

Welcome to the autumn / winter 2019 edition of the NHS News. The NHS Grampian Public Involvement Team has been busy over recent weeks searching for the most interesting opportunities to help you to get motivated, inspired and involved over the winter months.

We are always amazed at the range of opportunities that are available in local communities across Grampian, whether its local causes, health and wellbeing, or volunteering, it seems that there is something for everyone. We hope you find the information in this edition of the NHS News interesting, however, if there is something you would like to see, please do get in touch and let us know, you will find out contact details on the back page.



Mindfulness Monday

A successful Mindfulness programme which has delivered free meditation sessions at lunch time is set to continue during 2020.

Mindfulness Monday is held on the last Monday of the month at the Health Village in Aberdeen, and was developed to encourage working people to get away from their desks during their lunch break. The sessions were developed as a partnership between the NHS Grampian Public Involvement Team and the Varapunya Meditation Centre in Aberdeenshire.

Since the sessions started in 2016, Mindfulness Monday has provided support to hundreds of people, many of which have attended with a view to

improving symptoms associated with chronic pain, stress, addiction, insomnia and other health conditions.

The Mindfulness Sessions have been shown to improve participant's ability to relax, deal with stress, sleep better and improve a sense of general wellbeing. One participant said; "It's made a difference to me as I am able to stop and take a few minutes when work is getting to me. I am now able to go somewhere quiet, take a breath, clear my head and refresh to deal with situations using the techniques I have learned."

If you would like to find out more about Mindfulness Monday or would like to find out how you can join a session, please contact nhsg.involve@nhs.net



With support from the community, some local funding, and the men's own efforts we have purchased, equipped and linked a double, classroom size Portakabin to our already large Shed.

The activities at the Shed have also expanded beyond the core of joinery and engineering to include model railway, pool, bridge, guitar,

electronics and more. Very popular, of course, is sitting around with a cuppa and having a good laugh.

With 20 Men's Sheds starting up from Stonehaven to Inverness, Grampian is leading Scotland in promoting the mental and physical health of men. For more information google "Men's Sheds" or email contact@westhillmensshed.co.uk



Contact the Elderly tackles loneliness epidemic

Combating the challenges associated with loneliness is a key health issue and all across Aberdeen and Aberdeenshire a small army of volunteers is tackling it head on every month.

They are the supporters of Contact the Elderly, a nationwide charity working to alleviate isolation among growing numbers of the older generation.

Its premise is simple: gathering small groups of guests together once a month for a couple of hours of company and conversation over tea and cake – an activity most of us take for granted but which can become increasingly difficult as friends and family dwindle and mobility issues make it less easy to get out and about.

Across Grampian there are 12 groups in Aberdeen and more than half a dozen in Aberdeenshire and Moray with others in the pipeline. They meet one Sunday afternoon a month for a sociable outing when volunteer drivers chauffeur guests – usually over 75 and living alone – to and from the events, normally held in a local volunteer host's home. Sometimes gatherings are held in more unusual venues: on a canal boat, in schools, fire stations, even a Royal Marine base.

To find out more about becoming a volunteer or guest of Contact the Elderly in Scotland, please contact Caroline Peter on 01561 405011 or caroline.peter@contact-the-elderly.org.uk

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Men's Sheds expanding to meet demand

What do you do when 50 keen men show up at your door looking for some action? This is a happy problem facing the Westhill Men's Shed recently. The solution was to buy more tools, add another 1000 square feet and get a bigger coffee urn.

Westhill opened the first Men's Shed in Scotland back in 2013 with 10 or 15 men coming by each session. The word spread, the numbers grew and now we have 25 to 50 men three days a week.



Mid Deeside hospital transport

A hospital transport service which takes patients in Mid Deeside to attend medical appointments is going from strength to strength and now in its second year.

Through a pool of 10 drivers who use their own cars and wheelchair accessible buses, the service has supported over 120 patients to access medical appointments in Grampian.

This project was made possible through a partnership with THInC (Travel to Health & Social Care Information Centre) who supported the service to connect with patients and also secured funding that will support the future sustainability of the service.

If you would like to find out if the Hospital Transport Service can support you or your community, please contact Andrew by emailing Andrew.stewart@aberdeenshire.gov.uk or by phoning 01467 537803.



RNIB Scotland – See differently

RNIB Eye Clinic Support Service provides vital emotional and practical support for people living with sight loss in Aberdeenshire, their families and carers. Our ECLO (Eye Clinic Liaison Officer) can provide support to professionals working with people with sight loss, providing specialist advice and access to services.

Our ECLO can support people to understand the registration process (if applicable), access local and national services, provides emotional and practical support for people experiencing sight loss, support them to maintain their independence and understand and manage their sight condition.

If you would like to find out more, or make a referral for support, please contact Rhona Lewsey by emailing Rhona.lewsey@rnib.org.uk or by phoning 0771 330 6232.



15th Anniversary of NSPCC's Childline Service in Aberdeen

NSPCC Scotland is celebrating its 15th year of helping children and young people through its Childline service in Aberdeen.

Childline has been a place of safety for children and young people to turn when in distress or danger. Their Aberdeen base provides 365 day a year support to tens of thousands of children, and is a lifeline for them to reach out to, even when it feels like no one else is listening.

As part of their 15th Anniversary Appeal, the Aberdeen base is looking for 150 new Childline Volunteers over the next three years to ensure that the service builds on its current success.

If you have some time to spare and have a genuine passion for helping children and young people, please contact Matthew Connelly at matthew.connelly@nspcc.org.uk or call 01224 531 556.



Becoming a Breastfeeding Friendly Scotland

Every mum who decides to breastfeed her child in a public space is protected by the Breastfeeding etc. (Scotland) Act 2005 and the Equality Act 2010 where she cannot be asked to move, leave or stop feeding her child. However, the Infant Feeding Survey 2017 identified that mums did not feel confident to feed their babies in a public space.

To address this the Scottish Government have launched a national Breastfeeding Friendly Scheme. The Public Health Directorate will be encouraging local businesses, local authorities, hospitals, and GP practices to sign up to show they and their staff support a breastfeeding mum. Each establishment will receive information about the Acts that protect



a mum and the new scheme, managers will be expected to ensure all staff know about these. Every establishment will receive window clings and stickers to display in prominent places to show the support to breastfeeding mums.

If your business is interested or you would like to find out more information contact the Public Health team at nhsg.bffscotland@nhs.net

The House of Care

The Public Health Directorate are supporting GP Practices across Grampian to adopt a new way of working with their patients who are living with long-term health conditions. This is based on a method called 'the House of Care'.

The main change is that people receive a longer appointment to review their health, rather than a number of short appointments focusing on a single health condition. All the routine tests are still done, but the results are sent to the person a couple of weeks before this appointment.

The results are sent out in a way that is easy to understand, along with some questions to prompt the person to think about their health. Their healthcare professional also sees all their results, and will offer the same high quality care as before. But with both having access to the results in advance, it is more likely that the appointment will focus on things that are important to the person.

If you have any questions about 'the House of Care', you can email nhsg.houseofcare@nhs.net for further information.



Proud to be NHSG

Three benches at Foresterhill Health Campus have been given a colourful revamp, signalling our support of LGBT+ patients and staff.

Equality and Diversity Manager Nigel Firth said: "Following on from our successful participation in Grampian Pride, we wanted a permanent Pride symbol.

"A big thank you to the Estates team who've done a great job in brightening up the benches! Planning is already underway for next year's Grampian Pride; we especially want to hear ideas from staff who want to mark the occasion in the workplace."



Silver City Surfers and CityFibre - 'Team up for Tech'

The Silver City Surfers are a small, local charity helping over 55s with their smartphones, tablets and computers. Recently the charity has teamed up with CityFibre, who are currently transforming Aberdeen into the first full fibre 'Gigabit City' in Scotland.

The charity runs five drop-in sessions each week around Aberdeen. New learners are welcomed by 'hospitality volunteers', who provide a cuppa and biscuits to create an internet café style

setting. Each learner is matched up with a tutor, who will provide a 30-minute 1 to 1 session on whatever the person would like to know more about. Learners can join as many or as few sessions as they wish, and it is free to attend.

If you would like to find out more, or join a session in your area, you can email silvercitysurfers@gmail.com or call us on 07799 371329.

For further detail you can also visit the website at www.silvercitysurfers.co.uk/

Keith and East Locality Project

A series of events are being held in the coming weeks that are designed to find out what a new health and social care facility to serve the Keith and East Locality could look like.

Health and Social Care Moray (HSCM) are working with members of the public, including NHS Grampian, Moray Council, Third Sector and other stakeholders on the Keith and East Locality Project.

The workshops will take place between 1 to 5pm in Longmore Hall in Keith on **Thursday 7th November**.

If you are unable to attend the workshops, you can complete the simple survey by scanning the barcode.

For further information, or to book your place at a workshop, please email involvement@moray.gov.uk or phone 01343 567187.



Scotland's Service Directory

Scotland's Service Directory is your new way to find information on thousands of health and well-being services across Grampian including GP surgeries, Pharmacies, help-lines, carer services and much more.

Developed by NHS24 and Macmillan Cancer Support in partnership with NHS Grampian Public Health the directory is huge in scope, but all the services on it are there to support you with your health and social care needs. You can find services run by various organisations including the Scottish Government, NHS Grampian and national and local charities e.g. support groups for health conditions, exercise classes, commercial weight loss classes, money advice, local walking groups, and lots more. Find the directory online at www.nhsinform.scot

Search for services using either your postcode or the fact that you live in Grampian. You can narrow down your search by service type, for example 'Money advice'. You can also refine your search by distance.

Don't have a computer? Don't worry, the website has been designed to also look great on a mobile phone or tablet / ipad. If you don't have access to the internet you can view the Directory at your local library or call your local healthpoint free on 08085 202030.

Seasonal flu vaccination

Flu 2019/20

Seasonal influenza is an acute, viral illness that spreads easily from person to person. It is a severe threat to the public affecting people of any age with those in higher risk groups at least 18 times more likely to experience severe illness and even death. Thousands of people in Scotland are hospitalised every year as a result of flu.

The best way to minimise the risk of catching flu is to be vaccinated. The seasonal flu immunisation programme is now underway. Those eligible for flu vaccination are preschool children aged 2-5 years, all primary school aged children, all pregnant women and everyone aged 65 years older. Also, importantly, people who are under 65 years with underlying medical conditions involving the liver, heart, nervous system, kidney, spleen, respiratory system or their immunity are also strongly encouraged to be vaccinated.

Some facts:

- Flu vaccine can NOT give you or the people around you flu.
- The vaccine takes up to 10 days to be fully effective.
- The vaccine can help protect a new born baby for up to 3 months if women have it during pregnancy.

For more information visit: www.nhsinform.scot/flu



When you are ill or injured... KNOW WHO TO TURN TO.



		
SELF CARE	PHARMACIST	GP
		
NHS OUT OF HOURS SERVICE	SELF MANAGEMENT	OPTICIAN OPTOMETRIST
		
DENTIST	MINOR INJURIES UNIT	MENTAL HEALTH

To find out more on the range of services available and how to access them visit know-who-to-turn-to.com or call NHS Inform on 0800 22 44 88.

www.know-who-to-turn-to.com



Our Positive Voice Grampian

The rise and rise of Grampian's Patient Forum for people living with HIV.

Our Positive Voice Grampian (OPVG) was set up in 2017 as a patient forum for people living with HIV in Grampian. The aims of its members are to:

- Become more informed about HIV.
- Share their experiences with others who may have been through similar experiences and provide peer support.
- Shape policy and services to ensure that they meet their needs.

OPVG Peer supporters offer confidential and non-judgemental support for people affected by HIV to talk and be listened to. They have lived experience of HIV and have undergone training in all aspects of Peer Support.

We also work closely with our HIV services and Public Health to inform development of health information materials and services for people with HIV.

Since its inception, OPVG has flourished and is now one of Scotland's leading HIV patient forums.

If you would be interested in joining the group or would like more information visit:

www.ourpositivevoice.org

You can also call 01224 968468 or email info@ourpositivevoice.org

Our positive voice...
GRAMPIAN



Do you know someone living with dementia or memory problems?

There are four Living Well Cafés in Aberdeen that offer a friendly and welcoming place to support people with a diagnosis of dementia or anyone with memory problems and their carers. The Living Well Café offers a cuppa and a fine piece in a relaxed and safe environment, a range of activities are also available.

If you would like to find out about attending a Living Well Café in your area, please contact Jeanette by emailing cafe@thelivingwellproject.org.uk or by phoning 07512 141818.



Grampian Pain Support

Grampian Pain Support has supported people with persistent pain since 2014. Our membership includes people from Aberdeen City, Aberdeenshire and some from further afield. As well as support group meetings we offer activities, social events and outings that many members enjoy.

We meet on the first Friday of the month at The Health Village, Frederick Street, Aberdeen from 12 noon until 2pm.

If you would like further information or would like to come along to a meeting, please contact us by emailing grampianchronicpain@outlook.com or by phoning 07838 226710.



Get involved with Moray Active Schools

The Moray Active Schools team provide opportunities for children to take part in free sport and physical activities around school times. These activities can include anything that raises the heart rate and contributes to the improved health and wellbeing. This can include team sports, walking, cycling and new initiatives such as nerf wars or boccea.

Active Schools are on the lookout for volunteers from a range of backgrounds to help us deliver our projects. Volunteers do not need to have any specific sporting skills and training will be provided.

If you would like to find out more, or get involved, you can contact Kim Paterson by emailing Kim.Paterson@moray.gcsx.gov.uk or by phoning 01343 563657.

Volunteer chairperson required

Age Peterhead is a registered charity and provides a range of services for the elderly and people with disabilities in the Peterhead area.

We currently require a volunteer Chairperson to oversee the running of this longstanding local charity. The role consists of supervising 18 volunteers, being aware of fundraising opportunities, and adopting a positive attitude to expanding the ways in

which we support people.

This is a challenging and rewarding opportunity for someone who feels they can make a positive contribution to the community.

If you feel you could be our special someone, please visit us at our office at 8 Thistle street, Peterhead. Alternatively, you can phone us on 01779 472331, or by emailing agepeterhead@gmail.com



Knit and Natter Group

MACBI Community Hub,
Newlands Road, Mintlaw.

Friday's 11.45am to 1.45pm

Bring your own supplies. We will have spare needles and wool if you want to come along before you buy.

£2 - includes tea/coffee /scones/pancakes

Starts Friday 6th September

No booking required - just turn up.

For more information please contact Connie at conniemacbi@outlook.com



Helping additional needs develop social skills

HANDSS is a club for children ages 5 to 15 years who receive support for learning, or have additional support needs, such as autism spectrum disorder and ADHD.

We offer a variety of sports activities, games and arts and crafts each week, plus outings.

£2 per child per session. First session is free.

- Tuesdays during term time.
- Bridge of Don Community Centre
- Drop in from 6.15pm to 7.30pm

For info contact handssgroup@gmail.com, or 01224 701160.

Let us know your thoughts about NHS News

We hope you find this edition of NHS News interesting, informative and useful. Please get in touch to tell us what you think and also what you would like to see in future editions.

You can also contact us to receive a copy of NHS News directly into your email inbox. You can contact us:



nhsg.involve@nhs.net



01224 558098



'Freepost, NHS Grampian'
(no stamp required)

We look forward to hearing from you!