



**GLASGOW CITY HSCP
NORTH EAST
HEALTH IMPROVEMENT TEAM**

**NE Health Improvement Team
August Newsletter 2018**



August - September 2018 Edition



TRAINING CALENDAR



Aim

This workshop will explore some of ways to engage young people in the discussion around sexual violence, relationships and consent.

We will also look at the Law in Scotland in relation to rape and sexual assault as well as victim blaming which may prevent young people from disclosing, accessing support or reporting.



Supporting Young People Affected by Sexual Violence

EASTBANK Conference & Training

Centre

Tuesday

28th August 2018

9.15 - 12.30pm

**TO BOOK A PLACE PLEASE CONTACT
northeastyouth@ggc.scot.nhs.uk**



Aim

This course is run by a CEOP trained Ambassador (i.e. a professional who has completed our Ambassador training course). The Thinkuknow Introduction course provides an overview of; the CEOP Command, the Thinkuknow education programme, new technologies and how children and young people use them, the main risks associated with these online environments, and how the Thinkuknow education resources respond to these risks.

Be Smart Internet Safety programme



CEOP Online Safety
EASTBANK Conference &

Training Centre

Thursday

30th August 2018

9.30 - 12.30pm

**TO BOOK A PLACE PLEASE CONTACT
northeastyouth@ggc.scot.nhs.uk**





**EUROPEAN
CHAMPIONSHIPS**
GLASGOW / BERLIN 2018
1-12 AUGUST

GO LIVE!

2018 Older Adult Parties

To celebrate the **2018 European Championships** we're inviting you to join us for a summer party!

Enjoy a summer afternoon playing games, dancing to some classic songs and of course a spot of tea and cake.

MONDAY 6th AUGUST

GLASGOW CLUB MARYHILL

1pm – 4pm

TUESDAY 7th AUGUST

GLASGOW CLUB CASTLEMILK

1pm – 4pm

WEDNESDAY 8th AUGUST

GLASGOW CLUB EASTERHOUSE

1pm – 4pm

Spaces are limited, booking essential.

Call **0141 287 4685** to book your place.

For Further information:

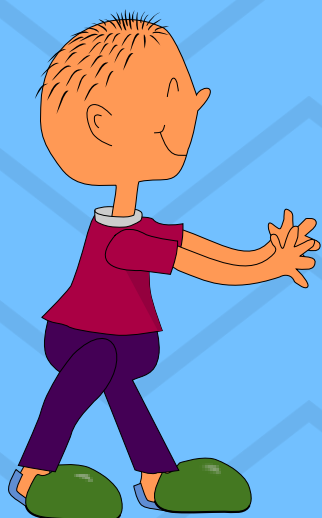
0141 287 4685

www.goodmoveglasgow.com



PLAY CAFE

free



A free weekly group for parents, carers, grandparents, aunts, uncles and their children 0-4 yrs.

Come along to the Play Cafe Barlanark for a fresh tea, coffee and some tasty treats.

Take part in creative activities and have a delicious healthy lunch afterwards.

Friday Mornings

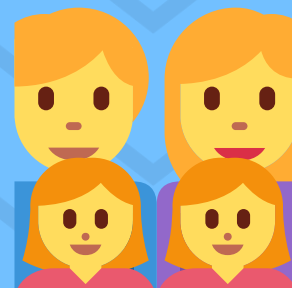
9:30am - 11:30am

Barlanark Community Centre

33 Burnmouth Road

G33 4RZ

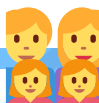
SO MUCH FUN



Bookbug

Stay & Play

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



ADVICE



SUPPORT

Family Support Service

Have you been affected by a loved one's drug or alcohol problems? OR

Are you a Kinship Carer?

Your nearest support is available from 9 a.m. - 4 p.m. excluding bank holidays at:

Every Wednesday

Bridgeton Health Centre
201 Abercromby Street, G40 2DA

Every Friday Morning

GEAAP, 51 Tronra Place, G34 9AX

Every Friday Afternoon

Easterhouse Health Centre
9 Auchinlea Road, G34 9HQ

Every Monday, Tuesday & Thursday

Family Addiction Support Service
123 West Street, Glasgow, G5 8BA

For an appointment please call

Carrie-Ann on 07597162675

or 0141 420 2050

Family Addiction Support Service (FASS)
123 West Street, Glasgow, G5 8BA

Tel: 0141 4202050 Email: info@fassglasgow.org Web: www.fassglasgow.org
A Registered Charity Registered in Scotland No: SC016107



Have you lost someone due to alcohol, drugs or suicide?

Until you're in this situation, there's no way to tell how you will cope when a loved one dies. It's the hardest of times, but talking about it with others and sharing what's on your mind will always help.

Come along & you'll be warmly welcome at our Bereavement & Blether Café

Here you can share your experiences of how you've coped or not coped with the death of a loved one, or ask questions about how others have dealt with such difficult times, or just sit and have a cuppa, and maybe share some stories - everyone is welcome.

Starting Thursday 2nd March 2017
10.15 - 11.45am

Bridgeton Library, 14 Orr Street, Bridgeton, G40 3TA

Every 1st Thursday of the month

If you would like more information on this café or you have been bereaved through other circumstances please contact Marie on 07766 085009 or at marie.stewart@ggc.scot.nhs.uk



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



Catch the reading bug!



Bookbug Sessions

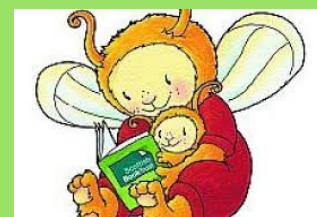
Every Friday afternoons of the school
term 1.30 - 2.15pm

Starting from 20th April

Free, fun & friendly group for children aged 0-5
and their families. Enjoy a session of singing,
stories and rhymes with your child.

Quarriers Family Resource Centre
26 Avondale Street
Ruchazie
Glasgow
G33 3QS

You are welcome just to turn up or if you want further
information call 0141 774 8202



It's story
TIME

BREASTFEEDING GROUPS

Meet
other mums



Support

Health Professional Advice

Antenatal mums
welcome

Dennistoun Library: Monday 11:00 -12:00
2 Craigpark, G31 2NA

Baillieston Health Centre: Wednesday 13:30-15:00
20 Muirside Road, G69 7AD

Easterhouse Baptist Church
26 Westerhouse Road, G34 9PD Friday 10.30 - 12:00

NEW BREASTFEEDING GROUP

Townhead Village Hall
60 St Mungo Avenue
Glasgow
G4 0PL

Mondays 1 - 2.30pm
Commencing: Monday 21st May 2018

Meet
other mums



Antenatal mums
welcome

Health Professional Advice

Support

Bumps 2 Babies



Patron: Elaine C Smith

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



Let's celebrate World Breastfeeding Week.....

Where: Eastbank Conference Centre
When: Friday 3rd August, 11.30 - 3pm

Find out more about what's going on in your area
Meet Breastfeeding Peer Supporters
Find out about the Breastfeeding Network
And there's more.....

Join us for tea, coffee and cake



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 20th August at 1.30pm

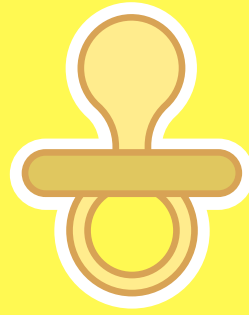
Get tips and advice on everything for your baby, including:

- 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!



Designed by Medical Illustration Services © 2010/11



Starting solids?

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 10th September, 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.

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



Designed by Medical Illustration Services © 2010/11



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 16th August at 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!



Designed by Medical Illustration Services © 2010/11



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 6th August at 1.30pm

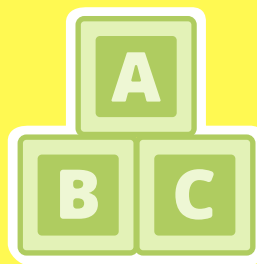
Get tips and advice on everything for your baby, including:

- 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!



Designed by Medical Illustration Services © 2010/11



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 27th September, 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!



Designed by Medical Illustration Services © 2010/11

Free

Drop in sessions

Nothing to lose lots to gain

Stop Smoking Start Saving

FREE support and FREE stop smoking medication
just turn up or for more info call 0141 201 9832

Bridgeton Health Centre
Abercromby Street G40 2DA
Tuesday 09:00-12:30

Springburn Health Centre
Springburn Way G21 1TR
Thursday 09:00-11:30

Main Street Practice
Main Street Bridgeton G40 1HA
Tuesday 14:00-16:30

Easterhouse Health Centre
Auchinlea Road G34 9HQ
Friday 10:00-11:00

Parkhead Congregational Church
77 Westmuir Street G31 5EW
Thursday 13:00-14:00

Rowlands Pharmacy
Gilbertfield Street Ruchazie G33 3TT
Wednesday 14:30-16:30

Barmulloch Residents Centre
54 Quarrywood Road G21 3ET
Thursday 16:00-18:00

Eastbank Training & Conference Centre
Academy Street G32 9AA
Thursday 18:00-19:00

From The North East Health
Improvement Team
for More Information
Call 0141 232 0166
or E-Mail

marie.comrie@ggc.scot.nhs.uk



To find out about our
Health Improvement Services
check out the links below.

 North East Glasgow Health Information

 North East Youth Health

 City@GCHSCP

MI • 294920