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West Life

Newsletter for staff working in CHCP

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West Lothian CHCP pushing forward..

Livingston, Blackburn, Fauldhouse, Bathgate and Broxburn - it was a tour which gave James Barbour, Chief Executive, NHS Lothian, a real flavour of partnership working in West Lothian.

West Lothian was the first of a series of visits aimed at highlighting the extent of services provided jointly by Community Health and Care Partnerships and other organisations.

Locations visited provided opportunities to meet a variety of people, including users, parents and carers, as well as areas where new development in partnership working is taking place.

The day was kicked off by a visit to the Ability Centre, Livingston.

The Chief Executive then spent time with staff, children and parents at the Beathie Child Development Centre, which offers a multi-agency approach to services for children

with developmental problems.

Next on the itinerary was a visit to Fauldhouse Health Centre which is set to be developed into a new health and community facility.

After a packed morning the Chief Executive enjoyed a healthy lunch at the Chill Out Zone (COZ) in Bathgate.

The tour was rounded off by a presentation by the West Lothian Health Improvement team, which highlighted consultation, new projects and training.

Following the visit, James Barbour commented: "I would like to thank everyone involved in what was a most enjoyable and informative visit. It is clear that the CHCP is pushing forward on a number of fronts and can build on the excellent foundation of partnership working which is already in existence."



James Barbour, Chief Executive NHS Lothian meets 3 year old Amy McLean at the Beathie Child Development Centre.

Food co-ops go bananas



Members of the public and staff take advantage of the Food Co-op at Strathbrock

West Lothian Food Co-op Network continues its successful expansion with the recent addition of Fauldhouse and Broxburn.

Run by local volunteers, the project is a community food enterprise selling good quality fresh fruit and vegetables at affordable prices.

Since opening in February, Fauldhouse Food Co-op experienced such overwhelming demand it to open an additional day each week. The latest addition at Strathbrock Partnership Centre has also proved a hit with local people and staff.

In the coming months residents of Whitburn, Stoneyburn and Craigshill will soon be able to enjoy the benefits of their own food co-op.

Contact Angela Moohan, Health Improvement Team Tel: **01506 771724**

Making a difference... to the health of homeless people



Mental health worker Cheryl Espie meets with a client

The CHCP's Health and Homelessness Planning Group is an excellent example of joined-up working between health, care and housing professionals.

The team was set up to align the activities of housing, care, support and health services, to improve the well-being of homeless people in West Lothian.

Research suggests that by developing flexibility in the way health services are provided, and by aligning the activities of housing, care and support providers it is possible to make very real improvements to the health of homeless people.

Project manager, people are much more susceptible to certain kinds of health problems than the general population.

A range of services and initiatives have already been successfully implemented:

- The establishment of the 'Moving into Health' team. This involves a team of mental health nurses offering open access to health assessment and intervention, while working alongside homelessness officers to link homeless households into a range of mainstream and specialist health services.
- The annual "Pamper Yourself Day"; a well attended, one-day health promotion event for homeless people, which delivers a wide range of activities, such as Reiki and Reflexology, and physical activities.
- The development of a joint training approach across the voluntary and statutory sectors to address key issues in health and homelessness, such as suicide first aid training (ASIST), drugs and alcohol issues, and mental health awareness training.
- A mental health worker for young people is in post managed by Penumbra, provides one to one support and workshops for young people on a range of issues including self harm and anxiety management.
- The Community Dental Service has been secured for homeless households.
- The men's Health Nursing Service has been introduced into homeless hostels in West Lothian, to tackle previously unaddressed health issues and encourage healthier lifestyles.

The project enables partnership working to improve the health and well being of homeless people by helping them to sustain a home, provide support and tackle their problems.

Dr Cindy Brook, lead on Health and Homelessness.

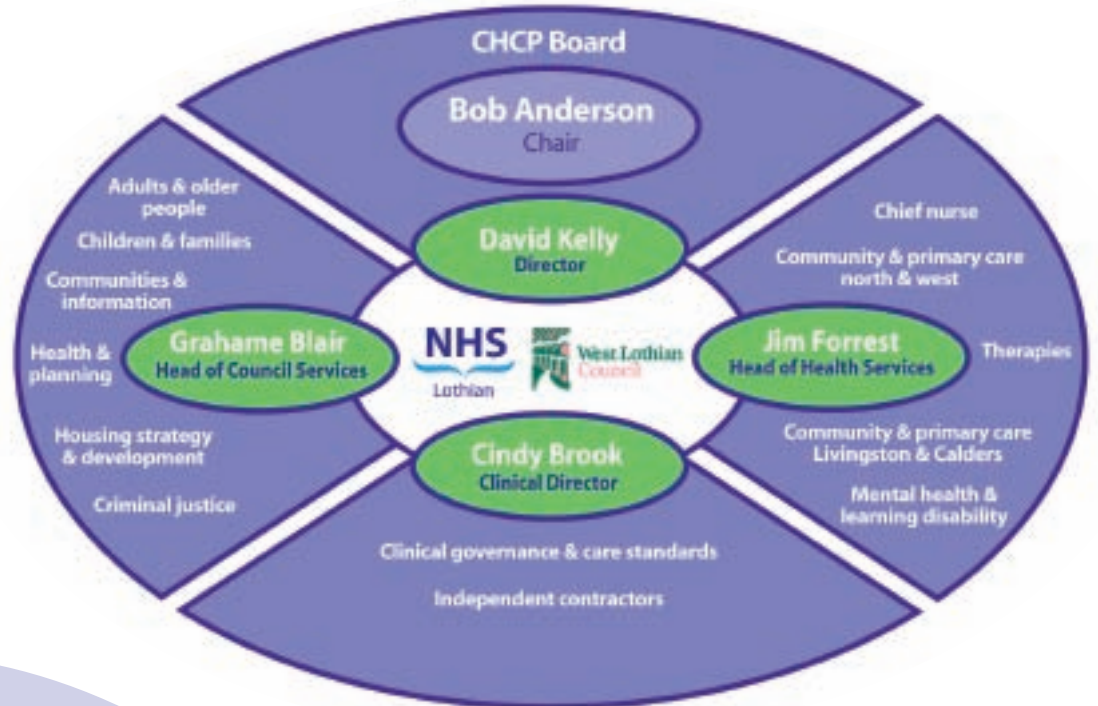
For further information contact:

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West Lothian Community Health and Care Partnership

The work of the **CHCP** is governed by a partnership board consisting of four elected members and four NHS Lothian representatives. Jointly managed by and accountable to NHS Lothian and West Lothian Council the senior management team is co-located at the Strathbrock Partnership Centre in Broxburn.



Leadership focus

change management
conflict resolution
managing diversity
communication

Health and social care management development programme.

A unique Health and Care Management Programme was launched on 3 February. The programme was established by a partnership between West Lothian Council, NHS Lothian, West Lothian College and the Open University and has been designed to meet the needs of managers across the health and care sector. This pilot programme consists of individual pathways to qualification at diploma level and a series of master classes on common themes, offering flexible access depending whether you prefer distance learning, interactive workshops or online interaction.

The programme has a common management and leadership focus, but also allows for individual pathways and qualifications. Some of the common themes in the master classes include communication, leadership, managing diversity, motivation, change management and conflict resolution.

Twenty-one people from a wide range of health and social care settings have started the programme, which will be delivered in a series of 14 x 2-day blocks.



For more information please contact Keith Wilson,
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Tel: **01506 773921** or email Keith.Wilson@westlothian.gov.uk

Simply outstanding

Newland Medical Practice award for outstanding general practice

After three years of study, research and development the team at Newland Medical Practice were delighted to receive the Quality Practice Award from the Royal College of General Practitioners (Scotland) in February 2006. Already a training practice for medical students and general practice specialist trainees, this award is the highest level of accreditation and recognises a significant achievement in clinical practice, organisation and teamwork.



Linlithgow hair raiser

What started as a slimming club by Sandra Connet receptionist at Linlithgow health centre, has developed into a monthly fundraising event. To encourage her slimmers to shed the pounds she placed a £1 charge on each weigh-in.



Linlithgow health centre receptionist Sandra Connet giving local GP Ken MacKenzie the chop

In 2005 the fundraising fun was opened up to all staff at the centre, with a dress down day every month. Local GP Ken MacKenzie ended the year by volunteering his head to be shaved for charity. An impressive £1,113 was raised in 2005, which went to Alzheimers Scotland, Oxfam and Breast Cancer Research.

Whats happening in your area?

West Lothian CHCP Quiz Night Success

The evening started off in humorous fashion, which set the scene for the rest of the quiz.

The round where teams were asked to match the the CHCP Management Team with their baby photographs was a hoot, some confused souls even managed to get the gender wrong!!

The varied selection of nibbles

adorning tables, (indeed, a three course meal for some) led us to think that there should be a prize for Best Picnic next time!

Congratulations to "Those who will not be named" for winning.

The winning team selected the Oncology Department at St John's Hospital as their nominated charity.

contact us



West Life is published three times a year and made available to all CHCP employees.

We welcome your feedback on anything covered in this issue and suggestions for future issues.

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