

HIT matters

Issue 3, September 2009

THE WEST LOTHIAN HEALTH IMPROVEMENT TEAM NEWSLETTER

Welcome to the third edition West Lothian Health Improvement Team Newsletter

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HEALTH IMPROVEMENT TEAM

Strathbrock Partnership Centre

189a West Main Street
Broxburn, West Lothian
EH52 5LH

Phone: 01506 775626

Fax: 01506 775667



hit@westlothian.gov.uk

www.westlothianchcp.org.uk/what/community/hit/

Information is available in Braille, tape, large print and community languages. Please contact the Interpretation and Translation Service on 0131 242 8181.

هذه المعلومات متوفرة بلغة بريس وخط كبير وبلغات الجالية. الرجاء الإتصال بخدمة الترجمة على الهاتف 0131 242 8181

এই তথ্য আপনি ব্রেইল, টেপ, বড় অক্ষরে এবং কমিউনিটির বিভিন্ন ভাষায় পাচ্ছেন। অনুগ্রহ করে ইন্টারপ্রেটেশন অ্যান্ড ট্রান্সলেশন সার্ভিসের সঙ্গে যোগাযোগ করুন। টেলি: 0131 242 8181

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ਇਹ ਜਾਣਕਾਰੀ (ਬ੍ਰੇਲ) ਟੇਪ/ਟੇਪਿੰਗ ਦੇ ਪੜ੍ਹੇ ਵਾਲੀ ਸਿੱਖੀ, ਟੇਪ, ਵੱਡੇ ਫੋਂਟ ਅਤੇ ਸਮਾਜ ਦੀਆਂ ਹੋਰ ਭਾਸ਼ਾਵਾਂ ਵਿੱਚ ਉਪਲਬਧ ਹੈ। ਪ੍ਰਿੰਟ ਕਰਕੇ ਟਿੱਕਾਉਣ ਵਾਲੇ ਅਤੇ ਟਰਾਂਸਲੇਸ਼ਨ ਸੇਵਾਵਾਂ ਵੀ ਇਸ ਨੰਬਰ 'ਤੇ ਮਿਲਣ ਵਾਲੇ ਹਨ: 0131 242 8181

بہ معلومات بریل (البریل) کے ساتھ، ٹیپ، بڑے فونٹ اور کمیونٹی کے مختلف زبانوں میں دستیاب ہے۔ اگر آپ کو مزید معلومات یا کسی چیز کے بارے میں سوال ہے تو براہ کرم 0131 242 8181 پر رابطہ کریں۔

Informacje te mogą być przełożone na język Braille'a, dostępne na taśmie magnetycznej lub wydane dużym drukiem oraz przetłumaczone na języki mniejszości narodowych. Prosimy o kontakt z Usługami Tłumaczeniowymi pod numerem 0131 242 8181.

Our Initiatives....

Self Harm Stakeholder Day - 30th January 2009

A Self Harm Stakeholder Day, organised by ChooseLife West Lothian, was judged to be a huge success by all who attended - (100% of those responding said that they were satisfied with the organisation of the event and 98% were satisfied with the information they received). The event provided an opportunity for individuals, as well as local services and agencies, to gain a better understanding of the issues surrounding self-harm.

A wide range of speakers covered subjects such as: self harm behaviour and borderline personality disorder; available therapeutic programmes; services for young people; tissue viability and camouflage; peer support and recovery.



Following the event, and the feedback received, a supplementary session is planned for specific agencies.

Care Home Network

The Older People's Sub Group of West Lothian on the Move (WLOTM) was set up in August 2007 to develop improved links across varying service areas to address the physical activity needs of older people.

One of the first actions was to establish a network for care homes, housing with care, sheltered housing staff and activity coordinators to meet to share ideas and have the opportunity to engage in bespoke training around the importance of physical activity as people get older. The network has met 8 times to date and attendance has been very good, particularly in relation to care homes.

The network will hopefully continue to expand the skills and knowledge of everyone involved in improving the wellbeing of older people in West Lothian.



HOW TO CONTACT US

We are keen to hear about any comments, suggestions or complaints that our customers and stakeholders might have. Your comments and suggestions will be logged and used to improve existing activities and plan new services.



We hope that the information in the newsletter is useful, relevant and interesting to read. If you would like more information about anything in the newsletter, you want to comment on what you have read or there are other things that you would like us to tell you about in next edition, please contact Jane Kellock, Health Manager on 01506 775552 (from 5.10.09, Jane's new number will be 01506 218920) or any of the team members, using the contact details on this page.





The Health Improvement Team



Jane Kellock – Health Manager: Coming from a background in social work, I have been in post as Health Manager for 3 years. I have lead responsibility for the West Lothian Community Health and Care Partnership's health improvement programme and I oversee the work of the Health Improvement Team.

Kate Marshall, Service Development Officer—Community Health: I have a strategic role to promote community health development and food initiatives and chair the Health Issues in the Community Advisory group and 'get cooking' management groups. I am also involved with breakfast clubs, breastfeeding and food co-ops. I am a member of WLC Active Health at Work group and manage 5 staff in the team.



Linda Middlemist, Service Development Officer—Health Improvement: I started in the team in 2001 and my role is to strategically influence policy and decision making across the council and its wider partners, to take account of the health and well-being impacts of their services, in particular reducing health inequalities.

Shiona Jenkins, Community Health Development Officer—'Get Cooking': My job involves the implementation, support and development of the cooking skills programme '*get cooking*' in West Lothian. I co-ordinate and deliver the Community Food & Nutrition Skills course and provide ongoing training and support for '*get cooking*' tutors.



Rhonda Archibald, Food & Health Development Officer: It's my job to ensure the successful co-ordination and implementation of the local Food and Health Action Plan. This includes offering support to a wide range of partner organisation and enabling them to incorporate food and health into their planning.

June Gilfether - Service Development Officer - Choose Life: My job involves promoting wider ownership and awareness of suicide prevention, by developing and coordinating West Lothian's suicide prevention activities. I deliver training on Suicide Prevention and Awareness, as well as Mental Health First Aid Training. I also raise awareness of postvention support around the issue of suicide.



Alison Cockcroft - Admin Assistant - Choose Life: I provide admin support for ChooseLife West Lothian suicide prevention activities. This includes taking bookings for courses, recording feedback; answering general enquiries; and designing leaflets and flyers outlining the courses available.

Laura Dunkel, Community Health Development Officer: Health Issues in the Community: I recently started in this post and my main role is to support the promotion and delivery of the 'Health Issues in the Community' course in West Lothian. Built around a social model of health, the aim of this free course is to empower communities to develop the skills and awareness required to gain control over and improve the quality of their lives.



Jen Johnston, Physical Activity Co-ordinator: My role is to support the West Lothian Physical Activity Alliance in the local implementation of the national physical activity strategy 'Let's Make Scotland More Active' with a particular focus on reducing health inequalities. Through 6 working groups, work is being done to educate people on the importance of active living and the benefits this can have on physical, social and mental well being.

Helen Yewdall, Public Health Practitioner: I have been working as the Public Health Practitioner in the West Lothian CHCP since November 2005. My role is to help support and facilitate the public health function of the National Health Service. For two days per week, I am also the lead for a Scottish Government demonstration project in NHS Lothian - the Health and Wellbeing in Schools project.



Gillian Amos - Senior Health Promotion Specialist NHS Lothian: I joined the team in May 2009. My main remit is to promote health and wellbeing through capacity building, training, consultation and partnership working to improve health and reduce inequalities. Some key areas of work I am involved in are supporting the work of the Community Health Development Network and promotion of mental health and wellbeing.

Margaret Brutin - I co-ordinate and facilitate the on-going implementation of the Schools Health Promotion and Nutrition Scotland Act, and the implementation of food initiatives out with school lunch. I work with breakfast clubs and healthy tuckshops and am involved in training for teaching staff in Health and Wellbeing as part of the Curriculum for Excellence.



Susan Scott – Admin Assistant: I joined the HIT in April 2009 and my role is to provide general office support for the team. I also help with organising events and designing publicity materials.

Martin Oliver - Community Health Development Officer - Food Initiatives: My role is to develop and expand community food activities with targeted groups and communities. Working with people, particularly those on low incomes, to facilitate and enable them to make healthier food choices.



Health Walk Development Officer (vacancy): co-ordinates the health walk - Put Your West Foot Forward. Promoting walking as a physical activity amongst inactive people and developing health walk initiatives in targeted areas of deprivation across West Lothian. There are currently 12 health walking groups led by trained volunteers. Works closely with health practitioners to implement exercise referral for physical and mental health benefits.

Targets to HIT in 2009-10

Here is what the West Lothian Health Improvement Team, with the support of its partners, aims to achieve in 2009-10:

HEALTHY EATING

Objective: To promote healthy eating for babies, children and young people

- 3 Breastfeeding Management courses to be delivered to 54 participating health professionals
- 3 new breakfast clubs to be established and the existing 30 breakfast clubs to be maintained
- 3 food outlets in schools to be established and 29 food outlets in schools to be supported



Objective: To develop a range of activities to support healthier food choices.

- Revised targets for HIT activity to be developed

Objective: To improve knowledge, skills and confidence to prepare healthy food on a budget.

- 12 'get cooking' courses to be delivered by HIT funded tutors
- 3 core Nutrition Skills courses to be delivered, and 4 modules to be delivered
- 60 people in vulnerable groups and communities becoming skilled in cooking healthy food as a result

PHYSICAL ACTIVITY

Objective: To promote health enhancing physical activity to inactive people

- 4 physical activity courses delivered
- 12 grants to be awarded to build capacity for physical activity opportunities

Objective: Encourage inactive people to become more physically active by walking

- 30 trained volunteer walk leaders to lead 12 community walks
- 10 buddy walks per week
- A total of 200 participants per week taking part in walking
- 2 walk leader training courses delivered in house

MENTAL WELLBEING

Objective: To promote mental wellbeing and reduce suicide.

- 18 suicide prevention/mental wellbeing training course to be delivered with 271 people becoming aware or skilled in suicide prevention and mental health first aid as a result

COMMUNITY DEVELOPMENT AND HEALTH

Objective: To develop our communities to address their health issues and tackle health inequalities.

- 4 grants to be awarded to build capacity for health improvement with 50 people directly benefiting as a result

- 2 Community Development in Health Course to be delivered with 12 people becoming skilled in community development in health as a result
- 5 Health Issues in the Community courses to be delivered with 30 people gaining understanding of and tackling issues that affect health in their communities

CAPACITY BUILDING

Objective: To develop the capacity of council and health services to recognise their health improvement function.

- 6 key strategies, policies or projects to be screened for their health impact with 40 people becoming skilled in recognising health improvement functions as a result

Objective: To build the capacity of our partner agencies, existing services, workforce and communities by ensuring that all training, stakeholder events and service activities are delivered to a high standard.

- 95% of participants to be satisfied with the delivery of training
- 95% of participants to be satisfied with the delivery of stakeholder events
- 90% of customers and stakeholders to be satisfied with the service they have received

Objective: To provide skilled admin resources to support the core team objectives

- 9 training/development opportunities to be undertaken by the HIT's admin staff

Objective: To ensure that adequate resources are available and HIT staff are well-trained and supported in order to carry out HIT objectives

- Vacancies to be filled within 5 months
- 100% completion of planned skill development and networking opportunities

COMMUNICATION

Objective: To communicate effectively, with our customers and stakeholders and to treat them fairly and equally.

- Applicants to be contacted within 2 weeks of application or deadline for application, and informed if they have a place on a training course or at a stakeholder event, and pre-reading provided if required.
- Responses to the HIT email address and phone line to be made within 2 working days

Do you think our targets are easy to understand? Are they relevant to you? Do they give you a good idea of what the HIT is all about? Let us know!



How we did in 2008-09

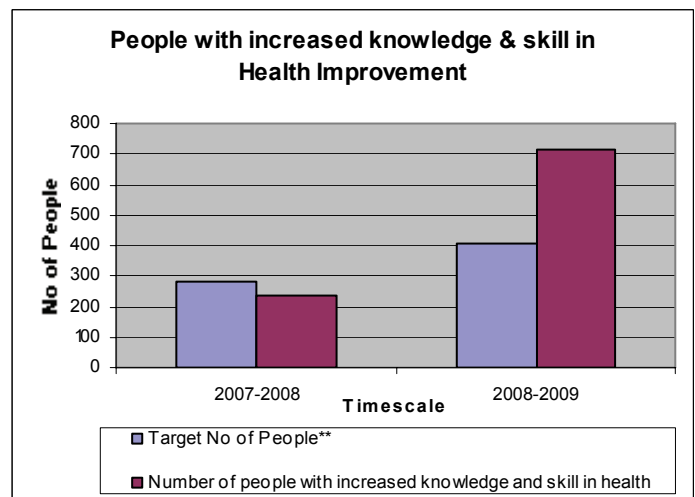
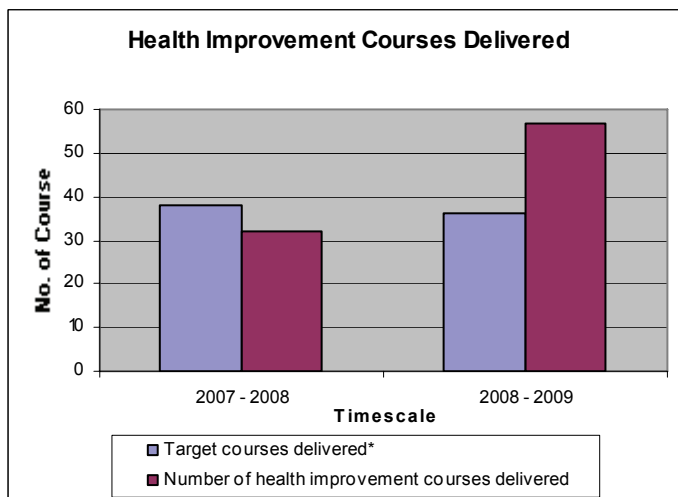
Here are some of the things we said we would do in 2008-09. For all the details, see our "HIT Standards Review", available from Susan Scott, and soon on the HIT website:
www.westlothianchcp.org.uk/what/community/hit/

WE SAID WE WOULD	WE DID
Establish 3 food outlets in schools and support 20 already established food outlets	Set up 9 food outlets in schools and supported 20 outlets already in schools
Deliver 2 Nutrition skills courses	Delivered 2 'core' courses and 3 modules
Deliver between 1 and 3 new breakfast clubs and support 29 existing clubs	Developed 2 new breakfast clubs and supported 29 existing breakfast clubs
Support 25 trained volunteer walk leaders with 200 participants each week	We now have 30 trained volunteer walk leaders with 12 community walks each week. We have about 130 people regularly participating so we are keen to encourage new walkers - get your comfy shoes on!
Deliver 11 suicide prevention/mental wellbeing training courses to 155 participants	We delivered 28 courses to 373 participants
90% - 95% of customers satisfied	Where we measured satisfaction, we achieved between 95%-100%. We have revised our survey questionnaires and will measure satisfaction for all training, stakeholder events and service delivery in 2009-10

The Health Improvement Team follows four main proven approaches to improving West Lothian's health:

- Strategic influence
- Capacity building
- Building networks
- Championing health equality

Capacity building includes delivering a wide range of training courses to professionals, partner agencies and communities. Each year we try to improve on the range of topics, and increase the number of courses and the number of people who attend.



In 2009-10, we are on track to improve on last year's performance, having delivered 20 courses between April to June to 197 participants.