GLASGOW CITY HSCP
NORTH EAST
HEALTH IMPROVEMENT TEAM

N.E. Health Improvement Team
September - November Newsletter
2019

SEPTEMBER - NOVEMBER 2019 EDITION
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

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

Macmillan Cancer Support, registered charity in England and Wales (261017), Scotland (SC039967) and the Isle of Man (604). Also operating in Northern Ireland.
Come and Sing Café
For people who live with dementia and their carers

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.

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 (Garvanlock & Craigend East, Ruchazie and Cranhill Church of Scotland (SC009874)

Glasgow City HSCP
Health & Social Care Partnership North East

BREASTFEEDING GROUPS

Meet other mums

Support

Antenatal mums welcome

Health Professional Advice

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

Bailieston 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

PLAY CAFE
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

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 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

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

Creche and Transport Available

Greater Glasgow and Clyde
Post Natal Group
Friday 10am – 12.30pm
Ruchazie Family Centre

Group session focus:

Have you noticed your first few days? Feeling a bit tense with the house? What to expect when children are born to you?
The group sessions help to build confidence and to provide a safe social environment for new parents. Each group is equipped with a specialist to promote and encourage interaction.

Please contact the team for further details: 0141 774 6286

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

Group session focus:

• Support
• Safe space to talk
• Physiotherapy
• Activities: Arts & Crafts, Rest & Relaxation, etc.

Please contact the team for further details: 0141 774 6286

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

Group session focus:

• Child’s Development
• Parent & Child Relationships
• Child’s Wellbeing: Nutrition, Sleep, Development, etc.
• Child Enrichment Activities: Sensory, Play, etc.
• Play

Please contact the team for further details: 0141 774 6286

Baby Massage
5 Week Programme
to promote
Parent & Child Interaction

To include discussions on:

• Emotional States
• Infant Care & Feeding
• Bonding & Attachment
• Appropriate Oils
• Gentle Movement
• Suggestions for Other Children
• Relief of Colic / Gastro

Please contact the team for further details: 0141 774 6286

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 the team for further details: 0141 774 6286
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
- Medications & Therapies

Perinatal Service for
email: 0845 778 0022

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 9th 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 it’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: Easterhouse Health Centre,
9 Auchinlea Road,
Glasgow G34 9HJ, on Thur 26th 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 it’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:
Springburn Parish Church,
165 Springburn Way,
Glasgow G21 1TV, on Thu 10th October, 10.00am

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 for your baby
- Looking after your baby’s teeth
- How you can encourage your baby’s language development
- And lots more – Ask your health visitor for more details.
Mums, Dads, Granmies, Grandpas – and of course babies – all welcome!

Starting solids?

Starting Solids Health Event
Make weaning fun for you and your baby!

Come along to:
Residence Housing Association,
Whitfield Street,
Glasgow G31 1OW, 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 for your baby
- Looking after your baby’s teeth
- How you can encourage your baby’s language development
- And lots more – Ask your health visitor for more details.
Mums, Dads, Granmies, Grandpas – and of course babies – all welcome!

Starting solids?

Starting Solids Health Event
Make weaning fun for you and your baby!

Come along to:
Ballieston Health Centre,
20 Manside Road,
Glasgow G26 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 for your baby
- Looking after your baby’s teeth
- How you can encourage your baby’s language development
- And lots more – Ask your health visitor for more details.
Mums, Dads, Granmies, Grandpas – 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 for your baby
- Looking after your baby’s teeth
- How you can encourage your baby’s language development
- And lots more – Ask your health visitor for more details.
Mums, Dads, Granmies, Grandpas – and of course babies – all welcome!

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 Thu 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 for your baby
- Looking after your baby’s teeth
- How you can encourage your baby’s language development
- And lots more – Ask your Health Visitor for more details.
Mums, Dads, Granmies, Grandpas – 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
- Have a cuppa
- Bring a friend or partner
- Get a goody bag
- Learn new skills

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**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](http://scottishbooktrust.com/bookbug)
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

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

Bridgeton Health Centre
Abercromby Street G40 2DA
Tuesday 9am - 12.30pm

Easterhouse Health Centre
Auchinlea Road G34 9QU
Friday 9.30am - 11.30am

Main Street Practice
Main Street, Bridgeton G40 1HA
Tuesday 2pm - 4.30pm

Springburn Health Centre
Springburn Way G21 1HR
Thursday 9.00am - 11.30am

Parkhead Congregational Church
77 Westmuir Street G31 5EW
Thursday 1pm - 2pm

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

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

Barmulloch Residents Centre
54 Quarrywood Road G21 3ET
Thursday 4pm - 6pm

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

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