



Glasgow City Community Respiratory Team was a finalist at this year's Scottish Health Awards. Read more about this innovative service on page 8.

Welcome

Welcome to the November Newsletter. This month we are celebrating the success of Partnership staff and projects at several recent awards ceremonies.

We also look at the work being done to train staff who work with people with dementia, the success of providing Money Advice Services in our health centres and a new campaign to help reduce young people smoking.

For all the news remember to look at the new Partnership [website](#) and follow us on Twitter [@GCHSCP](#).

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Chief Officer's Message



David Williams, Chief Officer

Welcome to the November edition of the Partnership's newsletter. It doesn't feel that long since I wrote my introduction to the September edition and I'm sure I'm not alone in thinking how quickly the months are passing!

This is of course a reflection of how busy we all are, whatever we do in the Partnership to support the health and social care of the people of this city. Whether you are a member of staff working in the Partnership, a provider of services, a service user or patient, or whether you are a carer or family member we all get so busy getting in our role that we sometimes struggle to take a break and reflect.

The newsletter gives us that important opportunity to take a step back and review what we are all doing every day and to acknowledge what a difference it makes to the people of the city. I remarked back in September how we find it difficult to fit all our news and updates into the newsletter and so already we find ourselves with much to share and have another newsletter full of articles and features to showcase the work of the Partnership.

In September we spent some time highlighting the winners and nominees of the Facing the Future Together Awards, which recognise staff and teams/projects that go the extra mile in the course of their daily work. The work Partnership staff do is often highly innovative and highly effective in meeting the outcomes of service users and patients. This means we are involved in a range of awards ceremonies and in this edition I thought it would be valuable to focus on some of the other successes our staff have achieved and to profile some of the teams/projects involved.

You'll be able to read the profiles of the teams nominated in the Scottish Health Awards and read our successes in the Scottish Creative Awards, where our Fostering and Power of Attorney campaigns were both nominated for awards. Congratulations to the Fostering campaign in winning the Best Online Campaign Award.

The newsletter will continue to highlight where internal and external awards ceremonies recognise our excellent work. It's important to me that our readers get the opportunity to hear about the difference the work of the Partnership makes. It's also important that the staff involved, who do not seek recognition from awards ceremonies for work they see as 'part of their job,' do get the recognition they so often deserve for the positive impact they have on people's lives.

Also in the newsletter we update you on how we're responding to the [Scottish National Dementia Strategy 2017-2020](#), which was launched in June 2017. The strategy provides a framework for our future work with people with dementia and their carers. In support of this we're providing dedicated training to all support staff, care staff, families and friends of residents of our residential and day care services. Partnership staff were also recently trained as Trainers in the Psychological Interventions in Response to Stress & Distress in Dementia approach, which offers a great opportunity for partnership working with health colleagues and to ensure all relevant health and social care staff are equipped to prevent and respond to stress and distress in dementia.

Celebrating Our Staff - Local Staff Awards

NHS Greater Glasgow and Clyde's annual Celebrating Success Event 2017 was held on 6 November. It is a night to showcase the winners of the Chairman's Award categories, and to recognise those teams and individuals who merit the recognition of peers in our Local Staff Awards.

Jane Grant, Chief Executive, NHS Greater Glasgow and Clyde said: "This is the sixth year of our local directorate and partnership awards and they continue to generate extremely positive feedback from staff. It is also my first time as Chief Executive at this event and I am very proud to present the awards to the overall winners in each of the 12 directorates and six partnerships who took part."

The awards recognise and show gratitude to members of staff who have 'gone the extra mile' beyond their normal duties, perhaps in situations when they or their service have been put under additional pressure, or have implemented an improvement idea or initiative that has yielded significant benefit.

The Winner for Glasgow City Health and Social Care Partnership was:
The Govanhill and East Pollokshields Community Swimming Programme delivered by South Health Improvement Team for collaboratively working to improve access to swimming for the diverse local community. Read more about the project on page 7.



Pictured (l-r) Jane Grant, Chief Executive NHSGGC, Allison McKenna-Breen, Health Improvement Senior, Lenka Kubricka, Health Improvement Assistant Practitioner, and David Williams, Chief Officer, Glasgow City Health and Social Care Partnership.

Celebrating Our Staff - Chairman's Awards 2017



Pictured (l-r) John Brown, Chairman NHSGCC, Chrissie Stuart, Practice Nurse, Dr Emma Douglas, GP, Rachel Bruce, Lead Pharmacist.

Partnership staff Rachel Bruce, lead pharmacist, and Chrissie Stuart, a practice nurse, won the Chairman's Improving Health Category Gold Award for the More than Medicine project based at Crail GP practice, North East Locality.

The Improving Health Category commends staff who have a Healthy Working Lives idea or have implemented an initiative to improve healthy eating, smoking cessation or improving mental health.

Gold Winner - More than Medicine Project

Concerned about the levels of obesity in their patients, Rachel and Chrissie came up with an innovative way to encourage patients from the Crail GP practice to become more active.

Already well aware of the significant benefits of exercise for health and well being for those with chronic disease, Rachel and Chrissie undertook a review of their prescribing 'activity' for Type 2 diabetes and hypertension and decided to take a new approach. They initiated discussions with their local Health Improvement Team and Glasgow Life/Live Active and decided to set up a walking group. Five patients turned up for the first initial walk on a cold day in December! It has now grown from strength to strength with up to 20 patients taking part in a 12 week programme.

This project was also a finalist in the Scottish Health Awards and we look in more detail at it on page 9.

Focus on Partnership's Local Staff Awards Winner- Govanhill and East Pollokshields Community Swimming Programme

The overall winner of the Partnership's Facing the Future Together Staff Awards was the Govanhill and East Pollokshields Community Swimming Programme.

The programme was delivered by the South Locality Health Improvement Team which has worked collaboratively with Govanhill Baths Community Trust to improve access to swimming lessons and swimming opportunities for people within Govanhill and East Pollokshields who are experiencing a range of barriers to taking part in swimming.

Health Improvement staff involved were Lenka Kubricka - Health Improvement Assistant Practitioner, Farhat Khan - Health Improvement Practitioner and Allison McKenna-Breen - Health Improvement Senior.

Nicola Fullarton, Health Improvement Lead, South Locality said: "I'd like to congratulate the staff on their hard work and commitment to the programme. Community engagement, carried out by the team, within Govanhill and East Pollokshields has overwhelmingly highlighted a desire from local people to have access to swimming within the neighbourhood that is both affordable and accessible to people with diverse needs and levels of ability. With this in mind the team set about pulling a proposal together for a project that would facilitate the delivery of a series of swimming sessions/lessons and also provide swimming costumes/equipment where lack of money was an issue. In this way the team were seeking to improve equity of access by alleviating potential barriers."

The project has improved access to swimming for people facing multiple barriers including limited resources, lack of confidence and lack of culturally sensitive spaces by providing sessions in a safe, supportive environment. People taking part came from all sections of the community from toddlers through to adults 60+ and from diverse backgrounds including older Muslim women, young Roma and South Asian families and women experiencing homelessness.

Benefits were wide ranging and included improved physical and emotional wellbeing. All groups that have participated wish to participate in future sessions demonstrating how reducing barriers helps people to take part in activities that contribute to improving health and wellbeing.

Staff from Govanhill Baths said people were 'generally very happy and appreciative of the opportunity to participate, have asked for more sessions and were surprised and very excited that they could keep the costumes.'

The team is currently planning the next block of swimming sessions in partnership with Govanhill Baths Community Trust and hope to build on the positive experiences described above.

Scottish Health Awards Finalists

Individuals and teams from across the Partnership were recognised at the recent 2017 Scottish Health Awards in association with the Scottish Government and Daily Record on 2 November. The categories in which our staff were finalists were:

Care for Long Term Illness Award - Glasgow City HSCP Community Respiratory Team

Healthier Lifestyle Award - Crail GP Practice – Practice Nurse and Lead Pharmacist

Top Team Award - Plenshin Court Residential Children's Unit

Congratulations to all our staff who were finalists. Below we have some background information on each of the nominees representing the Partnership.

Glasgow City HSCP Community Respiratory Team (pictured on front page)

The Community Respiratory Team is located at Possilpark Health and Care Centre, North West Locality. The team has 20 members and consists of physiotherapists, respiratory nurse specialists, occupational therapists, pharmacists, dieticians and support workers. The service covers the whole of the Partnership area, a population of 596,550.

The Community Respiratory Team provides a service at home to people suffering from Chronic Obstructive Pulmonary Disease (COPD) to avoid unnecessary hospital admissions.

The team supports over 1,000 patients per year in their own home. Evaluation of the service demonstrated clinically significant improvement among patients following the team's intervention. This included reductions in levels of breathlessness and increased ability to walk and to complete activities around the home. An evaluation also showed that the support provided by the team prevented around 45 patients per month being admitted to hospital and the estimated savings this generated is £1 million.

Marianne Milligan, Team Leader Community Respiratory Team explains:

"We support over 1,000 patients per year in their home making sure they have an appropriate level of input and care to safely and effectively help them recover. We then look at how we can help them to optimise their own health, what they can do to help their symptoms particularly breathlessness and ensure they have an understanding of their condition so they know how to control their own health.

Once they have achieved their goal, we discharge them, however, patients can then self-refer into our service when they are becoming unwell. This can greatly relieve any anxiety as they know our team, they know who to call and we can see them that day if required. There are continual increases in patients self-referring into the service and patients are no longer waiting to become so unwell that they need a hospital admission and instead contacting us earlier in their exacerbation. All these factors are leading to a trend of reductions in hospital admissions being shown in Glasgow."

See the positive impact on COPD patients' lives – the link below shows the feedback from one of our patients. <https://www.youtube.com/watch?v=IMJAbWCa3Wg>

Scottish Health Awards Finalist - Healthier Lifestyle Award

Crail GP Practice - 'More than Medicine' Approach

Chrissie Stuart, Practice Nurse and Rachel Bruce Lead Pharmacist, (Primary Care Clinical Governance), were nominated in the Healthier Lifestyle Category for developing a 'More than Medicine' approach within the Crail GP Practice in North East Locality.

The Practice Nurse and Lead Pharmacist, already concerned about levels of inactivity and obesity in their patients, undertook a review of prescribing "activity" for patients, particularly with Type 2 diabetes and hypertension and decided to take a new approach to support lifestyle changes in patients.

There were two approaches taken. Firstly staff met with Glasgow Life who agreed to run a 12 week programme involving a healthy lifestyle education and exercise programme run from the Glasgow Club at Tollcross. Twenty patients were referred into the programme. To remove any potential barriers and to introduce the programme in a familiar setting, Gary, a Live Active advisor, met the patients at the practice and carried out their baseline assessments. The second approach was to introduce a practice-led health walk, which leaves from the practice every Wednesday and is open to all ages and abilities. There are now about 12 regular participants in the weekly walks.

Rachel Bruce, Lead Pharmacist said: "Securing a programme within the GP practice has the advantage of familiarity and trust for people who may be lacking in confidence in undertaking physical activity. It removes a number of barriers. The Live Active advisor agreed to be situated within the GP practice. This is very convenient again for the patient and they are more inclined to take up the opportunity whilst motivated from their discussion with the practice staff. It also means that Live Active is able to gather data at various points and feed back to the practice. Often, when signposting a patient to a service, the practice did not hear the outcome, only to discover maybe a year later that it did not happen and so the cycle continues. The practice aim to evaluate the impact this has through patient questionnaires and routine practice monitoring.

Rachel continued "Twelve weeks is a good length of time for good habits to be formed and for patients to build up confidence and friendships to carry on the lifestyle changes they have made. The walks have also been very successful, not only in improving physical health but also mental wellbeing. The walks are led by Chrissie and myself, and as well as having a positive impact for patients I don't think we should underestimate the positive effect it has had on us as staff!"

Scottish Health Awards Finalists - Top Team Award

Plenshin Court Residential Children's Unit, South Locality

Plenshin Court Residential Children's Unit was nominated for the Top Team Award by one of their residents, who moved there when a parent died. The resident said: "I am so glad that I chose Plenshin Court as my place to live. The staff team has been so helpful and at times pretty amazing with supporting me through very difficult times.

"The staff team at Plenshin Court have made a big difference to my life encouraging me to maintain a healthy life style including all the things I didn't know too much about such healthy diet, my general health, dental health and hygiene, sexual health and all the other stuff.

"I love living at Plenshin Court and all the extra mile stuff the staff team do for me. I am now looking at my care plan and my future, the staff are helping me to be more independent and there are areas of work that I am presently doing. My dream is to hopefully have my own wee place when I'm 18/19."



Staff at Plenshin Court Residential Children's Unit

Scottish Creative Award for Fostering Campaign

The Partnership's Families for Children Team was recently awarded the Best Online Campaign at the Scottish Creative Awards for their recent #opentofostering campaign. It was also Highly Commended in the Creative Strategy category - Integrated Strategy.

Cathy Coll, Service Manager at Families for Children, said: "We are delighted to have won this prestigious award. Having previously run several campaigns we were able to use our experience to plan our new campaign. We focused on cost effective digital advertising which has the advantage of being easy to analyse."

The idea for the #opentofostering campaign grew out of a collaborative process with carers, staff and the external agency, STV Creative. Key to the campaign planning process was the Council's wider strategic priorities: with increasing emphasis being placed on keeping vulnerable children in their own communities where possible, with the help of additional supports, we wanted to create a campaign which could be easily amended to ask people to consider the various ways of helping Glasgow's children.

During the campaign we also used Could you be #opentoadoption and Could you be #opentoshortbreaks. This campaign placed an increasing emphasis on the need for Short Break carers, allowing people who had never considered fostering to realise it was something they might do. More information on the website <http://fosterglasgow.org/>



Scottish Creative Award Finalist - PoA Campaign



The Partnership's 'Even Santa Needs a Power of Attorney' Christmas 2016 TV advert was a finalist for a Scottish Creative Award 2017.

Power of Attorney (PoA) allows people to safeguard their future, should they lose the capacity to make decisions for themselves.

Campaigns raising awareness on the importance of having a PoA have been running for the last four years, and these have had a significant impact on the number of PoA registrations in that time with applications increasing by 24% in the first year of the campaign.

Last year's TV advert reached more than one million people and was part of a comprehensive awareness campaign throughout the 2016 Christmas season pointing people to the website www.mypowerofattorney.org.uk

Jill Carson, Service Manager, North West Locality who leads the Power of Attorney Campaign for the Partnership, said: "We were delighted at the response to our Christmas 2016 PoA campaign, which appeared on TV and social media as well as Glasgow's Central Station and subway. Appointing an attorney is the most important step that people can take to safeguard their future, and we think the Christmas campaign was very effective in highlighting that."

To date, the number of people who have registered a PoA in Scotland is now approximately 550,000. However, despite the increase in applications, this means many people are still not covered by a PoA.

Check out our Autumn 2017 campaign to find out how you can get your Power of Attorney sorted for free! <http://www.mypowerofattorney.org.uk/>

Promoting Excellence in Dementia Care

The [Scottish National Dementia Strategy 2017-2020](#) was launched in June 2017. This is Scotland's third national dementia strategy. It builds on progress over the last 10 years in transforming services and improving outcomes for people with dementia, their families and carers. Setting out 21 new commitments, the strategy provides a framework for further action to ensure the realisation of the shared vision for people with dementia and their carers. Commitment Nine of the Strategy states "we will continue to support the ongoing implementation of the Promoting Excellence Framework in Dementia to the Health and Social Care workforce."

Clare Hughes, Head of Residential and Day Care Services (Older Peoples Services), said: "In response to the Strategy, Glasgow City Health and Social Care Partnership's Residential and Day Care Older People's Service Management Team drafted a workplan to roll out workforce development activities, appropriate to all four levels of this framework - Informed, Skilled, Enhanced and Expertise Levels. The workplan was agreed in July 2017 and all support staff, care staff, families and friends of the residents will have been trained to Informed Level by December 2017.

"The Informed About Dementia DVD was also presented to the Partnership's Leadership Team in October by Service Managers Linda Benedetti and Anne Gallanagh, along with Dr Susan Conaghan, Professional Lead - Older People's Psychology Service. This presentation built on existing work that involved Operational and Service Managers viewing the Informed about Dementia DVD, before completing the five modules of the Dementia Skilled Improving Practice Learning Resource in summer 2017."

Anne and Linda are currently completing the Dementia Specialist Improvement Leads (DSIL) programme via NHS Education for Scotland (NES) and are taking the lead on workforce development planning for Care Homes and Day Care staff who work with people with dementia.

As part of the DSIL programme, Anne and Linda were trained as Trainers in the NES Psychological Interventions in Response to Stress & Distress in Dementia approach. This will allow them to work in partnership with health colleagues such as Clinical Psychologists and Care Home Liaison Community Psychiatric Nurses (CPNs). This will ensure all relevant health and social care staff are equipped with the knowledge and skills to prevent and respond to stress and distress in dementia across a range of services. This partnership training will help support the delivery of person-centred care for people living with dementia and their families.

Clare continued: "This is an example of opportunities that integration between NHS Greater Glasgow and Clyde Community Health Services with Glasgow City Council Social Work Services to become Glasgow City Health and Social Care Partnership has provided."

Within Older People's Residential and Day Care Services there are 122 managers and supervisors who have a responsibility to work collaboratively with colleagues from the Older People's Community Mental Health Teams in Glasgow, to complete person-centred assessments, leading to tailored intervention plans designed to prevent or reduce stress and distress in people with dementia using our services.

Within the Residential and Day Care Services workplan, the aim is for Service and Operational Managers to ensure all Senior Social Care Workers, Day Care Managers and Supervisors have completed the Dementia Skilled Improving Practice Learning Resource by the end of December 2017. This will prepare them to access 2-Day Enhanced Level Training in the NES Psychological Interventions in Response to Stress and Distress in Dementia between February and May 2018. Thereafter, subsequent training in proactive strategies to prevent stress and distress in dementia will be rolled out to all Partnership Care Homes and Day Care staff.

Telecare Service Reform

Telecare is becoming an increasingly important enabler within the social care system. Telecare is an emergency alarm service that operates 24 hours every day. The service connects people who have care and support needs and enables them to remain independent in their own homes by providing person-centred technologies to support the individual or their carers. The technology can complement paid support or sustain the supportive role of unpaid family carers by getting the right help at the right time.

Last year, Glasgow City Health and Social Care Partnership commissioned a review into how Telecare was provided by the Partnership. The review found that demand has increased significantly and there is a clear need to reform the current arrangements to help meet this demand and further maximise its role in supporting people to remain at home.

A reform project has been established to take this forward and is currently working with stakeholders to co-produce improvements in key areas including:

- Referral processes
- Responder services
- Development of how people access the service and
- Training and Support.

The project team reports to a governance group that meets regularly to assess and guide on progress. FAQs and information on developments will be circulated through the newsletter and on the Telecare home page on www.glasgow.gov.uk/index.aspx?articleid=17327

Latest Update on Telecare

- Locality and hospital based supports will be strengthened from November. A Telecare Worker will be located in each team to provide locally based assistance for fieldwork staff who are considering Telecare for their service users.
- Glasgow has successfully applied to Scottish Enterprise's CAN DO challenge fund. This involves the Partnership and the Council's Development and Regeneration Service working with small and medium local enterprises to developing technology enabled care that will improve supports available to service users.

£850,000 for Patients Thanks to Money Advice Service

The [Deep End Advice Worker project](#) has delivered £850,000 worth of unclaimed benefit entitlement to patients in the east end of Glasgow.

This was a pilot project that placed a financial worker from the Greater Easterhouse Money Advice Project (GEMAP) within two GP practices in Parkhead Health Centre, and ensured patients received the financial assistance they are entitled to, while also freeing up GPs' time to focus on health.

The success of this pilot project was instrumental in a successful Partnership application for a one-year iHub bid that has allowed us to expand the project. We now have a total of nine GP Practices within the North East Locality with a money advice worker operating for half a day per week.

An evaluation of the initial work, [Deep End Advice Worker](#) project by Building Connections, has now been published on the Glasgow Centre for Population Health website and gives a full report on the project.

Highlights from the evaluation are that it found positive outcomes for patients accessing the service in terms of financial gain, cost reduction and other forms of community support.

Speaking to the Evening Times Dr Ronnie Burns one of the GPs involved said “The financial figures speak for themselves, but also, the patients I have referred seem to have reduced their consultation rates.”

The project also significantly reduced costs for some patients through the identification and management of £156,000 worth of debt by providing advice on different forms of cost reduction support such as fuel costs, securing free bus passes and supporting people to use less expensive forms of credit. Around half of the people engaged with the service were also referred to additional forms of community support such as homelessness, mental health and carer support.

Carol McGurin from the North East Locality Health Improvement team said: “our ongoing work will be captured and reported on via our iHub funding and we are learning and refining as we progress and scale this up. Developments that we'd like to deliver would include more targeted work with young families and young people and this will be a focus over the coming months.”

Cervical Screening - A New Approach in North West

Over the last 10 years, cervical cancer has increased by 18% in Scotland. It was the tenth most common cancer in woman generally in 2014 and the most common cancer in women under the age of 35 (ISD Scotland, 2016).

[The NHS Greater Glasgow and Clyde Public Health Screening Annual Report](#) published in December 2016 updates;

- Incidence of cervical cancer increased by 18% over the past 10 years
- The 5.5-year uptake of cervical screening was 71% in 2015-16, against a target of 80%
- Uptake of cervical screening was lowest (59%) in Glasgow's North West Locality.

An effort to remove some of the practical barriers to attending for Screening such as inability to make appointment times has been piloted by Broomhill Medical Practice in the North West Locality. This new approach, providing a 'drop-in' service (no appointment necessary, just turn up and you will be seen on the day), was well received by patients, with 44 women attending on the first day.

Lorna Watson, Practice Manager, Broomhill Medical Practice shared her experience of their new approach to cervical screening at the annual network event held for practice staff. After hearing first hand from Lorna, a further seven practices took up this drop-in approach to Screening in the North West. Most practices that have taken this approach are planning to repeat in four to five months while some are planning on making this an annual occurrence.

The feedback that all practices have experienced is positive, the majority of patients attending have either previously defaulted in uptake of cervical screening or are first time attendees for their smear test.

Practice account:

"Following the recent workshop and information passed on by Lorna Watson, I felt that having a drop-in smear day was a very worthwhile project to undertake. I discussed with the staff in-house and all felt very positive about this. I contacted Jo's Cervical Cancer Trust and they were very helpful with material that we handed out to our patients to advise them of our plan. We contacted our patients and advertised in the surgery and website etc. On the day we had a total of 16 patients who attended of which 13 were previous defaulters. The feedback from the patients that did attend, was that they felt that not being restricted to an actual appointment suited them better. In addition we also had a rise of patients booking appointments for a smear during the advertising period. We are now planning to have drop in days twice per year."

David Smith, Practice Manager, Queens Crescent Surgery

For more information, please contact Sandra Barber, Health Improvement North West Locality, Sandra.barber@ggc.scot.nhs.uk

Giving Tobacco to Young People is #notafavour

A national campaign to reduce the illegal supply of tobacco to under-18s starts in the middle of November. #notafavour raises awareness and educates people about why we shouldn't give young people tobacco, what happens if we do and how we can help under-18s who smoke.

Providing tobacco to under-18s is a criminal offence and whilst retailers have made great strides in adopting an ethical stance against the sale of tobacco to under-18s a minority still do so.

Older friends, adult shoppers and even family members may buy tobacco for young people, and this campaign addresses the misconception that giving young people tobacco is a favour.

To support the #notafavour Campaign, Partnership Smokefree Services will:

- Ensure display of campaign materials in libraries, GP surgeries, health centres, community centres and other suitable locations
- Liaise with colleagues working with young people's organisations to share the materials and information
- Share messages on Twitter and Facebook and
- Include information to traders in follow-ups after test purchasing where no sale takes place.

Heather Bath, South Locality Health Improvement Team said: "Smokefree Services in Glasgow City are delighted to be working alongside the Trading Standards team to ensure that the information for this campaign is available widely across the city. Partnership working is a key to seeing the levels of smoking in the city decrease." <https://notafavour.scot>



#notafavour

The campaign to reduce the illegal supply of tobacco to under-18's

An on-going campaign in support of a generation free from tobacco



ABLE Fund Winners



Pictured is Heather Caldwell receiving her award from James Browning, ABLE Founder and husband of Alison Bigrigg at an awards evening on 10 October.

The Alison Bigrigg Legacy Education (ABLE) Innovation Fund is open to NHS Greater Glasgow and Clyde (NHSGGC) staff who have the potential to make a contribution to sexual and reproductive health and wellbeing. Dr Alison Bigrigg (1958-2013) made a significant contribution to sexual and reproductive health throughout her career. She was Director of the Sandyford from 2000 until her early retirement in 2012.

Alison was extremely committed to staff education and development. After her death in 2013, Dr James Browning (Alison's husband), NHSGGC Endowments and Sandyford established the ABLE Bursary Fund in order to continue Alison's vision. The fund is time-limited and favours requests for funding that are innovative and that cannot attract other sources of funding over applications for attending work-related courses for example. Successful applicants will be encouraged to share their experiences through presentations at meetings, conferences and other events.

This year's ABLE Fund had two winners, Heather Caldwell, Specialist Occupational Therapist in CAMHS and Sandyford Gender Identity Services, and Patricia Flannigan, Advanced Clinical Nurse Specialist in Oncology.

Heather won her award for her project entitled 'Evaluation of visual gender transitioning tools being developed for use with patients who have co-morbid social communication difficulties including autism spectrum disorder', and a period of sessional research support would be provided by Traci Leven Research.

Patricia won her award for a visit to the Royal Marsden in London to learn more about advances in the treatment and survival of Ovarian Cancer and the impact on women's sexual health and sexuality.

Weigh to Go Programme for Young People

A life-changing service that aims to halt the slide into obesity that's putting teens' futures at risk is celebrating its fourth year of providing support to young people.

Weigh to Go provides young people aged 12 to 18 years the opportunity to take part in a 24 week programme with regular support from a Weigh to Go Outreach Nurse. There is free access to weight management support and encouragement to take part and enjoy free physical activity opportunities.

A special event on 11 October brought together some of the teenagers the programme has supported across Greater Glasgow and Clyde at a celebration event in the Glasgow Science Centre.

More than 430 young people have participated in the programme since it became operational in April 2014.

Chelsea, now 18, lost over a stone and a half after joining the programme and she puts it down to the support of the Weigh to Go team. She said: "The Weigh to Go programme has helped me lose weight. I can see a real difference in myself and feel happier."

Radek has lost over nine and a half stones and has continued to eat healthily and take part in physical activity including Tough Mudder, Pedal Power for Scotland and The Great Scottish Run.

Julie Gordon, Health Improvement Lead, Glasgow City Health and Social Care Partnership, said: "We have evidence from a number of surveys that some of our young people are leading increasingly unhealthy lifestyles that, if they continue, will lead to poor health outcomes in later life."



Julie Gordon, Health Improvement Lead, welcomes everyone to the celebration event.

Being overweight can be caused by increased food availability, larger portions, foods that are high in sugar and fats, lack of sleep and increased time spent in front of a screen. These are contributing factors to obesity and can increase the risk of young people developing serious health conditions such as heart disease, Type 2 diabetes and cancer.

So who can apply for Weigh to Go? You need to be:

- Aged 12 to 18 years of age
- Have a BMI (Body Mass Index) of 25 and over and
- Want to lose/manage your weight.

Contact the Youth Health Service on 0141 451 2727 for more information.

The Multiagency Distress Collaborative

At the end of 2015, the Scottish Government asked NHS Boards to submit bids to access funding to support innovation. The priority area for this funding was to develop innovative approaches to supporting people in distress who may seek help in a range of different settings including Accident and Emergency, emergency services and primary care but who are often challenging for services to engage with.

NHS Greater Glasgow and Clyde was successful in its bid and has established a Multiagency Distress Collaborative hosted within Glasgow City Health and Social Care Partnership, with the work spread across all of Greater Glasgow and Clyde. It is a three year programme from April 2016 until March 2019.

The Multiagency Distress Collaborative brings together a group of key stakeholders to:

- Map current service response to people in distress
- Promote a well-functioning, compassionate distress response system for people who are seeking help
- Focus on areas of improvement as they are identified through the work programme and
- Consider prevention strategies.

Fiona McMahon, Programme Manager said: “Leading this programme of work has offered me the opportunity to engage with a range of services and local communities. I have found people to be enthusiastic and wanting to make a difference. The collaborative has brought services and communities together to talk about distress and the response to distress. It has created the conditions and environment for change and improvement to happen.”

For further information please contact:

Fiona McMahon, Programme Manager, Multiagency Distress Collaborative, Mental Health Service Redesign, Email fiona.mcmahon@ggc.scot.nhs.uk

Training Staff to Support People to Return to Work

Eight Occupational Therapists and one Physiotherapist from across NHS Greater Glasgow and Clyde Mental Health Services recently graduated as Certified Disability Management Professionals (CDMP). The training equips clinicians to support people with mental health challenges to return to their jobs or to gain paid work. The National Institute of Disability Management and Research (NIDMAR) training was delivered by Graham Halsay from Working Well Matters.

The qualification is internationally recognised, and the graduates will be vocational champions within their respective teams and also support the role of The Allied Health Professional (AHP) Advisory Fit Note for Work, a report that can provide employers with recommendations on reasonable adjustments to enable employees to return to work.

Congratulations to our graduates who enjoyed a graduation celebration at The Watermill Hotel in Paisley on 13 November 2017.

Out and About with Your Support Your Way



Partnership staff Alan Speirs and Faten Hameed at Ability Fest 2017

The [Your Support Your Way Glasgow](http://www.yoursupportglasgow.org) website, managed by the Glasgow City Health and Social Care Partnership to provide information, advice and guidance about local health and social care services, continues to update and revise its content in order to make it as relevant as possible.

Recent developments on the website have included:

- Addition of an area on Palliative and End of Life Care
- Updated information on Older People's services, along with links to National Travel Card entitlement and
- Refreshed content which makes information easier to find for service providers

Partnership staff Alan Speirs, Senior Officer and Faten Hameed, Resource Worker recently attended the Ability Fest 2017 conference in Glasgow and demonstrated the Your Support Your Way website to over 200 visitors.

Alan said: "Events like Ability Fest give us the chance to tell people who may really benefit from the information on the site about what it can offer to meet their needs."

Please visit and find out if it can help you find or assist you to tell people about social care and support services on offer in Glasgow. Please go to www.yoursupportglasgow.org

Integration Joint Board Public Engagement Committee



Members of the IJB Public Engagement Committee with community representatives at the October meeting. Central to the success of the Partnership's Integration Joint Board (IJB) taking forward the important work that it carries out on behalf of the most vulnerable people in the city is for a wide range of stakeholder views to inform and influence the planning and delivery of health and social care services.

It is within this context that the [Public Engagement Committee](#) operates and seeks to provide a direct route of engagement and role in the policy development process for patients, service users, carers, local Third and Independent sector organisations and other stakeholders. Committee membership includes Elected Members, provider and community representatives, NHS Greater Glasgow and Clyde Board Members and other groups with an interest in public engagement.

With members of the public able to attend and observe proceedings, the most recent Committee meeting in September proved a good example of the high level of discussion and scrutiny by the Committee on work being taken forward by the Partnership. Like previous Public Engagement Committee meetings that took place earlier this year, September's took place in a local community resource, the Carlton Heritage Centre. Using such venues provides a more relaxed environment, closer to the communities the Partnership works in and serves. It also removes much of the formality that more traditional, city centre based meeting areas tend to create when hosted there.

The Committee began by discussing the current position on two major ongoing matters: [Safer Drug Consumption facilities](#) and the consultation on [West Glasgow Minor Injuries Services Review](#). Members asked questions and scrutinised officers involved in this work, and had them explain what progress and discussions had been made with interested parties while also providing alternatives and suggestions on how consultation on these initiatives be taken forward.

The Committee later took the opportunity to find out more about the work currently taking place within communities from residents and citizens currently involved, with a focus on priorities for the North East of the city such as the development of the Health and Care facility in the Parkhead area. The presentations focussed on the ability of individuals to get involved in shaping the health and social care response to various needs within their communities.

The Committee closed with the Chair summarising the actions that had resulted from the many matters considered by members and providing a list of actions that would be progressed in terms of the future consultation work that the Partnership is involved in.

Find out more information on the work of the IJB Public Engagement Committee on the Partnership's website: www.glasgowcity.hscp.scot/about-us/ijb-public-engagement-committee.

FASS Service of Remembrance 23 November

FASS, (Family Addiction Support Service) is holding an Ecumenical Service of Remembrance on Thursday 23 November 2017 at St Alphonsus Church, London Rd, for all those who have died through drug/alcohol related problems.

The service will be opened by Aileen Campbell MSP, Minister for Public Health and Sport, and there will be light refreshments afterwards at Lodging House Mission, 35 East Campbell Street. All are welcome to attend.

Stevie Lydon, the Partnership's Alcohol and Drug Partnership (ADP) Co-ordinator said: "Every single death is a tragedy and the annual ecumenical (multi-faith) service allows families to come together to share that loss. It also provides an opportunity for workers and the wider community to join in and acknowledge the ongoing challenges and consider the complexities facing people with problematic alcohol or drug issues. The ADP supports the work of FASS alongside the work within its wider services. The ecumenical service is very moving and emotional but encouraging to those who experience how difficult it is to support people who have addiction issues."

FASS has been providing support to adult family members in the Glasgow area since 1986. We support parents and adult family members who have been affected by their loved one's alcohol/drug problem. This includes access to Family, Bereavement and Kinship workers who can provide advice, guidance and emotional supports. This is offered in local locations as well as at FASS premises.

Access to therapies such as holistic services and hypnotherapy are offered, as well as access to a wide variety of Family, Kinship and Bereavement groups across Glasgow for peer support. For further information please contact FASS on 0141 420 2050 or email: info@fassglasgow.org

Draft Palliative and End of Life Care Plan

Effective and accessible palliative and end of life care is key to supporting people, their families and their carers following a terminal diagnosis. It enables people to remain safely at home, helps to avoid hospital admissions and minimises delays in hospital.

Glasgow City Health and Social Care Partnership's vision for good palliative and end of life care reflects the intentions of the Scottish Government's Strategic Framework for Action and the Scottish Partnership for Palliative Care. Our vision is that by 2021 everyone in Glasgow who needs palliative care will have access to it regardless of age, diagnosis or circumstance and that the care provided will be safe, effective and person-centred. To support this vision, we have developed a draft [Palliative and End Of Life Care Plan](#).

Our strategy details our key actions and priorities for palliative and end of life care. We are looking for your views on whether the draft plan will help us realise our vision. If you wish to comment on the plan then please complete our [online form](#).

The consultation is open until 30 November 2017.

Coffee and Cakes for Cancer Charities



Partnership staff at the coffee morning.

Partnership staff Val Smith, Finance and Ann Hill, Commissioning, organised a coffee morning at Commonwealth House on 6 October to raise money for cancer charities. The final total was £1,030, which was divided between Macmillan Cancer Support and Breast Cancer Care Scotland.

Ann said: “This is fantastic, the most we have ever raised. A big thank you to all who donated cakes, their time and money making our event a success. As a breast cancer survivor myself I know how important it is that we give as much support as possible to charities who do all they can to support people during their cancer journey while funding research into finding a cure for this most horrible of diseases.

“We have all lost family, friends and colleagues to cancer but through the research supported by fundraising and awareness raising, more and more people are surviving past the five years after diagnosis mark. Through early detection and the developments of new treatments, one day there may be a cure which makes all of our hard work worthwhile. We will continue to do all we can to achieve this with that goal in mind.”

What Integration Means to Me

by Jim McBride, Head of Adult Services (Homelessness, Addiction and Criminal Justice)



Jim McBride
Head of Adult Services
(Homelessness, Addiction and Criminal
Justice)

Integration for me is an absolute must. The majority of my previous experience has been working in integrated services in addictions and criminal justice and I am keen to extend this in my new role.

Services are now dealing with clients known to all three service areas, and this allows us to shape these services based on the principles of co-production (getting the people who use the services to help shape them and putting the person at the centre of the service), allowing us to work together to provide the right help where and when needed and ultimately delivering better outcomes.

And Finally...

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

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

For more information on Glasgow City Health and Social Care Partnership

- ▶ **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