

Fife Health and Wellbeing Alliance Update June 07

Headwell East in Dunfermline to be the focus for a Health and Wellbeing Event on 21 June 07.

Information from the Scottish Index of Multiple Deprivation (06) raised a number of health based issues for residents in the Headwell East area of Dunfermline.

In response to this people living in the area will receive a direct invite to an event being held in the James Allan Centre, Paton Street, Dunfermline, where a range community planning partner agencies will be available to give advice on smoking cessation, healthy eating, drugs awareness, alcohol issues and the promotion of active lifestyles.

Experts will also be on hand to assist on issues such as fire safety and child home safety matters.

The partnership includes NHS Fife, Local Services Network, Social Work Services, Ranger Service, Community Services, WFCDT (West Fife Community Drugs Team) and FAAS (Fife Alcohol Advisory Service). They have come together to form the Dunfermline Health Partnership, which will continue to carry out work to address identified needs in a number of local communities. Contact Dave Paterson, Locality Manager, tel 01383 313 619 David.Paterson@fife.gov.uk

National Breastfeeding Awareness Week

To raise awareness of breastfeeding issues and to celebrate National Breastfeeding Awareness week, Fife's Breastfeeding Forum organised several events for the week. These included a drop-in for carers of young children and mums-to-be in the Lochgelly Centre, an event in St Andrew's Erskine Church in Dunfermline in conjunction with the mother and toddler group there and a National Infant Feeding Conference at the Vine Church.

New promotional materials were also commissioned and displayed throughout Fife, including a month-long campaign on stagecoach buses in areas of low breastfeeding.

National breastfeeding figures have just been released with Fife ranking in the top five NHS Board areas in Scotland at 36.8% at 6 weeks, which is still 13.2% off the 50% national target set by the Executive.



For more information on all breastfeeding activities in Fife contact belinda.morgan@nhs.net

A New Life in Fife

The launch of the antenatal DVD "A New Life in Fife" took place on the 19th April at Cowdenbeath Leisure Centre. This resource was developed from an original idea by a local group of mums and was informed by their own experiences of pregnancy, in particular the idea of discussing specific issues with their peers and local professionals.

Understanding a bit more about "how it feels to be pregnant" and what things you need to think about; what happens during the pregnancy journey; being able to share ideas about how to cope; being supported with information/advice from health professionals ; being signposted to local initiatives; providing an opportunity for raising issues at an earlier stage and sharing with other women preparing for, or beginning, their own pregnancy journey were all areas which were identified as being helpful.

The DVD covers a range of issues from local support, clinical issues, road safety to hearing about the experiences of grandparents. The DVD will be used by local professionals with women either on a one-to-one basis or in a group setting and was produced with funding support from Dunfermline and West Fife CHP, NHS Fife and NHS Fife Breastfeeding Forum.

For further information contact: lynn.campbell@nhs.net

Fife Healthy Living & Sensory Awareness project

The Healthy Living project has launched a packed programme of activities for 2007/8 for people with sensory loss. Much of the focus is now on physical activity in response to demand from the target communities who will be taking part in tai chi, canoeing or kayaking, cycling and tandeming this summer. Fife's leisure centres have responded very positively to this interest - Open days for people with a sensory loss have already been held in Cupar and Dunfermline and more are planned. Lochore Meadows Outdoor Education service is helping with access to outdoor activities and cycle leader training.

The project has also begun to provide courses and events linked to gardening, music and art, broadening its appeal whilst still addressing health improvement, especially emotional well-being.

All this activity is backed up with sensory awareness training which is provided for all services involved in events. This learning is never lost and has a lasting benefit for future service users with sensory losses.

In June the Project held a major consultation event - Making Sense of Healthy Living - to discuss its achievements with its target communities and to look at plans for the future when the Lottery grants runs out in March 2008. The Management Group is developing a new project which, depending on securing funding, it is hoped will continue the work.

For further information contact:

Liz Mitchell, Project Co-ordinator Tel: 01592 411745, Text:01592 411747
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Mercat Health Shop

The "Health Check Out" is situated within the concourse of the Mercat Shopping Centre in Kirkcaldy outside TKMax, every Thursday from 12 noon until 3pm. It opened in January 2007 and provides a free, confidential service aimed at improving the health of people in Kirkcaldy by providing health information and health checks in an informal environment to promote health and positive lifestyle changes.

The Mercat Centre Management Team provide the space free and it is staffed by health visitors, school nurses, district nurses and specialist cardiovascular nurses on a rota basis. Various voluntary sector organisations and Fife Council services also provide information stalls to promote their services.

The 'Health Check Out' is based on experience of similar initiatives in the Wellgate Centre Dundee and the Kingsgate Centre, Glenrothes. Nurses offer free health checks, including blood pressure recording, height and weight measurement and health information on issues such as diet, physical activity, alcohol and smoking.

The first 3 month evaluation from January to March 2007 has been completed- 243 people have visited the Health shop - 157 for a health check and 86 for information and advice. 66% were female and 30% male. 34 people were referred on to other professionals - such as GPs, nurses within the GP practice, Social Work Service and Housing Services.

People using the 'Health Check Out' thought it was a "brilliant idea" and commented on

- "Non judgmental , encouraging advice"
- "helpfulness and openness of the nurses and sound advice from knowledgeable people"
- "...time to listen to what I had to say "
- "attitude of nursing staff very encouraging"

The evaluation has shown that the stall appears to be accessible with a friendly atmosphere, which encourages people to approach and ask for advice, information or discuss their health issues.

Recommendations are to

- continue with the health shop on a weekly basis
- employ a permanent nurse to add consistency to the project
- continue to work with our colleagues within the NHS, voluntary sector and Fife Council

If you wish further information about the Health Shop please contact Jackie Barbour, Health Improvement Team on 01592 226720
jbarbour@nhs.net

Fife Community Food Project

The Fife Community Food Project was launched in November 2006, the project is funded through the Community Regeneration Fund and is being developed by a multi-agency working group.

The project aims to improve access to and take up of a healthy diet by communities within regeneration areas in Fife. Using work around food, such as workshops, growing projects and training the project seeks to build individual and community capacity with groups and engage people in practical and sustainable food related projects that inspire health and well-being.

The project has four Community Food Development workers and each of the workers has a specific target group to work with, ranging from homeless people, to older people to young families.

Examples of current work are:

- Coordinating the development of a Fruit and Vegetable Co-op in Beanstalk Nursery, Abbeyview- to improve access to affordable, quality fruit and vegetables.
- Engaging with a local retailer to develop healthier sausages that were included in the Healthy Cooking on a Budget Class with Homestart. These sausages are now available for the local community.
- Establishing local weaning groups giving practical advice on healthy eating for babies and toddlers.
- Planning, developing and organising cookery classes on a budget for young mothers.



For further information please contact:

Iain Anderson, Dunfermline and West Fife Villages, 01383 314430

Gillian Grant, Lochgelly and Benarty, 01592 783476

Stella Stewart, Kirkcaldy, 07939 166287

Celeste Thomson, Levenmouth, 01592 411266

Homelessness Liaison (Mental Health) Nurse Service

Using funding from 'Choose Life'(the national suicide prevention programme)and NHS Mental Health services a liaison service has been set up to assist people experiencing homelessness to gain better access to mental health services throughout Fife.

The pilot has been running since September 2006 and has approximately one year left, and is led by senior mental health nurse Sally O'Brien. It has the flexibility to look afresh at the dynamics surrounding homelessness, mental health and the capacity of the homelessness sector to deal with this particular challenge.

The main thrust of this pilot is to:- establish appropriate service provision for this vulnerable client group; be a point of contact providing initial assessment of homeless people in Fife presenting with mental health issues; work with accommodation providers to maintain and develop services for people who are homeless and experiencing mental health problems; provide short-term support whilst facilitating prompt referral to the appropriate healthcare services or assist accommodation staff to do so.

Sally has been promoting the service and has established a Fife-wide network of contacts and potential partnerships of referral agencies, mainstream and community mental health services.

A number of gaps in provision have already been identified and the project is exploring ways addressing these. This will involve more imaginative working arrangements with the existing mental health professionals and resources and forming partnerships with and tapping into the considerable expertise within the voluntary sector.

A lot has been learned so far and there is no doubt a lot more to be learned. The pilot is looking forward to being able to present this to a wider audience over this coming year.

For more information about the pilot contact Sally O'Brien
tel 01333 592 613 sallyobrien@nhs.net

Fife's Rapid Integrated Impact Assessment Toolkit

Fife's RIIA toolkit has been devised by a small working group from Fife Council and NHS Fife. Integrated Impact Assessment is a method of estimating the possible implications, intended and unintended, of policies, strategies, projects or initiatives with the aim of enhancing potential positive impacts and minimising potential negative impacts. It examines how the proposal may affect the communities we serve and how these effects may be distributed amongst different groups within the community.

The Rapid Integrated Impact Assessment (RIIA) takes the form of a screening checklist and focuses upon four areas:

- Equality and diversity
- Health and wellbeing
- Environment
- Economy.

RIIA may help community planning organisations to evidence that they have considered the impact of their activity and to use this to fulfil statutory requirements, demonstrate best practice, and highlight any areas of the proposal which may require further investigation or a more detailed impact assessment.

The RIIA toolkit comprises the checklist, background information, discussion guides, worked examples and a list of resources. It has been designed to be used across the range of community planning partners, from small projects to larger organisational initiatives.

The toolkit has been piloted on a community project and an in-depth strategy, with positive evaluations. This has led to the final version which will be used to assess the impacts of proposals being presented to specific Fife Council Committees for a trial period at the end of 2007. A series of workshops are also being planned.

For further information on the toolkit please contact:

Clare Campbell, Public Health Department, NHS Fife

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Pain Management at Cowdenbeath Leisure Centre

RIVERS - Relieving pain as we Inspire change impart new Vision with Exercise Relaxation and Self management.

In partnership with the West Fife Primary Care Pain Programme, Cowdenbeath Leisure Centre offers an 8-week pain management programme which aims to help patients with chronic pain. The NHS Physio assesses the physical complaint, measurement of joint movement, flexibility and ability to take up exercise - a tailor-made exercise and treatment programme is then produced. The NHS Pharmacist liaises with the relevant GP to ensure there is maximum pain relief from medication. After the initial 8-week block weekly ongoing maintenance class is lead by one of the leisure centres fitness instructors.

Contact Cowdenbeath Leisure Centre for more information.

Tel: 01383 602305 E-mail: CowdenbeathLC@fife.gov.uk

For further information on the work of Fife Health & Wellbeing Alliance contact: Vivienne Brown, Partnership Co-ordinator,
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