

Services in your area

South West 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.

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

Smoking Cessation:

Every year more people in the SW CHCP area give up smoking and last year 3%, or 930 people, stopped. The negative impact of smoking for individuals is well known. Second hand smoke poses a significant risk of harm to the health of children in particular:

The SW CHCP Health Improvement Team is working with others to produce a local action plan bringing together the key areas of action on smoking;

- Prevention – to reduce the uptake of smoking in young people
- Health Protection –reducing exposure to second hand smoke
- Stop Smoking Services

Stop Smoking Services – For community based stop smoking support groups in your area please call 0800 015 1231.

Smokefree Pharmacy – All local community pharmacies prescribe nicotine replacement therapy (NRT) and participate in the Glasgow Smokefree Pharmacy Services. For more information why not drop in to your local Pharmacy?

Physical Activity:

In 2009 the Health Improvement team and Culture and Sports Glasgow (now Glasgow Life) undertook a south west wide consultation on physical activity. Walking programmes generated a lot of interest. Walking is the easiest way of getting active as it is free, can be done anywhere with no special equipment and is suitable for all ages and abilities.

South West Health Walks – We have 11 partner staff and 12 community volunteers already trained and active, and we hope to recruit more during 2010/11. From nursery groups to older people, mental health groups, carers and smoking cessation groups the South West Health Walks are involving people from the whole community at the following times-

Area	When	Meeting Point
Bellahouston Starts 10th May	Mon 1pm	Bellahouston Sports Centre Foyer, Bellahouston Drive
Darnley Starts 13th May	Thurs 6pm	Dams to Darnley Country Park, Ashoka Car Park, Corslet Road
Nethercraigs	Mon 10.30am	Nethercraigs Sports Complex, Corkerhill Road
Pollok	Mon 11.15am	Pollok Community Centre, Langton Road

For more information please contact Steven MacDonald on 0141 881 0550 or visit www.glasgowlife.org.uk.

Healthy Eating:

Poverty and lack of cooking skills have an undeniable impact on diet. Through the work of the Health Improvement team and South West Food Strategy Group funding has again been secured to deliver the highly successful 'Get Cooking Get Shopping' courses for 2010/11.

'Get Cooking Get Shopping' is:

- A 6 week practical course
 - Free
 - Based at the Pearce Institute in Govan
 - Delivered by a chef
 - Informal, friendly and fun
 - Provides recipes that are healthier, cheap and easy to prepare.
- 52 local people have taken part since April of this year alone

For more information contact John Casey, Health Improvement Practitioner on 0141 276 4653.

Mental Wellbeing:

For anyone who feels that they would benefit from support for mental wellbeing there are a number of services that can be accessed through your GP. There are also services that can be accessed directly, such as:

Pathways – Pathways provides psychological therapies to people who define themselves as having a mild to moderate mental health problem, who will benefit from a brief therapy approach, and who don't need a more specialist service. Tel: 0141 577 7729

South West Community Mental Health Project – Is based in Burleigh Street, Govan, and provides social support through groupwork in the community for people with mental health problems whether diagnosed or not. Tel: 0141 276 3950

South West Stress Centre – Works with individuals to help them assess clearly their stress situation(s) supporting them to make positive changes to enable them to manage their stress more effectively. South West Stress Centre uses counselling and a range of alternative therapies and operates from the Pearce Institute in Govan and the Civic Realm in Pollok. Tel: 0141 553 0974

Glasgow Association for Mental Health (GAMH) – Provides a range of services including intensive home support as well as community based and housing support services. GAMH also facilitates groups where individuals can build support networks within their local communities. Tel: 0141 425 4850



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

GOVAN



Welcome to the latest edition of the GoWell newsletter for Govan. 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 Govan 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 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 Govan, in 2006 and 2008, in which 450 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.

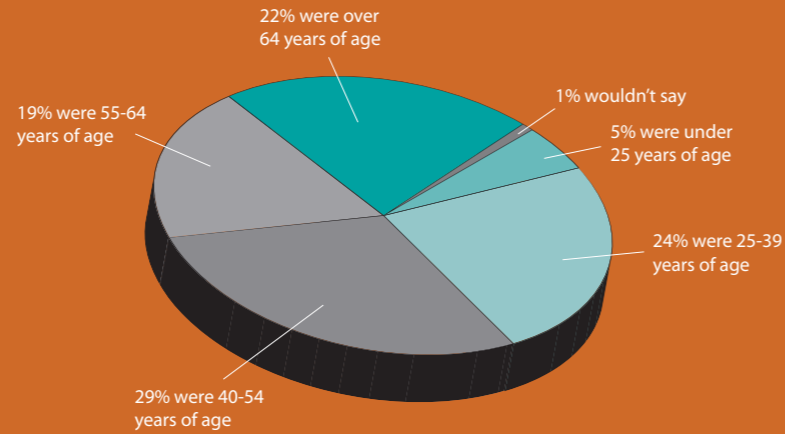


Who took part in the survey?

A total of 255 Govan residents took part in our most recent survey in 2008 – 137 women and 118 men.

People from different age groups took part as shown:

- The majority of respondents rent their home – 86% rent; and the remaining 14% own their home.
- Of the residents who took part in our survey, 95% classed themselves as 'white British'
- 34% stated they are currently employed or participating in education/training. 18% are unemployed. 12% are in receipt of sickness benefit. 29% are retired.



Key Findings for Health

Health behaviours:

- **Smoking.** Half the respondents are current smokers – although over half (52%) of smokers said they do intend to give up (see back page for smoking cessation services in your area).
- **Diet.** One-in-four respondents had eaten a takeaway for their main meal two or more times in the previous week – compared to 55% 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	78%
Done moderate physical activities (eg carrying light loads, sweeping, cycling or swimming at a regular pace)	31%
Done vigorous physical activities (eg heavy lifting, digging, aerobics, fast cycling or fast swimming)	10%

General health:

- 70% rated their health as excellent or good.
- 16% had not seen their GP in the past year; 39% had visited their GP once or twice; and 45% 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.

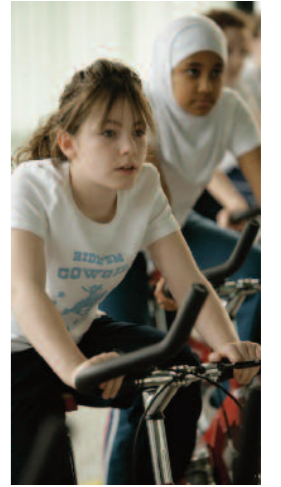


As a result of your physical health, over the past 4 weeks how often have you...	All or most of the time	Some or a little of the time	None of the time
Accomplished less than you would like	20%	38%	42%
Been limited in the kind of work or other regular daily activities you do	7%	39%	55%

Social contacts and support:

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

- Two-thirds of the residents we spoke to said they stopped and talked to people in the neighbourhood fairly regularly; while the remaining third did not.
- 71% agreed that Govan is a place where neighbours look out for each other.
- 44% said they knew most or many of the people in the area; 40% knew some; while 16% 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	20%	53%	26%
To lend you money to see you through the next few days	31%	44%	22%
To give you advice and support in a crisis	21%	43%	34%

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). Half of the residents we asked said that there were no occasions over the past month when they had done less as a result of their mental or emotional health. But a third of people had done less 'some of the time' and 13% 'all or most of the time'.
- We also asked people about their 'vitality' – that is whether they felt they had a lot of energy. Almost half (42%) the respondents 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 (15%) 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" – 58%

"I've been thinking clearly" – 76%

"I've been feeling good about myself" – 67%

"I've been feeling useful" – 49%

"I've been feeling loved" – 70%

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?