

Services in your area

South 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.

South East Glasgow CHCP says that, "Everyone will have contact with Health and Social Care Services at some point in their lives. This could mean seeing your GP, or dentist, or getting help to stop smoking or could involve a family accessing support around diet and physical activity if they are concerned about their child's weight. The South East Glasgow Community Health and Care Partnership manages three community health centres providing a range of services and clinics.

The initial findings from the survey are encouraging with a high percentage of people rating their health as excellent or good. It is encouraging that many people reported feeling a positive sense of community spirit, looked out for each other and most people appear to have someone to give them advice or support in a crisis. These factors are all very positive for health and well being, however there is room for improvement when it comes to thinking about doing a bit more exercise, quitting smoking or eating fewer takeaways.

As a health improvement team we have set out priority topics where we and our partners will focus additional efforts in 2009 – 12. These are addressing addictions, promoting positive mental health and well being, improving the health of children and families and weight management. "

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

Young people's services:

Bank for Youth - is an initiative for the South East run by young people. They provide small grants to projects led by young people that benefit them and their community. If you are a young person interested in applying to Bank for Youth or to become a member contact Nikki McGill on 0141 232 9856.

Parenting:

Triple P (Positive Parenting Program) - Triple P sessions are on offer, free of charge, in your local area. You will receive support, encouragement, information techniques and advice from experienced trained professionals. The other advantage is the chance to discuss the daily challenges of being a parent, with other people in the same situation, which often can be really helpful. Classes run for 8 weeks and encourage positive parenting through good family relationships. They are available to all carers of children - parents, grandparents, childminders etc. For further information please call Mary Ann Tanzilli Parenting Coordinator on 0141 276 6721.

Smoking cessation:

Stop Smoking Service - This is a local service designed to help you stop smoking, delivered by experienced, trained professionals. Support can be in the form of weekly support sessions in your area, or from your local pharmacy. You will also receive FREE support, encouragement, information and advice when you are ready to quit. If you attend support sessions and use stop smoking medication, you are four times more likely to stop smoking.

You can do it...we can help. Contact us on 0800 028 5208.

Provision of services:

Public Partnership Forum - Made up of voluntary organisations and members of the public this group links patients, carers, and the wider public and lets them have their say in the development of the local health and social care services. This gives people the opportunity to influence how services are provided.

For further information please contact Adam Khan on 0141 276 3900.

Mental Wellbeing:

STEPS - STEPS is a free NHS service for those with the common problems of anxiety and depression. Anyone with a GP in south east Glasgow is welcome to choose any of our services. We have one to one therapies, groups and classes and a range of other services such as the Healthy Reading service in all Glasgow libraries, DVDs on how to deal with stress. Ask you GP for our service brochure or find out about STEPS at www.glasgowsteps.com

Children's healthy eating:

ACES (Active Children Eating Smart) - ACES is a new and exciting club for children and young people aged 5-15 years who are concerned about being overweight. The programme can support young people and their parents/carers to try new fun physical activities and see that eating better can be simple and enjoyable.

If you think you can benefit and would like to take part, phone the hotline number 0800 027 0291. You will need to know your child's weight and height before you call.

Weaning Fares - Make weaning fun for you and your baby and learn about when and how to start giving your baby first foods. Ask your Health Visitor or contact Susan Toal, Health Improvement Practitioner - Oral Health on 07766 085 065.



For more information on GoWell, please contact:

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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



GLASGOW COMMUNITY
HEALTH AND WELLBEING
RESEARCH AND LEARNING
PROGRAMME

HEALTH IN YOUR AREA

AUTUMN / WINTER 2010

CASTLEMILK

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 Castlemilk, in 2006 and 2008, in which over 1,200 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.



Welcome to the latest edition of the GoWell newsletter for Castlemilk. 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 Castlemilk 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.

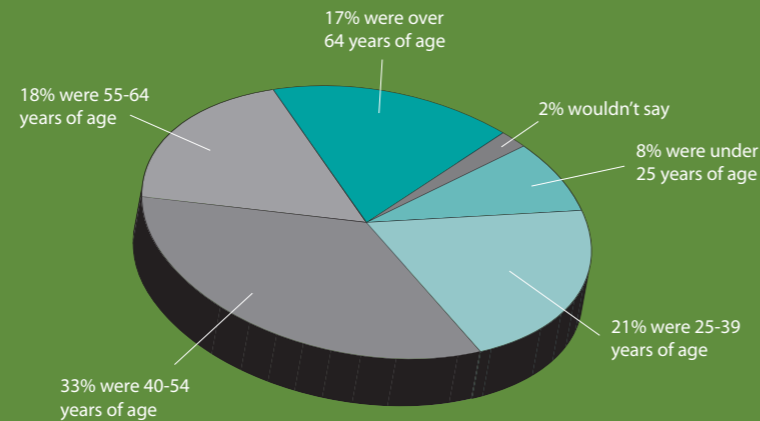


Who took part in the survey?

A total of 484 Castlemilk residents took part in our most recent survey in 2008 – 323 women and 161 men.

People from different age groups took part as shown:

- Most people who took part in our survey rent their home – 84%; and the remaining 16% own their home.
- Of the residents that took part in our survey, 96% classed themselves as 'white British'
- 35% stated they are currently employed or participating in education/training. 18% are unemployed. 13% are in receipt of sickness benefit. 25% are retired.



Key Findings for Health

Health behaviours:

- **Smoking.** Just under half (44%) said they are current smokers – although over half of smokers do intend to give up (see back page for smoking cessation services in your area).
- **Diet.** One-in-four (25%) residents had eaten a takeaway for their main meal once over the previous week and 13% had done so twice or more. This compares with almost two-thirds (62%) 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	66%
Done moderate physical activities (eg carrying light loads, sweeping, cycling or swimming at a regular pace)	30%
Done vigorous physical activities (eg heavy lifting, digging, aerobics, fast cycling or fast swimming)	15%

General health:

- Two out of three residents (65%) rated their health as excellent or good.
- 22% had not seen their GP in the past year; a third (33%) had visited their GP once or twice; and almost half (46%) 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	16%	34%	50%
Been limited in the kind of work or other regular daily activities you do	16%	30%	54%

Social contacts and support:

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

- Most of the residents we spoke to (83%) said they stopped and talked to people in the neighbourhood fairly regularly; while 17% did not.
- 86% agreed that Castlemilk is a place where neighbours look out for each other.
- Almost two-thirds said they knew most or many of the people in the area; a quarter knew some; while 14% 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	29%	42%	27%
To lend you money to see you through the next few days	51%	29%	16%
To give you advice and support in a crisis	28%	43%	27%

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). Almost 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. But 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. 36% said that they had little or no energy over the past month.
- We asked whether respondents had visited their GP over the past year, about an emotional or mental health problem. Almost half (48%) of those we asked 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:



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?