of staff from local services who work in partnership with the recovery communities' networks.

AFFIT is a 'brand,' developed by NWRC and Glasgow City Health and Social Care Partnership's North West Locality, promoting and delivering a diverse calendar of alcohol-free occasions and events at venues across the north west of Glasgow. AFFIT events are open and accessible to all the people of Glasgow, and are aimed at supporting those who want to improve outcomes for their community in relation to alcohol use.

Michael Robinson, Senior Officer (ADP) Glasgow City Health and Social Care Partnership said: "Photovoice is an activity that anyone can do, either on their own, with family or friends or as part of an organised group. All that is required is a camera and some questions you want to answer by taking photographs. With Photovoice, participants are visual researchers,



taking pictures of their life in recovery and using them to generate discussion. All the project participants have lived experience of recovery from alcohol and drugs and used this valuable knowledge not only to document their view of the impact of alcohol on our city but also to demonstrate the positive experiences created through recovery and alcohol-free socialising for the whole community.

“The photographs on display in the store featured some of the most powerful images taken over the months as well as highlighting the local artists who are involved in making the AFFIT events so enjoyable.”

The exhibition was supported by a variety of organisations throughout the week who provided stalls and staff to interact with the public on a whole range of alcohol, drugs and recovery related topics.

Comments included:

“I found the photographs inspiring, I had never heard of the AFFIT events before but I will definitely keep an eye out for them!” (Member of the public)

“It was great to see the hard work of everyone on display in the Buchanan Galleries. We came along to share information on our own work over a couple of days and the store was a great environment for speaking to members of the public about issues that are often overlooked and very sensitive.” (Exhibitor)

“When I first heard about the photovoice project, I was sceptical. Having taken part, I can see the benefit of using photography to tell a story and found myself reflecting more on my activities and photographs. I would encourage anyone to take part in a project like this.” (Photographer)

Anyone wanting more information on the photovoice exhibition should contact Brian or Donna at Peer Through the Lens, [info@nwrc-glasgow.co.uk](mailto:info@nwrc-glasgow.co.uk), and you can follow AFFIT on Facebook for information on any upcoming events [@AFFITEvents](https://www.facebook.com/AFFITEvents).

You can find out more information about the overall work of North West Recovery Communities at [www.nwrc-glasgow.co.uk](http://www.nwrc-glasgow.co.uk).



Pictured: Some of the images on display

## Mentors Make a Difference - Could It Be You?

MCR Pathways is a pioneering partnership between the Glasgow City Council family and the MCR Foundation, which mentors and supports over 600 disadvantaged young people to find, grow and use their skills and talents.

The aim of the MCR Programme is to help improve the educational outcomes of thousands of Glasgow's young people, many of whom have no steady influence in their lives. Volunteer mentors come from all walks of life so we need your help. The Partnership is committed to supporting employees to volunteer with the MCR Pathways Mentoring Programme. Please speak to your line manager to discuss participation in the scheme.

Sandra Craig, Administrative Assistant with the Family Nurse Partnership based at Drumchapel Health Centre recently took part in the programme.

Sandra commented: "After receiving an email about the MCR programme, I attended one of the information sessions. I have not been involved in anything like this before and wasn't sure what to expect. Hearing about the programme and watching a video of the journey the young people had been on, and the difference it made having a Mentor, really inspired me and I decided to get involved. The process was very smooth. I met with one of the MCR advisers and told them all about my life, which I think was an important part of the process. This allowed them to match me with an individual with the hope of gaining trust and understanding with each other.

"The programme asks that you commit to one hour per week during the school day to meet with your mentee. I have met with my young person about six times now and initially found this to be a little awkward, however, after our first meeting we really seemed to get on well. I think it is important also to share your experiences with the young person. This lets them see that you are willing to be open and honest with them which I think helps build the relationship. At one of our meetings I found out that he enjoyed sketching and I decided to use this at our next meet up as a bit of an ice breaker, with both of us creating pictures whilst discussing school and home life.

"I was invited to attend the civic reception at Glasgow City Chambers celebrating 10 years work of MCR pathways. What an evening, the event was opened by the Lord Provost and then handed over to the young ambassadors. These young adults were able to stand in front of a large audience and tell their story about how a mentor had been invaluable to them. These young people are so deserving of the help the programme gives them. I would absolutely recommend people get involved, I had no previous experience in this but am learning so much and can't wait to see how our journey continues."

More information on MCR Pathways and how you can get involved are available at [mcrpathways.org](http://mcrpathways.org)

# Tackling Stigma to Reduce Alcohol Harm

Recent research shows that in the UK higher risk drinking is declining in every other age group except the over 50s.<sup>1</sup>

The reasons for this are complex, but one of the main barriers to older adults getting help is the stigma around alcohol use, particularly with this age group.

A new film produced by [Drink Wise, Age Well](#), a National Lottery funded programme aimed at helping the over 50s make healthier choices about alcohol, looks at some of the key reasons older adults drink in a bid to generate better understanding of the tough later life realities that could lead any one of us to use alcohol more than would be recommended. Shot in the style of a nature documentary, 'Vintage Street' is centred on four characters going through key life transitions that have triggered harmful drinking.

In the UK it is estimated that approximately one in three older adults with an alcohol problem develop it later in life, often following changes we will all go through, so retirement, bereavement and 'empty-nest' all feature in the film.

The film can be seen at [www.drinkwiseagewell.org.uk](http://www.drinkwiseagewell.org.uk) where there are supporting web pages that give further background on the current landscape in respect of the generational shift in alcohol use in the UK and information on how to get help both from Drink Wise, Age Well on the ground in Glasgow and online including via web chat.

Graeme Callander, Locality Manager for Drink Wise, Age Well in Glasgow said:

"Increasing alcohol consumption in our ageing population has been well documented, but the reasons behind it less so.

"We hope this film will highlight to friends, families, peers and partners of older adults who drink problematically that there are sometimes understandable reasons why they do so. It might even make people stop and think that older relatives could be drinking, but keeping it hidden to avoid the shame.

"Please promote the campaign through your own networks and on social media using #VintageStreet. Stigma is a massive issue that needs a massive response."

Nikki Boyle, Health Improvement Senior (Alcohol) said: "NHS Greater Glasgow and Clyde are pleased to support this work and want to help raise awareness of important alcohol related issues in our communities. With an ageing population, the challenges we face will continue and this work is a step forward in offering people support and information to tackle problems with alcohol."

Call Drink Wise, Age Well in Glasgow on 0800 304 7690 or email [Glasgow@drinkwiseagewell.org.uk](mailto:Glasgow@drinkwiseagewell.org.uk)

1. Today, for the first time in recent history, drinkers aged 55-64 in England and Scotland drink more and are more likely to exceed the recommended weekly guidelines than any other age group

[www.content.digital.nhs.uk/catalogue/PUB22616](http://www.content.digital.nhs.uk/catalogue/PUB22616)

## Learning and Development 25th Anniversary

Glasgow in 1993 was a different place. Nelson Mandela was receiving the Freedom of the City and addressing a large crowd in George Square. U2 visited Glasgow to play its multi-selling album Zooropa and Partick. Thistle won the last soccer sixes, hosted in the Scottish Exhibition and Conference Centre.

More significantly for social work staff and students in Glasgow however was the arrangement which, from February 1993, meant the then Social Work Department would be recognised as an approved centre with Scotvec, which has since become the Scottish Qualifications Authority (SQA). This has benefitted countless students and employees who have been able to gain qualifications in a relevant work environment while also being supported by a number of professional Learning and Development staff.

Tony Mackie, Principal Officer, Learning and Development has been working with staff and students in Glasgow since the beginning of this relationship with SQA and has been able to see, first hand, the advantages of the recognition. He said: “The benefits of being an SQA approved centre is a real asset for the Partnership. The positive outcomes we have witnessed have been more than demonstrated over the years. Not only have staff and students gained important qualifications relevant to what they do, they have also gone on to be really valuable members of staff carrying out vital work.”

Reflecting on the length of association with the SQA, Tony also noted the continued opportunities it offers: “Looking back we have managed to move a very long way in how we teach and assess students. But looking forward, with the technology and other developments which we are beginning to explore, things are very exciting. In another 25 years our learning will look totally different to how it does today.”

If the last 25 years has taught us anything in terms of the future of learning, Glasgow City Health and Social Care Partnership will continue to be an exciting place to be.

---

## Speech and Language Therapy Review

Speech and Language Therapy (SLT) services across the adult population within the Partnership are diverse and include providing input to care homes and hospice services, rehabilitation services, learning disabilities services, forensic services, specialist stroke services and in-patient mental health services. There are 18 staff, many part-time employees, providing these services often with a wider remit that can be citywide.

Alison Gray, SLT Project Lead said: “The challenges of providing a timeous, responsive and equitable service will be easily recognised and a review of SLT within the Partnership is being undertaken following a recent scoping of existing services. Speech and language therapists are united in their enthusiasm to see service improvements and better outcomes for patients. The review is an opportunity to create a cohesive team of SLTs working together to develop alternative and innovative models of service delivery, clearer patient pathways and improvements to practice.”

For further information on the review please contact Alison Gray, SLT Project Lead, [alison.gray@ggc.scot.nhs.uk](mailto:alison.gray@ggc.scot.nhs.uk)



## Five Year Mental Health Strategy Engagement



Pictured: Participant discussing the Adult Mental Health Strategy at the South Locality event.

On 30 January, in Partick Burgh Hall, over 120 representatives from the North West Locality Engagement Forum, the wider community, Third Sector Projects and interested individuals participated in an engagement session, focusing on the newly published [Draft Five Year Mental Health Strategy](#). Colin McCormack, Head of Adult Services, North West Locality detailed the current demand for services, present and future challenges and proposed reduction of inpatient services and set out the ‘need for change.’

There was general support for the proposed shift to early intervention and prevention, a recovery-focused approach with increased community-based support and self-care in partnership with the Third Sector and community organisations. Colin responded to issues and challenges in relation to unscheduled care and emphasised that the Strategy sets out the ‘general direction of travel.’ He assured the audience that there would be further opportunities for engagement and discussion to develop the detail of the Strategy. Engagement sessions also took place in the South Locality on 8 February (see below) and will take place in the North East Locality on 5 March. More information at: [glasgowcity.hscpl.scot/event/north-east-locality-forum-event-lets-talk-about-mental-health](http://glasgowcity.hscpl.scot/event/north-east-locality-forum-event-lets-talk-about-mental-health)

In the third of a series of South Glasgow locality engagement events, staff, service users, carers, community representatives and others came together on 8 February to discuss developments in local mental health services. The 55 participants heard presentations on the emerging Suicide Safer Communities initiative, service user led community and volunteering programmes and finally a presentation on the new Five Year Mental Health Strategy for Greater Glasgow and Clyde.

Katrina Phillips, Head of Adult Services in North East Locality set out the vision for mental health services going forward and talked through the key strands within the Strategy, highlighting early intervention and recovery as two key areas in particular. There was time for round table discussions where overall the Strategy was welcomed with a caveat to involve service users and other stakeholders at all stages. South Locality staff will meet with the local mental health service user network to plan future engagement around the Strategy.

## Young People Vote for Local Projects

On 18 January 18, the 'Big Grant Giveaway' was hosted at the Tramway theatre. projects from across South Glasgow presented their youth-led ideas to an audience of 200 local young people with the hope of securing up to £3,000 to see their ideas become a reality.

Stephanie Thomson, South Health Improvement Team said: "It was such a great way to kick off Year of the Young People 2018, by celebrating young people's hard work in their communities, hearing their inspiring ideas and showcasing local talent. The young people voted for each project and at the end of the evening the eight projects with the highest number of votes were awarded funding totalling to £19,000."



Pictured: Your Life Matters and Paths to Employment Projects

The successful projects were:

- Your Life Matters, Castlemilk Youth Complex
- Home from Home Film Club, YCSA
- RTG Reading the Game, Rosshall Academy
- Path to Employment, Streetwise
- Go Clean for the Team, Funstars
- New Young Peers Scotland, Y People
- Getting the Message Across, Govan Youth Information Project and
- Be You, GAMH Young Carers.

They were selected from the 12 projects who presented on the evening after being shortlisted from a total of 21 applications from across the South Locality. The event was funded by Glasgow Community Planning Partnership, hosted by Youthbank South Glasgow and the South Youth Partnership, including Glasgow City Health and Social Care Partnership's South Health Improvement Team, Glasgow Life and local voluntary organisations.

---

## Glasgow Tigers Supporting Young People in Care

In March 2017, the Partnership's Social Work Residential Children's Services created a social inclusion partnership working with Glasgow Tigers Speedway Racing. Glasgow Tigers kindly offered discounted season tickets for all young people residing in the children's units within Glasgow, resulting in 80 season tickets being purchased. Residential workers escorting young people to the match races received free entry.

Several of our young people became avid fans of the Glasgow Tigers and really enjoyed the race events that lasted until October 2017. Glasgow Tigers considers its stadium to be a community hub, and it has football clubs, rugby clubs and a darts academy, and it puts on special events such as safe cycling at the track. Glasgow Tigers has invested about £2.5 million and it is continuing with other stadium enhancements. The Partnership's Social Work Residential Children's Services is looking for other new social inclusion partnership working and experiences for our young people during 2018. If you have any ideas or suggestions, please email Sandy Mayhew at [sandy.mayhew@sw.glasgow.gov.uk](mailto:sandy.mayhew@sw.glasgow.gov.uk) or Andrew McAleese at [andrew.mcaleese@sw.glasgow.gov.uk](mailto:andrew.mcaleese@sw.glasgow.gov.uk)

## Partnership Signs Up to the Volunteering Charter

There is good evidence that volunteering brings benefits to both the person volunteering and the people and organisations they support. Volunteering means choosing to spend time unpaid doing something to help other people or groups, other than (or as well as) close relatives. To support the development of volunteering, the Glasgow City Health and Social Care Partnership has signed up to the Glasgow Volunteering Charter. The Charter programme is led by Volunteer Glasgow and key partners have committed to it. This programme enables more organisations to involve more people who can support their work by volunteering their time, energy and skills.

Fiona Moss, Head of Health Improvement and Equalities for the Partnership said: “The Partnership pledge and ambition is to increase the number of appropriate volunteering opportunities for people within our organisation. A Partnership Volunteer Charter working group has been established to gather baseline data and to develop an action plan to fulfil our pledges. Our baseline data and action plan have now been accepted and published and the Partnership awarded the Charter Mark.”

More information on the Volunteering Charter can be found online at [www.volunteerglasgow.org/charter/](http://www.volunteerglasgow.org/charter/) where you will also find the Partnership listed as one of the Phase 1 signatory organisations with copies of our baseline and action plan.

Should you be interested in learning more about the Volunteering Charter working group then please contact [Fiona.Moss@ggc.scot.nhs.uk](mailto:Fiona.Moss@ggc.scot.nhs.uk)



Pictured: Fiona Moss, Head of Health Improvement and Equalities, Glasgow City Health and Social Care Partnership with Bernadette Monaghan, Chief Executive, Volunteer Glasgow.



# Leverndale Art Strategy Group Winning Images

Tuesday, 30 January 2018 saw the official unveiling of the Leverndale Hospital Design in the Dales Art Strategy Group summer photography competition.

The Design in the Dales Art Strategy Group welcomed winners, friends and family and staff and volunteers from Leverndale Hospital and Greater Glasgow and Clyde Mental Health Network to the exhibition in the café in the hospital.

Samantha Flower, OT Mental Health Advisor and Chair of Design in the Dales Group said: “The idea for this competition came from service user members of the Design in the Dales Art Strategy Group. As well as hoping to improve the ward spaces and grounds of the Leverndale site, the group aim to ensure that any initiatives help to break down mental health stigma. The competition was advertised widely amongst a variety of local community networks and the hospital site. Any amateur photographer living in the South area could submit an entry.



Pictured: Left, Samantha Flower, Chair of the Design in the Dale Group, Right, Margaret McMillan competition winner being presented with her framed photograph.

“In total there were 90 entries, these were shortlisted to 30, and 80 people attended an evening event organised and run by Recreational Therapy, attendees voted for their favourite image. In total 136 votes were cast, it really was a phenomenal evening. On the night four prize winners received vouchers kindly donated by Silverburn shopping centre.

“The pictures were framed by NHSGGC rEstart trainees and look absolutely stunning, making the Cafe an even better place to relax and enjoy a coffee and a bite to eat.”

Samantha continued; “Many thanks to the Design in the Dales group members for their continued hard work. Watch this space for more news on what the group are leading on. Thanks also go to Fiona McNeill, Adult Service Manager and her senior management team for their ongoing support of the Design in the Dales group.”

If you are interested in art, health and wellbeing, live in South Glasgow or East Renfrewshire and would like to become of member of Design in the Dales or just find out a bit more about the work the group does then please email [Samantha.Flower@ggc.scot.nhs.uk](mailto:Samantha.Flower@ggc.scot.nhs.uk)



Pictured: Group shot of winners and pictures in the exhibition in the cafe at



# Working Together to Provide Support for Addiction

South Alcohol, Drugs and Recovery Service (ADRS) is an Integrated Community Addiction Team, where health and social care staff work together to provide addiction support to some of the most vulnerable and complex service users within the South of Glasgow.

The Shared Care Team within ADRS provide support to service users within GP surgeries across the South of Glasgow. The staff encourage participation in community-based activities in order to promote a recovery pathway and exit strategies for service users.

On 5 February The Shared Care Team, The Mungo Foundation and South Community Recovery Network worked together to create an event to showcase recovery activity within the South of Glasgow.

Karen Reynolds, Team Leader, ADRS Shared Care said: “The Shared Care staff worked hard to encourage service users to come along to the event and find out what recovery could mean for them. The Mungo Foundation were able to showcase what they offer with group work taster sessions. Service users could take part in workshops such as Mindfulness, Accu-detox, Massage and much more. They were introduced to inspiring Recovery Volunteers who are part of a wider Recovery Network and can offer valuable support.”

Other partner agencies such as Family Addiction Support Service, My Money (Wheatley Foundation), Lifelink, Health Improvement, Addiction OT and Jobs and Business Glasgow all provided invaluable information on the day.

Service users who came along on the day were very positive about the whole experience. One service user spoke about his experience by saying “it has been a great day! I have plenty of information and know where to go for community support!” Councillor James Scanlon (Southside Central) attended and summed up the importance of the event by saying: “We all need to be singing from the same hymn sheet.....we won’t get anywhere if we are not working together.”



Pictured: Taking part in the Recovery Showcase Event

## Young Volunteers Make A Difference

North West Health Improvement Team secured money from the NHS Greater Glasgow & Clyde Sandyford Sexual Health Service, Alison Bigrigg Legacy Education (ABLE) fund in 2016. This was used to establish an ABLE Youth Volunteer within the Youth Health Services (YHS) in the North West of Glasgow City at Drumchapel, Possilpark and Maryhill.

ABLE youth volunteering is aimed at engaging and empowering young people to be better informed about risk taking behaviours and encouraging them to access various services and websites with confidence.

The volunteers used handheld computer devices to interact with other young people attending the YHS and highlighted the various online information sources such as Sandyford sexual health services, Youth Providers Online Directory (YPOD), Weigh To Go and mental health and wellbeing support.

The volunteers agree outcomes at the start of the volunteering opportunity and benefit from improved confidence and experience of volunteering in the NHS.

Mark Burnett, one of the young volunteers said: “I have been volunteering with YHS for the last year and I have enjoyed it so much that I am going to continue volunteering here. It’s just great to make a difference to people’s lives.”

If you are a young person 16 years or over, or know a young person who might benefit from volunteering, then please contact the Youth Health Service on 0141 451 2727 or email [NorthWest.YouthHealth@ggc.scot.nhs.uk](mailto:NorthWest.YouthHealth@ggc.scot.nhs.uk)



Pictured: ABLE Young volunteer Mark Burnett during a session with a young person at Maryhill Youth Health Service

---

## Health and Social Care Information is a Click Away

Members of the Partnership’s North East Locality Engagement Forum took part in a demonstration of the [Your Support Your Way Glasgow](#) Website on 15 February. The website, managed by the Glasgow City Health and Social Care Partnership provides a wide range of information on local health and social care services.

George McGuinness, CBE, North East Glasgow community activist and Locality Engagement Forum member said: “I think the website is brilliant, it is very easy to use and contains loads of helpful information. I would recommend it to everyone looking for information on health and social care services.”

Please visit [Your Support Your Way Glasgow](http://www.yoursupportglasgow.org) and find out if it can help you or assist other people to find health and social care and support services on offer in Glasgow. Please go to [www.yoursupportglasgow.org](http://www.yoursupportglasgow.org).

If you would like someone to come and talk to your staff team or organisation about the website please contact: [SW\\_YSYWG\\_projectteam@glasgow.gov.uk](mailto:SW_YSYWG_projectteam@glasgow.gov.uk)

## Health and Wellbeing Programme Helps Recovery

Restart is an NHS mental health project that works in conjunction with Community Mental Health Teams, in-patient and specialist services in the Greater Glasgow and Clyde area. The main focus of the project is to offer recovery based support to those living with severe and enduring mental health conditions.

The Health and Wellbeing group was initially introduced to the Restart activity programme in February of 2015 and has proved to be very popular with service users and patients.

Service users have said: “Easier to go out as a group, no judgement, supportive environment”; “Exercise makes you feel good inside”; “I feel clearer after walk/exercise, makes you realise how important exercise is.”

Recently there was an application for and award of money through the NHS Endowment bid funds to allow further development of the programme to include more activities based at mainstream Glasgow Sport venues like the Emirates Arena and Glasgow Green Soccer Centre and to buy some equipment that could be used for the group over the next few years. This has made a huge improvement to the range of activities that can be included. Several of the group are also now attending fitness classes outwith the group and are enjoying becoming more physically active!

Naomi MacArthur, Vocational Guidance Counsellor at the Restart Project said: “It's great seeing the service users motivated to try and take part in so many different activities that a lot of them have never tried before and enjoying being more physically active. It's definitely my favourite day of the week!”

To find out more or if you have any questions please feel free to contact Naomi or Liz on 0141 551 5047.

---

## Thanks To All For Supporting Christmas Present Appeal

In the lead up to Christmas, North East Locality and other areas took part in an initiative called ‘Glasgow Spirit of Christmas’ via Facebook. Glasgow Spirit of Christmas supports under-privileged children by donating Christmas gifts to those living in hardship and poverty. Glasgow Spirit of Christmas was launched during 2014 and asks its members to choose a company/charity to pledge to.

Cheryl Carson, Assistant Resource Manager said: “Thanks to Glasgow Spirit of Christmas we received in excess of 400 presents which we were able to pass onto the children we work with. We had large numbers of gifts donated by Glasgow 2018, Kirktonholme Nursery, Tollcross and by Keir Construction. The remainder of the gifts were donated by the general public who are members of Glasgow Spirit of Christmas. The generosity and kindness of the public was overwhelming and made a real difference to the children of Glasgow.”

# What Integration Means to Me

by Larry Callary,  
Senior Learning and Education Adviser (North West Locality)



Larry Callary  
Senior Learning and Education Adviser  
North West Locality

Within the learning environment, the importance of multi-agency training cannot be stressed enough. Recently, this has been demonstrated at courses for example the ASIST & safeTALK courses and also Adult Support and Protection Awareness. Integration creates far more opportunities for our staff and managers to learn from each other and continue to produce real, meaningful results.

As integration progresses, the joint working with Learning and Development colleagues from NHSGGC and Council staff at Brook Street can be strengthened to produce the best possible standards of education, training and development for Partnership staff. The sharing of resources, including training provision and e-learning content, will enhance the learning experience for all. I look forward to the combined efforts and challenges that lie ahead and am keen to embrace these as things move forward.

## Get in Touch...

If you require this newsletter in an alternative format or wish to be added to our distribution list then please email [GCHSCP\\_Communications@glasgow.gov.uk](mailto:GCHSCP_Communications@glasgow.gov.uk)

Find out what is happening across the Partnership and Localities on a daily basis by following us on [Twitter @GCHSCP](https://twitter.com/GCHSCP).

For more information on Glasgow City Health and Social Care Partnership

- ▶ **Our People:** You can view our [Structure Chart](#)
- ▶ **Our Papers:** You can read our [Integration Joint Board papers](#)
- ▶ **Our Places:** Glasgow City Health and Social Care Partnership (GCHSCP) headquarters at Commonwealth House, 32 Albion Street, Glasgow, G1 1LH

Glasgow City Health and Social Care Partnership's new website is now live: [www.glasgowcity.hscp.scot](http://www.glasgowcity.hscp.scot)