

Merry Christmas



NE Health Improvement Team
November - December Newsletter

2019

*Happy **NEW** Year*

NOVEMBER - JANUARY EDITION

It was
THE NIGHT
before
CHRISTMAS







We got help to quit smoking in a way that worked for us.

Find your way

For more information call
0141 201 9832 or **0800 84 84 84**
Get Started at QuitYourWay.scot

QUIT YOUR WAY
with our support



What a great year!

do it for you

you're doing great!



FREE Support and FREE Medication
to help you stop smoking from our friendly team of Advisors

<p>Bridgeton Health Centre Abercromby Street G40 2DA Tuesday 9am - 12.30pm</p>	<p>Easterhouse Health Centre Auchinlea Road G34 9QU Friday 9.30am - 11.30am</p>
<p>Main Street Practice Main Street, Bridgeton G40 1HA Tuesday 2pm - 4.30pm</p>	<p>Springburn Health Centre Springburn Way G21 1TR Thursday 9.00am - 11.30am</p>
<p>Parkhead Congregational Church 77 Westmuir Street G31 5EW Thursday 1pm - 2pm</p>	<p>Rowlands Pharmacy Gilbertfield Street, Ruchazie G33 3TT Wednesday 2.30pm - 4.30pm</p>
<p>Eastbank Training and Conference Centre Shettleston G32 9AA Thursday 6pm - 7pm</p>	<p>Barmulloch Residents Centre 54 Quarrywood Road G21 3ET Thursday 4pm - 6pm</p>

Baillieston Health Centre
20 Mulrside Road G69 7AD
Wednesday 9am - 12noon

Just turn up or for more info call:
0141 201 9832

NO

Come and Sing Café

For people who live with dementia and their carers

FORTNIGHTLY

- Live music
- Easy access
- Dementia friendly environment
- Delicious afternoon tea

Every First and Third
Monday of the Month

A fortnightly Come and Sing café with afternoon tea so that families can sing together, enjoy time together and perhaps make some new memories, if even for a moment. Come and Sing café is a pilot project and is open to anyone living with dementia and their carer.

Contact Muriel Pearson (0141 770 6873) or
Anne McGreechin (0141 774 2759) for more information

Ruchazie Parish Church
4 Elibank St, Glasgow G33 3QN
(off M8 at junction 12)

G.R.A.C.C.E. grouping (Garthamlock & Craigend East,
Ruchazie and Cranhill Church of Scotland (SCO09874))

PLAY CAFE

free

Friday Mornings

9:30am - 11:30am

Barlanark
Community Centre
33 Burnmouth Road
G33 4RZ

Come along and join in some fun activities with your child[ren], aged 0-5 years.

Enjoy some refreshments, a healthy lunch and a chat with other families.

All sessions are FREE

Stay & Play



If you would like to find out about other groups in your area please call 0141 781 2116



Glasgow City HSCP
Health & Social Care Partnership North East

BREASTFEEDING GROUPS



Support

Antenatal mums
welcome

Meet
other mums

Health Professional Advice

Dennistoun Library: Monday 11 -12:00
2 Craigmart, G31 2NA Tel: 0141 276 0768

Baillieston Health Centre: Wednesday 1:30-3pm
20 Muirside Road, G69 7AD Tel: 0141 531 8000

The Charter, Tollcross: Thursday 1.30-3pm
494 Tollcross Road, G31 4XX



Bumps 2 Babies



Helping you prepare for your baby's birth
Are you between 28 and 34 weeks pregnant?

Please join us where you will receive a warm welcome as well as lunch.

This course will provide you with a range of activities designed to:

- Help you get to know your baby before it's here
- Meet other expectant parents
- Look after you as a mum or dad
- Tips on looking after your baby
- Follow-on Group - Benefits/Baby Massage/Sleep Counselling

Creche and Transport Available

When?
Mondays - 12.30pm to 2.30pm

Where?
The Church of Nazarene, 12 - 14 Burgher Street, Parkhead, G31 4TB

Interested?
Contact Cathy McNally or Rene Jenkins on 0141 573 2900
Mobile No...07936589872

CAFÉ STORK

every Monday

the place to be
for a mum to be

FREE



Drop in to relax,
have a snack
& meet other new
and expectant parents



You're invited to come
along to Café Stork



EVERY MONDAY

(Except Bank Holidays)

1:00pm - 2:30pm

Parkhead Congregational Church

77 Westmuir St.

G31 5EW

Contact: Marie on 07766 085 009



Meet new parents



Have a cuppa



Bring a friend or partner



Get a goody bag



Learn new skills

Scottish
Book Trust
inspiring readers and writers



Bookbug Sessions

Free **story**, **song** and **rhyme** sessions for babies,
toddlers, pre-school children and their families

Where : The Calvary Centre
16 Calvary Road
Barlanark
G33 4RE

When : Every Thursday
10am – 11am

Refreshments provided for parents/carers & children
For more info contact: 0141 781 2116

To find details of your nearest
Bookbug Session, please visit
[scottishbooktrust.com](http://scottishbooktrust.com/bookbug)
[/bookbug](http://bookbug)



It's story
TIME



Post Natal Group Friday 10am – 12.30pm Ruchazie Family Centre



Group session focus:

Have you just had your first baby?
Finding it hard to get out of the house?
Want to meet some other mums local to you?

The group runs for 12 weeks and aims to help reduce social isolation for the parents, help them cope with the emotional challenges they are facing whilst promoting confident parenting.

Some parents have had little opportunity to gain an understanding of what to expect in the early postnatal weeks and are often unprepared for the demands of parenthood. Sharing experiences provides them with an opportunity to come to terms with their own capabilities thus helping greater confidence and self-esteem, more containment and more satisfying family relationships.



Please contact Perinatal Team for further information: 0141 774 8202



Perinatal Drop In Group Parents & Babies Wednesday 1pm – 2.30pm Ruchazie Family Centre



Group session focus:

- Peer Support
- Safe space to talk
- Therapeutic activities; Arts & Crafts, Relaxation, Mindfulness, etc
- Parent & Child Interaction
- Baby yoga



Please contact Perinatal Team for further information: 0141 774 8202



Growing Together Tuesday 10am – 11am Ruchazie Family Centre (Drop In)



Group session focus:

- Child's Development
- Parent & Child Relationships
- Child's Wellbeing – Receptivity, Self Confidence, Enjoyment, etc.
- Child Involvement – Energy, Concentration, Creativity, etc.
- Schemas – patterns of play

Please contact the centre for further information: 0141 774 8202



Baby Massage 5 Week Programme to promote Parent & Child Interaction

What is baby massage?



To include discussions on:

- Behavioural States
- Infant Cues & Reflexes
- Bonding & Attachment
- Appropriate Oils
- Gentle Movements
- Suggestions for the Older Child
- Relief of Colic / Gas

Contact Sharron for further information: 0141 774 8202



Book Bug Children 0 – 5yrs Monday 12pm – 12.30pm Ruchazie Family Centre



Group session focus:

Friendly and Fun Filled
30 minute session for
parents and carers to
enjoy with babies,
toddlers and pre-
schoolers involving
songs, stories and
rhymes.

Please contact Rhonda or Donna for further information: 0141 774 8202



6 Week Ante-Natal Rolling Programme focussing on Maternal Mental Health



To include discussions on:

- **Maternal Mental Health**
- **Health & Wellbeing**
- **Supportive Strategies**
- **Access to Mental Health Services**
- **Babies Development**
- **Medication & Therapies**

Perinatal Service for
Information: 0141 774 8202

Starting solids?



Starting Solids Health Event

Make weaning fun for you and your baby!

Come along to: Reidvale Housing Association,
Whitevale Street,
Glasgow G31 1QW, on Mon 4th November, 1.30pm

Get tips and advice on everything for your baby, including:

- The best time to start offering your baby first foods
- How to prepare healthy food your baby will love
- Looking after your baby's teeth

How you can encourage your baby's language development

Starting solids?



Starting Solids Health Event

Make weaning fun for you and your baby!

Come along to: Baillieston Health Centre,
20 Muirside Road,
Glasgow G69 7AD, on Mon 18th November at 1.30pm

Get tips and advice on everything for your baby, including:

- The best time to start offering your baby first foods
- How to prepare healthy food your baby will love
- Looking after your baby's teeth
- How you can encourage your baby's language development

And lot's more! – Ask your Health Visitor for more details.

Mums, Dads, Grannies, Grandpa's – and of course babies – all welcome!

Starting solids?



Starting Solids Health Event

Make weaning fun for you and your baby!

Come along to: **Eastbank Health Promotion Centre,**
22 Academy Street,
Glasgow G32 9AA, on Wed 27th Nov at 10.30am

Get tips and advice on everything for your baby, including:

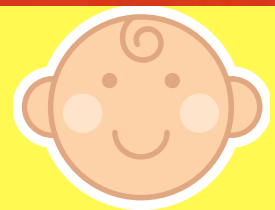
- The best time to start offering your baby first foods
- How to prepare healthy food your baby will love
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And lot's more! – Ask your Health Visitor for more details.

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Starting solids?



Starting Solids Health Event

Make weaning fun for you and your baby!

Come along to: **Easterhouse Health Centre,**
9 Auchinlea Road,
Glasgow G34 9HQ, on Thur 28th November 1.30pm

Get tips and advice on everything for your baby, including:

- The best time to start offering your baby first foods
- How to prepare healthy food your baby will love
- Looking after your baby's teeth
- How you can encourage your baby's language development

And lot's more! – Ask your Health Visitor for more details.

Mums, Dads, Grannies, Grandpa's – and of course babies – all welcome!



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Starting solids?



Starting Solids Health Event

Make weaning fun for you and your baby!

Come along to: **Springburn Parish Church,**
180 Springburn Way,
Glasgow G21 1TU, on Thur 5th December, 1.00pm

Get tips and advice on everything for your baby, including:

- The best time to start offering your baby first foods
- How to prepare healthy food your baby will love
- Looking after your baby's teeth
- How you can encourage your baby's language development

And lot's more! – Ask your Health Visitor for more details.

Mums, Dads, Grannies, Grandpa's – and of course babies – all welcome!



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Starting Solids Health Event

Make weaning fun for you and your baby!

Come along to: **Parkhead Congregational Church,**
77 Westmuir Street,
Glasgow G31 5EW, on Mon 9th December, 11.30am

Get tips and advice on everything for your baby, including:

- The best time to start offering your baby first foods
- How to prepare healthy food your baby will love
- Looking after your baby's teeth
- How you can encourage your baby's language development

And lot's more! – Ask your Health Visitor for more details.

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Macmillan @ Glasgow Libraries

Drop in to your local library for free cancer support and information

Dennistoun: Mondays 12.30-4.30

Parkhead: Tuesdays 10.30-2.30

Royston: Tuesdays 11-3

Easterhouse: Wednesdays 10-2

Dennistoun: 10.30-2.30

0141 287 2999

macmillan@glasgowlife.org.uk

glasgowlife.org.uk/macmillan

Partnering with



MACMILLAN
CANCER SUPPORT