

AUTUMN / WINTER 2010

CARNTYNE



Welcome to the latest edition of the GoWell newsletter for Carntyne. Our last newsletter gave a general update on GoWell, along with some of the key findings for your area from our most recent survey. We hope that you found it interesting.

In this newsletter, we are looking in more detail at the answers people gave to some of the health questions. These include what people told us about their general health, how often they visit their GP, behaviours that can impact on health such as smoking, diet and exercise, and mental health. Feeling part of your community and getting support when you need it are also important for health and wellbeing, so we also asked about how much contact and support people have with, and from, their neighbours.

In producing this newsletter, we have teamed up with your local Community Health and Care Partnership (CHCP), and they have provided information on some of the local services and groups that may be of interest to you. This information can be found on the back page of this newsletter and we would like to thank them for their input.

Our researchers will be returning to Carntyne in spring/summer next year, inviting people to take part in our third survey. We will be back in touch before then with more information about that survey. If you are asked to take part, we hope that you will. We will only get a good sense of what life is like in the area if people tell us! Meanwhile, thank you once again to those of you who took part in our previous surveys.

We hope you find this newsletter of interest. As always, we would welcome any thoughts or comments you may have. You can find our contact details on the back page of this newsletter.

What is GoWell?

GoWell is a ten-year research and learning programme that aims to find out from local people what they think of the efforts to improve their area and if these have an impact on their health and wellbeing. One of the main ways we do this is through our survey of residents. We have already done two surveys in Carntyne, in 2006 and 2008, in which over 600 residents took part. We will conduct another two surveys, in 2011 and 2013/14. This will help us understand what changes take place, whether things have got better or worse, and what changes are important to residents. This information will help planners improve services and regeneration efforts in the future.

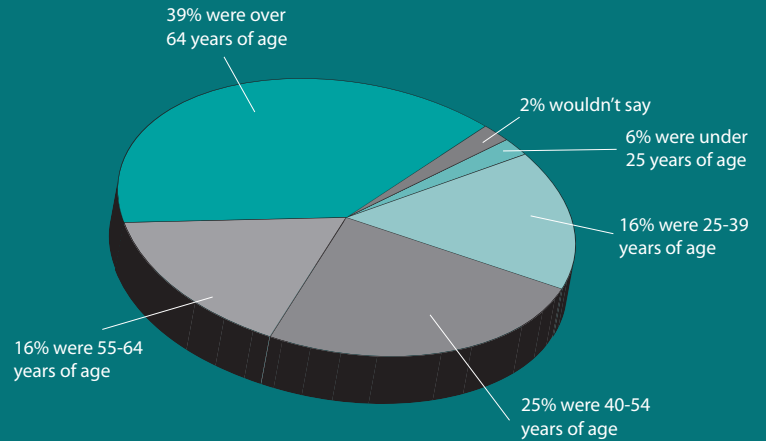


Who took part in the survey?

A total of 266 Carntyne residents took part in our most recent survey in 2008 - 156 women and 110 men.

People from different age groups took part as shown:

- Participants were fairly evenly balanced between those who rent and those who own their home - 57% rent; and the remaining 43% own their home.
- Of the residents who took part in our survey, 99% classed themselves as 'white British'.
- 32% stated they are currently employed or participating in education/training. 8% are unemployed. 9% are in receipt of sickness benefit. 44% are retired.



Key Findings for Health

Health behaviours:

- **Smoking.** Around a third (36%) of adult residents said they are current smokers - although just under half of smokers (45%) say they intend to give up (see back page for smoking cessation services in your area).
- **Diet.** One in four (25%) residents had eaten takeaways for their main meal two or more times in the previous week - compared to 58% who had no main meals from a takeaway.
- **Physical activity.** We asked residents whether they had done different types of physical activity over the past week. The table below shows the proportion that said they had done that activity on at least one day over the past week.



In the last week have you...

Walked for at least 10 minutes at a time	70%
Done moderate physical activities (eg carrying light loads, sweeping, cycling or swimming at a regular pace)	19%
Done vigorous physical activities (eg heavy lifting, digging, aerobics, fast cycling or fast swimming)	12%

General health:

- Two out of three residents (66%) rated their health as excellent or good.
- 20% had not seen their GP in the past year; just over a third (33%) had visited their GP once or twice; and almost a half (47%) had visited their GP more than three times over the past year.
- We also asked residents whether their physical health impacts on their daily activities. The table below shows the responses to the two questions we asked.



As a result of your physical health, over the past 4 weeks how often have you...	All or most of the time	Some or a little of the time	None of the time
Accomplished less than you would like	17%	31%	52%
Been limited in the kind of work or other regular daily activities you do	12%	32%	56%

Social contacts and support:

We were interested to find out how much contact people had with their neighbours.

- Nearly three quarters of the residents we spoke to (73%) said they stopped and talked to people in the neighbourhood fairly regularly; while over a quarter (27%) did not.
- 80% agreed that Carntyne is a place where neighbours look out for each other.
- 41% said they knew most or many of the people in the area; 47% knew some; while 12% knew very few people or no-one in the neighbourhood.

We were also interested to find out how much support people had available from relatives, friends or neighbours outside their home and asked about three types of support: practical, financial and emotional. The responses are given in the table below:



How many people could you ask for the following help?	No-one/ wouldn't ask	One or two	More than two
To go to the shops for you if you are unwell	14%	46%	39%
To lend you money to see you through the next few days	29%	28%	42%
To give you advice and support in a crisis	22%	30%	46%

Mental health and wellbeing:

- We asked people whether over the past month, they had done less than they would have liked because of their mental or emotional health (such as feeling anxious or depressed). Two thirds of people said that there were no occasions over the past month when they'd done less as a result of their mental or emotional health. However, a quarter of people had done less 'some of the time' and one in ten 'all or most of the time'.
- We also asked people about their 'vitality' – that is whether they felt they had a lot of energy. Over a third of respondents (36%) said that they had little or no energy over the past month.
- We also asked whether respondents had visited their GP over the past year, about an emotional or mental health problem. Only a minority of people (17%) had seen their GP about this type of issue.
- Respondents also told us how they had been feeling often or all of the time over the last 2 weeks in other ways such as:

"I've been feeling optimistic about the future" – 52%

"I've been thinking clearly" – 63%

"I've been feeling good about myself" – 64%

"I've been feeling useful" – 48%

"I've been feeling loved" – 63%

The GoWell study shows how people in your community have different lifestyles and health concerns. There are people who are healthy and active, people who tell us that illness limits what they can do, and people who are looking for ways to improve their health or make other positive changes in their lives. Because people are different, there are many different services available for your community. This newsletter provides details of some of them. If you, or anyone you know, is interested – why not contact them to find out more?

Services in your area

East Glasgow CHCP manages local NHS and social care services and aims to improve the health and wellbeing of everyone in your area. The staff work in partnership with other public sector agencies, local voluntary organisations and the local community to do this.*

East Glasgow CHCP says that, "These latest survey findings from Carntyne contain good news and challenge the negative picture of poor health in East Glasgow. The majority that took part in the survey rate their health as excellent or good with many finding time to stop and talk to each other fairly regularly. There's a similar picture when it comes to helping each other out during these hard times. Most people appear to have someone they can ask to do the shopping, lend money for a few days or help during a crisis. Despite this good news, there is room for improvement when it comes to thinking about doing a bit more exercise, quitting smoking or eating fewer takeaways. We can help you improve your health and wellbeing and below is a list of services available to help make these changes in your life after.

Listed below are some local services that East Glasgow CHCP provides or supports which can help you achieve better health.*

Smoking Cessation:

East Glasgow Stop Smoking Services - Offers support while you start out as a non-smoker. The primary support offered is through the group service and groups run for 7 weeks and are relaxed and FREE. We offer information on Nicotine products and the other medications available. If the groups are not suitable for you we can still offer support in a different way, give us a call and find out how. Tel 0141 232 9832

'One-stop' Services:

Keep Well Project - The Keep Well project at your GP surgery is aimed at reducing the risk of heart disease and improving the health of 45-64 year olds, but the new shop is open to all ages. The shop at Parkhead Forge, In-Shops, opens Mon- Fri, 9am-5pm and offers free services such as Money Advice, Stress Management, Smoking Cessation and Employability Services. Tel 0141 554 9276 or 0141 232 0173.

Parenting:

Stay Positive - Triple P Positive Parenting Classes - Kids don't come with an instruction manual but help is now at hand for East End parents. Triple P is designed to give parents the skills and confidence to raise confident healthy children and teenagers and to build a stronger family relationship. Classes are now being run in East Glasgow. Tel 0800 027 7246 for more information.

Mental Wellbeing:

East Glasgow CHCP Primary Care Mental Health Team - For mental health and wellbeing information tel 0141 342 3200.

Positive Mental Attitudes (PMA) - is a mental health awareness and anti-stigma project based within East Glasgow CHCP. PMA provides local arts projects, stress management training, and works to promote a better understanding of mental health. A digital photography class runs at the Riddrie Centre.

For information contact PMA on 0141 773 4937.

Community Mental Health Team for Older People - helps people who have a mental health problem and live in their own home or a care home. The service is for people aged 65 or over but does see people of any age suffering from memory loss or dementia. Tel 0141 303 8800.

Over 60's Services:

Silver Deal Active - offers free physical activity and arts activities for over 60's in East Glasgow. Tel 0141 287 4685 for information. Easy Exercise Classes run at High Carntyne Church, Carntynehall Rd on Tuesdays at 1.30pm and Arts Classes at Wednesday at 12noon; and at St Enoch Church Hall, Cumbernauld Rd, Riddrie on Friday at 10am and Arts Classes on Thursday at 1pm.

Young People's Services:

H4U Teen Health - is for young people aged 10-19 years and is based in Baillieston Health Centre, 20 Muirside Rd, Baillieston G69. Drop In - Wednesdays from 6.30-8.30pm. Tel 0141 232 7213 or 07769 920 596.

Listening Ear: is a counselling service for 10-19 year olds who live, work or are educated in East Glasgow. You can call us yourself or a concerned adult can call on your behalf. All we would ask is that they have discussed this with you beforehand. Tel 0141 531 3390.

Healthy Eating:

Be a Waist Winner - Waist Winners is an 8 week programme which explains how little changes in your diet and becoming more physically active can add up to make a big difference. Groups run at different venues including the Riddrie Resource Centre. Tel Community Dieticians on 0141 553 6202 or the Keep Well Shop on 0141 554 9276.

Active Children Eating Smart (ACES) - ACES is a new programme taking place in local schools, leisure centres or community venues, to help children and young people aged 5-15 eat more healthily, keep well and become more active. All children aged 5 -15 and their families can take part in the programme to lose weight or prevent any further weight gain. Tel 0800 027 0291 (it will really help if you know your child's height and weight when you call).

Hospital Transport Services:

NHS Hospital Evening Visitor Transport Service -The NHS Greater Glasgow and Clyde, Hospital Evening Visitor Transport Service provides free transport to NHS hospitals. For transport to your nearest hospital call the booking hotline on 0845 128 4027 between 1.00pm -4.00pm (Monday-Thursday) and between 1.00pm - 3.30pm on Fridays.

Other Services:

If you would like information on services that are not listed here you can contact the Health Improvement Team on 0141 232 0166.



For more information on GoWell, please contact:

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Email: kelda.mclean@drs.glasgow.gov.uk
Phone: 0141 287 6959 Or visit our website at: www.gowellonline.com

All the personal information we collect is completely confidential and anonymous and is not shared with anyone outside the research team.

GoWell is a collaborative partnership between the Glasgow Centre for Population Health, the University of Glasgow and the MRC/CSO Social and Public Health Sciences Unit, sponsored by Glasgow Housing Association, the Scottish Government, NHS Health Scotland and NHS Greater Glasgow and Clyde.



*information correct as at 01/09/2010