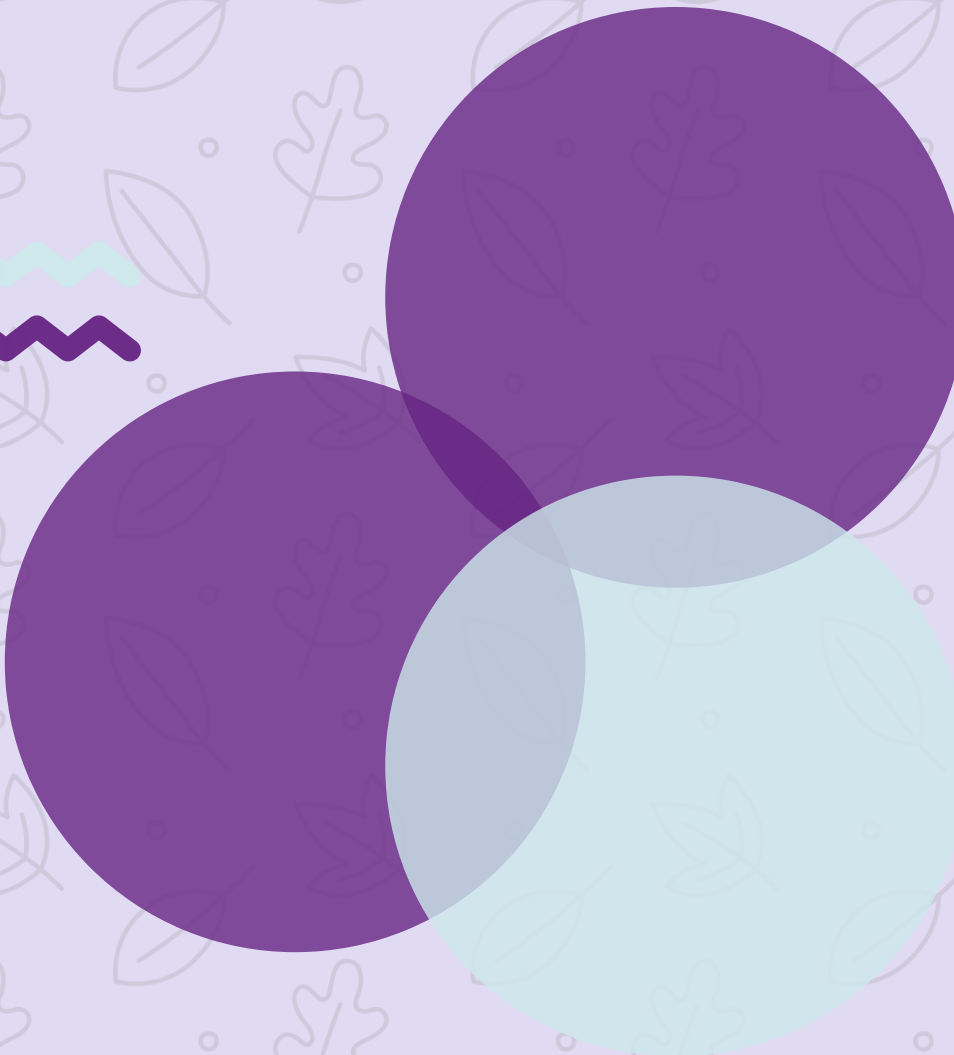




**GLASGOW CITY HSCP
NORTH EAST
HEALTH IMPROVEMENT TEAM**



**NE Health Improvement Team
October Newsletter 2018**

October - November 2018 Edition



TRAINING CALENDAR



AIMS

The Scotland's Mental Health First Aid: Young People (SMHFA:YP) is a 14-hour evidence-based blended learning course for adults who support young people between the ages of 11-17. Participants will gain an increased knowledge and awareness of mental health issues, as well as improved confidence in:

- Being able to detect problems early
- Helping to reduce stigma around mental health issues
- Helping young people to recognise problems
- Providing guidance and immediate assistance to a young person in crisis.



**Scotland's Mental Health
First Aid: Youth
Wednesday
November 1st 2018
Eastbank Conference &
Training Centre**

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



AIMS

This workshop aims to increase the knowledge and skills of youth work, social care and CLD staff around health promotion. It seeks to enhance their understanding of how, within their own role and remit, they can improve health and address health inequalities for vulnerable young people with whom they work.



**HEALTHY YOUNG LIVES
EASTBANK CTC**

**Date: Tuesday
27th November 2018**

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





TIME FOR A CHANGE

SOMETHING NEW FOR YOU

Starting 23rd October 2018 – FREE 8 week programme

On every Tuesday, Wednesday and Thursday from 9-12pm



Do you want to make positive changes in your life?

Programme will be at Rosemount Lifelong Learning and Events Space, 102 Royston Road, G21 2NU

Time for change helps you:

- Build your digital skills
- Manage your money
- Healthy living
- Goals and aspirations
- A chance to achieve qualifications

If you are interested in attending please contact Denise or John on 0141 553 0808 or email Denise.McKay@rosemount.ac.uk



Something new for you... Are you a young parent thinking about making changes but don't know how, when or where to start?



The Young Parents Project can help!

What does the Young Parents Project offer?

- **Aim High** – Aim High is a eight week employability course for young parents covering employability focused provision, confidence building, CVs and interviews and workshops
- **One-to-one support** - We offer extensive one-to-one support to help you make positive changes in your life covering childcare provision, housing issues, financial capability and benefit advice
- **Teeny Weenies** -Fun Parent&Child sessions giving you and your child some bonding time and chance to meet other parents.

If you are looking for support or just what more information please contact Carol or Kiran on 0141 553 0808 or message us on our Young Parents Project Facebook.

Young Parents Project



Text Carol: 07539 932 902



FREE support and FREE medication to stop smoking



Baillieston Health Centre
20 Muirside Rd, Glasgow
G69 7AD



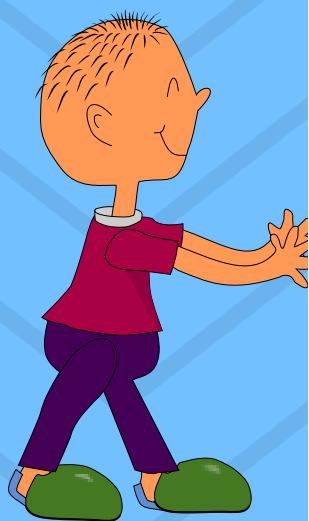
Wednesday



9am - 12noon

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





PLAY CAFE

free

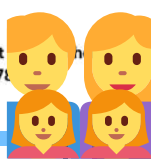
Friday Mornings
9:30am - 11:30am
Barlanark
Community Centre
33 Burnmouth Road
G33 4RZ

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

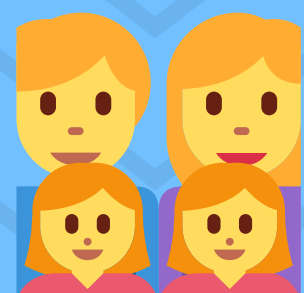
Stay & Play



If you would like to find out more about this service in your area please call 0141 778 1234



SO MUCH FUN



ADVICE SUPPORT

fass
families affected by alcohol or drug use

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



Glasgow City
HSCP
Health and Social Care Partnership



Catch the reading bug!



Bookbug Sessions

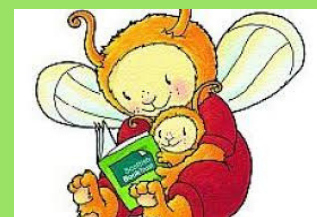
Every Friday afternoons of the school
term 1.30 - 2.15pm

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 SUPPORT GROUPS

Meet
other mums



Support

Health Professional Advice

Antenatal mums
welcome

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

Baillieston Health Centre: Wednesday 13:30-15:00
20 Muirside Road, G69 7AD Tel: 0141 531 8000

Townhead Village Hall: Thursday 12:00 - 13:00
60 St Mungo Avenue, G4 0PL Tel: 0141 212 0046

Easterhouse Baptist Church: Friday 10.30 - 12:00
18 Westerhouse Road, G34 9PD Tel: 0141 531 8100



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



BARLANARK COMMUNITY CENTRE
PRESENTS

GLASTON'BABY 2018



FEATURING...

BOOKBUG
SENSORY ACTIVITIES

MUSIC & MOVEMENT

ARTS & CRAFTS **SOFTPLAY** **CHILD\$MILE**
STORYTELLING

10am—12noon, Tuesday 16th October

FREE ENTRY

BARLANARK COMMUNITY CENTRE, 33 Burnmouth Road, G33 4RZ
0141 773 1812

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 11th October at 1.00pm**

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

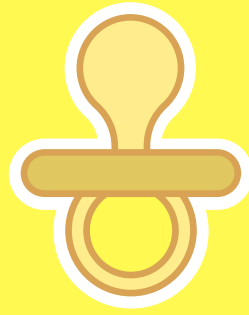
- The best time to start offering your baby first foods
- How to prepare healthy food your baby will love
- Looking after your baby's teeth
- How you can encourage your baby's language development

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

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



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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 5th 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: **Baillieston Health Centre,**
20 Muirside Road,
Glasgow G69 7AD, on **Mon 19th 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: **Easterhouse Health Centre,**
9 Auchinlea Road,
Glasgow G34 9HQ, on **Thur 29th 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: **Eastbank Health Promotion Centre,**
22 Academy Street,
Glasgow G32 9AA, on **Wed 28th November, 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
- 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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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 14:30-1630

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

