

# GLASGOW CITY HSCP NORTH EAST HEALTH IMPROVEMENT TEAM

# September-November Newslette 2019



**SEPTEMBER - NOVEMBER 2019 EDITION** 







### AIMS

The aims of the SMHFA:ADULT courses are:

To provide help to prevent the mental health problem or crisis developing into a more serious state.

To promote the recovery of good mental health.

To provide comfort to a person experiencing distress.

To promote understanding of mental health issues.

The course will give you the knowledge to apply these aims in a real life situation.



Scotland's Mental Health First
Aid:Adult
Wednesday
October 23rd & 30th 2019
Eastbank Conference & Training
Centre
9.00 - 4.30pm both days

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







### AIMS

The Scotland's Mental Health First
lid: Young People (SMHFA:YP) is a
14-hour evidence-based blended
learning course for adults who
support young people between the
les of 11-17. Participants will gain an
icreased knowledge and awareness
of mental health issues, as well as
improved confidence in:
3eing able to detect problems early
Helping to reduce stigma around
mental health issues
Helping young people to recognise
problems

Providing guidance and immediate sistance to a young person in crisis.



Scotland's Mental Health First
Aid:Youth
Thursday
November 28th 2019
Eastbank Conference & Training
Centre
9.00 - 4.30pm

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





# 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**







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.

Delicious afternoon tea

Every First and Third Monday of the Month

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)



Glasgow City HSCP
Health & Social Care Partnership North East

### BREASTFEEDING GROUPS







# Health Professional Advice



Dennistoun Library: Monday 11 -12:00

2 Craigpark, 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









### 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





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





# Bumps 2 Babies





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Helping you prepare for your baby's birth

Are you between 28 and 34 weeks pregnant?

Please join us where you will receive a  $\underline{\text{warm welcome}}$  as well as  $\underline{\text{lunch}}$ .

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



When?

Mondays - 12.30pm to 2.30pm

Where?

The Church of Nazarene, 12 – 14 Burgher Street, Parkhead, G31 4TB

nterested?

Contact Cathy McInally or Rene Jenkins on 0141 573 2900 Mobile No...07936589872







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 the filled opportunity to gain an understanding of what to expect in the early sopontatal weeks and are often unprepared for the demands of parenthood. Sharing experiences that are provided the many control to come to the provided them with an opportunity to come to the providence of the providence of the providence greater confidence and self-setseem, or 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 for

- Peer Support
- Peer Support
- Therapeutic activities; Arts & Crafts, Relaxation,



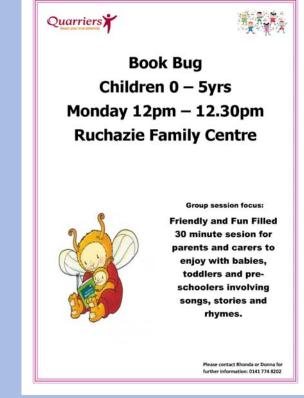
Parent & Child interaction

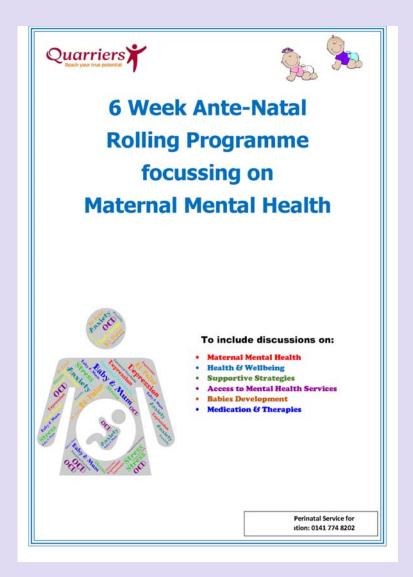
Baby yoga

urther information: 0141 774 8202











# **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 September, 11.30am

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

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









# 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 26th September 1.30pm

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

- How to prepare healthy food your baby will love
- How you can encourage your baby's language development
- Mums, Dads, Grannies, Grandpa's and of course babies all welcome!





















# **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
- 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 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!







# 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

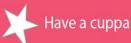
1:00pm - 2:30pm

Parkhead Congregational Church 77 Westmuir St. G31 5EW

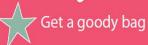
Contact: Marie on 07766 085 009



Meet new parents





















# **Bookbug Sessions**

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

Where: The Calvay Centre

16 Calvay 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 /bookbug









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

**0141 201 9832** or **0800 84 84 84** Get Started at **QuitYourWay.scot** 

Bridgeton Health Centre Abercromby Street G40 2DA Tuesday 9am - 12.30pm Easterhouse Health Centre Auchinlea Road G34 9QU Friday 9.30am - 11.30am

with our support

Main Street Practice Main Street, Bridgeton G40 1HA Tuesday 2pm - 4.30pm Springburn Health Centre Springburn Way G21 1TR Thursday 9.00am - 11.30am

Parkhead Congregational Church

Rowlands Pharmacy Gilbertfield Street, Ruchazie G33 3TT Wednesday 2.30pm - 4.30pm

77 Westmuir Street G31 5EW Thursday 1pm - 2pm

Barmulloch Residents Centre

Eastbank Training and Conference Centre Shettleston G32 9AA Thursday 6pm - 7pm

54 Quarrywood Road G21 3ET Thursday 4pm - 6pm

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



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

