

# **PUBLIC HEALTH** **UPDATE**



## **ISSUE NO 116 – JUNE 2019**

Welcome to the 116<sup>th</sup> edition update.  
If you would like to contribute  
to future editions, please contact:  
[felinaemslie@nhs.net](mailto:felinaemslie@nhs.net)

### **MESSAGE FROM THE DPH**



What an action packed few months we have had across the North East. It has been great to see our work recognized on the national stage. Well done to everyone involved.

The Public Health Reform is gathering momentum with Public Health Scotland taking shape. I have been having conversations with our Local Authority/NHS Chief Executives to consider what a local public health system would look like. Angela Scott from Aberdeen City Council and myself look forward to sharing our thoughts with you on 25th September 2019 at our whole system event (please turn to page 8).

Although from the weather it can be hard to tell it's summer at times, I hope you all have the opportunity to take time out to re-charge, relax and hopefully top up on Vitamin D!

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Material for the next PH Newsletter should be submitted no later than Tuesday, 24th September 2019 to

[felinaemslie@nhs.net](mailto:felinaemslie@nhs.net)

**Susan Webb**  
**Director of Public Health**

## NHS HEALTHY WORKING LIVES AWARDS HIGHLIGHTS BUSINESS SUPPORT FOR STAFF

Thirty Grampian businesses were honoured for their efforts to keep their workforces healthy at a special event on Friday 17<sup>th</sup> May 2019.

The NHS Healthy Working Lives awards programme has been set up for employers to make positive changes within their company aimed at supporting staff's physical and mental health, as well as the wider community and environment.

The programme is run locally by NHS Grampian's Public Health directorate, which also offer organisations a range of additional support including health and safety advice for SME's and a range of training courses and industry sector-specific information (including agriculture, transport and energy).

Chris Littlejohn, Deputy Director for NHS Grampian Public Health, explained: "The awards programme helps organisations identify issues and improve health, safety and wellbeing in their organisation in a structured and productive way.

"It also shows that these employers take the health and wellbeing of their employees seriously, which can be attractive to people looking at vacancies within the company."

Businesses of any size can join, with support provided at each step to achieve first the bronze, then the silver, and finally the gold awards.



**Chris Littlejohn, Lyndsey Beckwith and Dr Lynda Lynch**

Director Nicola Fraser said: "My background is social work, but I came on board at KR Steel full time a few years ago. I really wanted to be in the culture of staff looking after each other, because in the construction industry in particular there are physical and mental challenges and almost a code of silence when it comes to talking about it.

"What we've found with Healthy Working Lives is that it improved communication – people are talking to each other and we are sending out information to help

them – and there's been work on becoming one big team rather than 'them and us'.

"We are also working more with the wider community, which has had a positive effect on confidence and a sense of pride in the work the guys do."

She added: "It's not been big changes, it's been slow but sure, but we are seeing reduced absence and better staff retention.

"What Healthy Working Lives gave us was a timescale to do this work, which meant we had to keep it on the agenda and gave us a framework to work to."

Joanna Caie, Wellbeing at Work Manager at Bon Accord Care (who received a gold award this year), said: “We have around 1000 members of staff working in a range of places and ways throughout Aberdeen.

“In 2015 we noticed that absence levels were high – that’s a sector norm but it was something we wanted to try and tackle. That’s when we became aware of Healthy Working Lives and we signed up.”

When Bon Accord Care first joined Healthy Working Lives, they only looked at gaining a bronze award. However, as the scheme became a part of the company’s culture and more people got involved, the resources and activities extended as did the goals.

“I would 100% recommend Healthy Working Lives to other employers – it reduced absence levels and had been a great driver for us, and getting the surveys back has been valuable because it’s feedback on how we are doing and ways we can continue to make improvements.”

Even the NHS takes part in the programme.

Lyndsey Beckwith, Business Support Manager at NHS Grampian acute care, said: “We have held ‘try a new sport’ days which can encourage people to take up a hobby they’d previously not thought about doing; healthy eating events, including mocktails to encourage a move away from alcohol; and jogging clubs.

“Healthy Working Lives has been a great way to engage with staff in a way that’s relevant to them, but also make the managers more aware of policies allowing them to offer more support when needed.

KR Steel was presented with a bronze award at the ceremony



We’ve seen an increase in occupational health referrals and we are often over-subscribed with our sporty events, which shows staff are making use of these resources and finding them helpful.”

To find out more about the programme, you can call the free national advice line on 0800 019 2211 or visit:

[www.healthyworkinglives.scot](http://www.healthyworkinglives.scot).

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## CREATING CONFIDENCE IN THE HMP GRAMPIAN AND YOUNG OFFENDERS INSTITUTE KITCHEN

As part of the preparations for re-joining community life, Alan Buchan, Catering and Gymnasium First Line Manager, teaches a NHS Grampian Confidence 2 Cook course at the HMP Grampian and Young Offenders Institute kitchen. Recognising that some people don't have the skills to cook, Alan teamed up with CFINE to show what creations can be made from limited ingredients, such as those that may be available through foodbanks.

Individuals are challenged to produce a meal 'Ready Steady Cook' style, where they have the ingredients in a bag donated by CFINE. This is followed up with a taught cooking session where small groups are asked to make as many dishes as possible, to show the range of meals that can be made and to encourage participants to think of a dish they could make from a range of ingredients. An example of this is making fish cakes from tinned potatoes and tuna; another is making fruit crumble from tinned fruit and muesli bars/or oat cereal.

Feedback so far has been really positive:

- 'It showed me that I can vary what I make using the same ingredients in different ways'
- 'When we cooked the food bank pack it made me use my imagination to cook a meal'
- 'It will help when making meals for my family, I am more aware of portion sizes, so as not to make too much and waste it'
- 'I can involve my kids in making meals with fresh food'
- 'This course has given me the confidence to cook for myself and others'
- 'The staff made this fun and I thoroughly enjoyed it, I would recommend this course to all prisoners who might use a food bank on release'

Susan Webb, Director of Public Health for NHS Grampian, said: *"This is a brilliant example of real partnership working between the Scottish Prison Service and CFINE, which fits nicely into the NHS Grampian Confidence 2 Cook programme. Not only is this work teaching lifelong skills in preparation for return to the community, it also shows participants how best to use what they have to help maintain a healthy weight and create healthier meals for them and their family to enjoy."*



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## NHS GRAMPIAN RECEIVES TOBACCO-FREE GENERATION CHARTER AWARD

The Tobacco-free Generation Charter Awards are presented to organisations across Scotland by ASH Scotland, for their contributions on reducing the harm caused by tobacco and helping Scotland to achieve its tobacco-free goal by 2034.

NHS Grampian was nominated for an award and at the ceremony in Edinburgh on the 25<sup>th</sup> April, Carole-ann Duff, Public Health, and Stacy Anderson, Pharmacy, received the award on behalf of NHS Grampian

*“NHS Grampian has chosen to make use of the Charter as a way to improve engagement between the Stop Smoking Services and both Pharmacy and Dentistry.*

*There has been strategic thought put in to raising awareness of the part to be played by all parts of the health board in contributing towards the Scottish Government tobacco control plan and this was what was intended at the inception of the Charter. Several members of NHS Grampian’s Health Promotion staff have been very diligent in helping to recruit new Charter supporters and increase the impact of the Charter” – ASH Scotland*



If you would like to find out more about the Charter including information on how to sign up, please visit:

<https://www.ashscotland.org.uk/what-you-can-do/scotlands-charter-for-a-tobacco-free-generation/>

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## CLEAN AIR DAY 2019 - MORAY



A number of events were held across Moray in June to raise awareness of Clean Air Day 2019. On 1<sup>st</sup> of June, the Health improvement team attended the New Elgin Primary School fete. Our Walking coordinator promoted a walking school bus and pupils had the opportunity to take part in a walking quiz!



The following Friday the team attended the Greenwards Primary School Fete in Elgin where we engaged with the pupils, staff and parents about the importance of active travel for personal health and well-being, community relations and the environment. The pupils had lots of great idea pledges as did the local firefighters from the Scottish Fire and Rescue Service.



The Health improvement team promoted Clean Air day at The Speyside Low Carbon Hub community event on 16th of June. The Speyside Low Carbon Hub project represents a significant investment into developing sustainable transport options for people right across Moray, and supports rural communities to engage in low carbon and active travel. The project includes the installation of electric vehicle charging points for ultra-low emission vehicles, one of which will be dedicated for charging public transport buses. This coincides with the recent introduction of a new electric bus service between Aberlour and Forres. Additionally the project will see the introduction of a car & e-bike club for the area. The hub will also include open cycle storage and bike repair stations at strategic points on the Speyside Way. These will be close to vehicle parking locations to encourage park and ride for those not confident to undertake longer journeys by bicycle.





visitors to Dr Gray's Hospital got the opportunity to find out more information, make Clean Air Day pledges and pick up some free resources. General Manager of the hospital, Alasdair Pattinson lent his support to the event and stressed the benefits that increased physical activity and active travel can have for staff and visitors to the hospital.

Two events were held on 19<sup>th</sup> June to The Health Improvement team, Moray Council and Home Energy Scotland joined forces to promote Clean Air day 2019 at Dr Grays Hospital. The event showcased simple, but effective steps we can all take to reduce pollution and recognise the health benefits of smarter travel choices. Staff and



That afternoon the Health Improvement team, Moray Council, Home Energy Scotland and Earthtime for all promoted Clean Air day 2019 on the High street Elgin. The event was a great opportunity to promote Clean Air Day messages and to try a variety of fun transport options. The Moray Council Sustainable travel team brought an electric scooter, KMX bike, and elliptical bike among others. Home Energy Scotland brought along an electric bike and were on hand to provide information about ebike loans available through the organisation. Earthtime for All also showcased innovative ways to reduce and recycle everyday items and gave away plants to help keep the air that bit cleaner.



The Clean Air Day promotional events represent a good example of partnership working to look at the holistic nature of health, travel and the wider environment. A big thank you to all who took part.

## CLEAN AIR DAY 2019 - ABERDEEN

On Clean Air day, Thursday 20<sup>th</sup> June there were a variety of events and stalls in the city centre raising the issue of air pollution and what can be done to reduce it. The event was lead by Aberdeen City Council Environmental Health Team but Getabout were there (NHS



**Jon Barron (Nestrans & Getabout) with the Living Trees**

Grampian is a partner organisation of Getabout) and there was plenty of discussion with visitors to this stand about cycling and walking. Co-wheels were also there promoting the environmental benefits of car club membership as opposed to car ownership. Fun things included the presence of the 'Living trees', as pictured and anyone making a Clean Air Day pledge with the Environmental Health team was given a free spider plant (to reduce indoor air pollution). Environmental Protection Scotland lead on Clean Air Day in Scotland and John Bynorth, their Communications Officer visited the event and was interviewed by the media.

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## SAVE THE DATE REMINDER

**Public Health Networking Event**  
**Wednesday 25<sup>th</sup> September 2019 at 0930-1530**  
**Inverurie Town Hall**  
**Details to follow.**



## STAFF HEALTH AND WELLBEING EVENTS NEWS

As a part of the NHS Grampian's staff health and wellbeing agenda Public Health in partnership with Domestic and Support Services department organised staff health and wellbeing events at Woodend hospital on 27<sup>th</sup> March and Aberdeen Maternity Hospital on 23<sup>rd</sup> April. More than 180 staff from Estates and Facilities mainly from Domestic department participated the events. There were range of stands offering information and practical sessions including mental health and wellbeing, lifestyle (i.e. smoking, diet, physical activity, oral health etc.) Healthpoint service, local walks, free fruits by Cfine, "my healthy workplace" goody bags, financial advice, yoga, mindfulness and relaxation class registrations, hand hygiene & skin surveillance and free hand and foot massages. British Heart Foundation and Penumbra also had information and awareness raising stands to offer information education and awareness around mental health, heart health and healthy lifestyle and much more. The corridors were filled with chatter, connections being made and the gorgeous smell of aromatherapy oils. Feedback from the events showed an overall score of 4.7 out of 5. Staff felt that these types of events should be regularly organised at different locations across NHS Grampian so that every staff member have opportunity to engage and gain useful information and advice to improve health and wellbeing.

### Pictures



Staff at Woodend hospital exploring available information and advice (Staff health and wellbeing event on March 29, 2019)



Staff engaged in discussion around healthy diet, tobacco, oral health and my healthy workplace website (Staff health and Wellbeing event at Aberdeen Maternity Hospital on April 23, 2019)



British Heart Foundation briefing staff about Cardiopulmonary resuscitation (CPR) techniques (Staff health and Wellbeing event at Aberdeen Maternity Hospital on 23<sup>rd</sup> April 2019)



Staff engaging with the information providers at Aberdeen Maternity Hospital on 23<sup>rd</sup> April in a staff health and wellbeing event



Staff at Aberdeen Maternity Hospital on 23<sup>rd</sup> April in a staff health and wellbeing event

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## ONLINE MENTAL HEALTH SELF HELP GUIDES

In conjunction with the Scottish Prison Service, NHS Grampian's Public Health Department has licensed 22 online mental health guides from Northumberland, Tyne & Wear NHS Foundation Trust.



The guides can be accessed directly via the website [www.grampianmhguides.com](http://www.grampianmhguides.com) and there are also links to it from many other websites including the new NHS Grampian staff health website [www.myhealthyworkplace.net](http://www.myhealthyworkplace.net). A wide range of topics are covered and there are some prisoner specific titles.

Unlike traditional leaflets there is the option of listening to each leaflet as an audio file as well as reading it online or printing a copy. There is a general video introduction to all the titles and you can email to a friend or family member.

Postnatal Depression



Video Introduction



Leaflet



Audio



Reviews (2)



Send to Friend

The current licensing arrangements are until March 2020 and this will be extended depending use plus user and professional feedback. NHS Grampian has the option of adding its own publications to the online 'bookcase'.

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## ESSENTIAL CYCLING SKILLS TRAINING



Cycling Scotland's Essential Cycling Skills training was run for staff in Aberdeen on Wednesday 12<sup>th</sup> June. Funded by Cycling Scotland this is the latest in a series of joint work promoting cycling, including improving bicycle parking on NHS sites and the trialling of ebikes as pool bikes. Training was due to happen on Elgin on the same day but was postponed due to poor weather and will be re-arranged.

Feedback on the training was excellent and we hope to run many more of these courses in the future.

### **Participant quote:**

*"Having attended this course has made a massive difference to my confidence regarding cycling on the roads. Prior to attending the course I was very scared of cycling on the roads and would not even contemplate it, as I just saw it as a high risk behaviour, so I kept cycling on the pavements.*

*This course was brilliant at providing useful information about how to safely use your bike on the roads. It offered a lot of hands on practice on the day of actually cycling on main roads with all the other participants doing different turns and activities that were designed to increase confidence. Being part of a group of people in exactly the same situation was very helpful, as you could see that other people had exactly the same worries as yourself, which helps to make you feel more relaxed.*

*The trainer was very confident and very knowledgeable and put a lot of effort to make sure that every single person was happy and confident with what they were doing.*

*Since the course I am pleased to say that I have only been cycling on the roads and feel quite confident about doing so! I would highly recommend this course to anyone who wants to improve their confidence on cycling.”*

<p><b>Siobhan Leen</b> Area Public Health Co-ordinator Elgin &amp; Lossiemouth Email: <a href="mailto:siobhan.leen@nhs.net">siobhan.leen@nhs.net</a> Ext: (5)67143</p>	<p><b>James Norman</b> Public Health Practitioner NHS Grampian Email: <a href="mailto:jamesnorman@nhs.net">jamesnorman@nhs.net</a> Ext: (5)58434</p>
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## STAFF CHANGES

### Congratulations to:

- **Ross Baxter** was appointed to the role of Business Support Officer - Public Health, working primarily alongside Diane Murray and Susan Webb. Ross can be contacted on email: [ross.baxter@nhs.net](mailto:ross.baxter@nhs.net) or on Ext 58663. Ross is based in Room G78/80, Summerfield House.
- **Tracy Davis** has taken up the post of Child Health Commissioner from Monday 24th June. Tracy is based in G63 and is contactable on Ext 58478 or [tracy.davis12@nhs.net](mailto:tracy.davis12@nhs.net).
- **Angela Robb**, who has taken up the post of Business Support Manager starting Monday 15th July. Angela will be based in room G78/80 and can be contacted on [angela.rob4@nhs.net](mailto:angela.rob4@nhs.net).
- A warm welcome to **Tara Mackie, Fiona Barron and David Dalziel** who were appointed to the Civil Contingencies Unit in the role of Civil Contingencies Advisor: Tara and Fiona each work 2.5 days per week (0.5 WTE) and are based in room G55 at Summerfield House. David works 2 days per week based in Moray.

Fiona, Tara and David will be working with Isabelle Laing, Head of Civil Contingencies to take forward the Resilience agenda for NHS Grampian, working closely with all NHSG sectors and the Health and Social Care Partnerships. They can be contacted on email: [taramackie@nhs.net](mailto:taramackie@nhs.net) / [f.barron@nhs.net](mailto:f.barron@nhs.net) or on Ext x58558 and [david.dalziel@nhs.net](mailto:david.dalziel@nhs.net) on Mobile # 07917068723.

### A fond farewell to:

- **Dr Maha Saeed**, Consultant in Public Health Medicine who will leave NHS on 26th July 2019.
- **Rehana Nadeem**, Programme Administrator – Child Health Team left on 13<sup>th</sup> June 2019 and moved to Acute Department, ARI.