

**COMMUNITY-LED
HEALTH IMPROVEMENT
JOURNAL**

BY COMMUNITIES, FOR COMMUNITIES

Community-Led Approaches to Health Improvement

Community-led health improvement is an approach to health improvement and addressing health inequalities that is advocated by the World Health Organisation and is the approach which underlies many international policy and practice frameworks for health promotion.

A community-led approach to health improvement is concerned with supporting communities experiencing disadvantage and poor health outcomes to identify and define what is important to them about their health and wellbeing; the factors that impact on their wellbeing and to take the lead in identifying and implementing solutions. It is an approach that is based on a holistic or social model of health and that recognises the many and complex social factors that affect people's health.

This journal highlights the range of excellent practice across Scotland in delivering health improvement and reducing health inequalities using a community-led approach. It has been compiled and produced by the Communities for Health Advisory Group, a group of practitioners formed to take forward the actions arising from last year's CHEX conference. It supports the case for a more strategic and central position for community-led approaches in national health improvement strategies and in the allocation of resources to community-led health improvement and reducing health inequalities.

Communities for Health Advisory Group, December 2010

For more information, visit www.chex.org.uk

Our thanks to the Community Health Exchange (CHEX) for their support.

3D DRUMCHAPEL FAMILY PROJECT



3D Drumchapel is a family project which involves children and families in Drumchapel and the surrounding areas in a range of services and activities. Our families direct the programme at 3D and our service user forum provides an effective structure for communication. Our programme includes family trips, baby massage, parent and toddler sessions, breakfast clubs, family lunches, workshops, exercise classes, children's clubs, crèches, Mum's nights, drop-ins and we also offer placements for volunteers which includes training and support. Our Family Workers facilitate issue-based workshops including Talk2 which equips parents to talk to their children about issues relating to their sexual health and Seasons for Growth which engages both children and adults enabling them to help come to terms with change or loss in their lives and equipping them with tools to enable them to move on positively. Our Family Workers also facilitate support plans with individual families helping them to address their own needs and supporting them to achieve their own goals. Parents are also embarking on a new journey whereby they are becoming more skilled and involved within the local community by identifying issues which they wish to address and working together to make change.

Through involvement at 3D, social capacity is increased as people develop their own network of support reducing isolation, parenting skills are increased and family relationships are strengthened. Parents and children learn skills and are given tools to empower them to cope with change and move on positively with their lives.

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ACUMEN



ACUMEN is a networking organisation for people in the west of Scotland affected by mental and emotional health problems. It works in partnership with five local authorities and both NHS Greater Glasgow and Clyde and Highland Health Boards to improve service delivery and the quality of life for people with mental health challenges.

Our philosophy is that the involvement of service users and carers in all areas of mental health service provision improves the quality of services and the quality of an individual's life.

ACUMEN is governed by an elected Board of Directors, drawn from volunteers who have had experience as carers or service users.

One example of volunteer activity is setting up and supporting community groups. These include peer support groups to tackle social isolation, and groups which monitor developments in local communities and feed into management meetings of service providers. Training opportunities are accessed to enhance the skill base of volunteers.

Peer support has a profound impact on the personal development of participants. A typical example is volunteers giving accounts of their experiences to student nurses at a local university, which has become an integral part of the curriculum.

Volunteers also deliver real life stories and experiences, and represent their community of interest group at local and national initiatives.

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CAMBUSLANG & RUTHERGLEN CHI



CHI provides local people with opportunities to take an active, critical part in ensuring their own, their family's and their community's health and wellbeing. The areas of work we undertake are based on local needs that have been identified through extensive work with local people and partners. We seek to complement and add to existing local strategies and services which tackle health improvement and reduce health inequalities.

We are led by a Board of Directors who are all local volunteers. Our local radio station, Camglen Radio, is sustained by a team of over 80 volunteers from the area. Our Fruit Barras operate only through the good work of a dedicated team of volunteers. We train groups of senior pupils to be mentors in recognizing early signs of substance misuse and mental health issues.

Volunteers on Parent Councils in local schools take a lead in health awareness and promotion as volunteer 'health links' to CHI. The CHI staff and volunteers are developing a user-led, anti-stigma programme through arts and media activities. The work of the volunteers is supported by an excellent team of development workers and sessional staff who deliver flexible and responsive programmes of health improvement activities in over 80 local venues.

The core activities of CHI are in the areas of mental and emotional health and wellbeing, substance misuse, volunteering, communication, fitness and exercise and diet and healthy eating.

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CARR-GOMM SCOTLAND

Carr-Gomm Scotland

Person-Centred Support, Supported Living and Community Care Services



Carr-Gomm Scotland is a national organisation which provides support to over 800 people and we believe that everyone is an individual. Our holistic approach to support means that people receive a personalised service delivered with the knowledge and skills that meet their needs. We are leading practitioners in involving people supported in the organisation and are at the fore-front of new and innovative service delivery.

Carr-Gomm Scotland is working in community-led approaches to health improvement, both on a daily basis with support workers or through our Community Development team in the wider community. Activities include:

- The creation of a Healthy Kitchen project in Glasgow - practical cookery sessions for people supported through one of the five Glasgow Community Health and Care Partnerships;
- Weekly five-a-side football at Glasgow Green Football Centre, playing against other people receiving support in their community;
- Community Growing Project working with Edinburgh Back Green Association; and
- A group that gets together every week to play pool in Falkirk, others meet for tea and a chat in Cassiltoun in Glasgow and Loanhead in Midlothian all building social networks that adds value to our communities.

People supported can apply for funds to progress a life changing idea, and this has included buying a adapted bicycle, 'making over' a shared garden, and getting an adapted fishing rod for a wheelchair user.

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COPE



COPE, established in 1991, is a professional, community-led service offering bespoke packages of support to individuals assisting them to work through issues causing mental or emotional distress and to acquire the coping strategies to face life's challenges.

As well as interventions for individuals we are committed to community capacity building. We support and train volunteers to undertake community-led research, e.g. CLEAR (Community-Led Engagement Awareness Raising), a piece of community-led research around reducing your carbon footprint. The volunteers have formed their own group of community champions WEE Feet, with funding from Life Moves, a local BLF programme. WEE Feet are acting on issues raised in the survey and are already having an impact on people's awareness and behaviour. More information can be found at: www.dumbartonroad.com.

COPE working with local people and housing providers is exploring how the impact of addictions locally can be addressed in a programme called Changing Habits.

Our local Community Planning Partnership has funded COPE to deliver a well being programme in partnership with statutory mental health providers and other voluntary agencies enabling new joint working, training and development between the sectors. An early pilot of the work involved local people some of whom went on to be advisers in developing the programme for roll out.

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DRUMCHAPEL DISABLED ACTION 2 LTD



Drumchapel Disabled Action 2 Ltd is a day centre which supports adults with physical disabilities. We are located in the Drumchapel area, and cover the Glasgow west area. We have a purpose built building which is fully accessible. Our Board of Directors is service user-led and they oversee the general running of the centre.

Our main aim of the project is to promote independence, with our service user group, as well as focusing on health and well being. We provide a wide range of activities, such as Extend (exercise to music), helping to maximise mobility, improve balance and co-ordination. We also provide holistic therapies to our service users such as aromatherapy, massage and Reiki. We also focus on healthy lifestyles and provide a health eating group as well as offering advice on the benefits of health eating.

We have also launched a new weight management group and also a new carers support group, which takes place once a month, offering respite, as well as advice and support to carers and families.

Our service user group is currently participating in a music therapy group. This group focuses on helping individuals manage certain aspects of their conditions, as well as boosting confidence and self esteem. We also have a sensory room, which is offered to both service users and people out with the centre.

Most of our service user group access the centre through our centre transport on the days they attend DDA2.

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DRC ADDICTION FORUM



The Dumbarton Road Corridor (DRC) Addiction Forum was formed in 2002. We believe that investing in a Peer led approach to health promotion and prevention strategies ensures that young people are informed and able to deal with issues within their own communities.

The views of those we work with inform all that we do. The groups we have developed are represented on our Board and three young people from the Young People's Forum have designated places.

We provide one to one and group support to individuals, family members and/or close relatives and friends through our Family Support Group and for those bereaved by suicide we provide meeting accommodation, one to one and group support through Touched by Suicide Scotland.

Our 48 week community based Peer Education Programme works with young people aged 11 - 16. We extend the range and diversity of activities and opportunities available to young people by offering an effective educational programme; 259 support sessions, this year, covering alcohol, tobacco and drug awareness, confidence, team building, creative arts and media which has personal and social development at its core.

Our most recent external evaluation, 2009, endorsed the contribution we make through local partnership working to both local and national strategies. Winning awards is a recurring experience for our peer educators and recently, NHS staff have approached us with a view to applying this model of working to oral health work.

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www.drcaddictionforum.org.uk

DUNDEE HEALTHY LIVING INITIATIVE



THE INITIATIVE

Dundee Healthy Living Initiative builds the capacity of local people to work together to identify their own wellbeing issues and be part of appropriate local responses. It aims to:

- Develop local activities to improve health and reduce inequalities
- Bring health services into the community
- Provide local health advice and information
- Involve local people in decisions about health

THE ACTIVITIES

DHLI runs over 70 activity groups a week, including healthy eating, weight management, cooking skills, stress management, smoking cessation, and various physical activities e.g. Tai Chi, walking, swimming and gardening, many of which are delivered by local people acting as volunteers. Volunteers are an integral and valued part of the project's workforce and ensure that the programme can continue to develop. Local people are involved in the Community Sub Group and represented on the project's Management Group. Volunteers express an increase in confidence and sense of purpose, and some have even gone on to find work as a result of the skills they have gained.

BENEFITS

The key messages are that engaging local people in health-related activities helps to reduce isolation, builds confidence and skills, reduces barriers to good health, and contributes to improving individual and community health and wellbeing.

Contact:

Dundee Healthy Living Initiative
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Dundee DD2 2LJ

Tel: 01382 435824

www.dundeehealth.co.uk

FULLARTON COMMUNITY HEALTH HOUSE

Fullarton Community Health House 



Established in 1989 Fullarton Community Health House was developed in response to community concerns regarding health. Local people who were beneficiaries of our services sit on our board of directors. We have a partnership between the Health House, NHS Ayrshire and Arran and North Ayrshire Council. Over the years we have demonstrated our ability to be responsive to communities needs, an example being our household survey of 1200 homes, undertaken by volunteers, which informed the services and activities we provide.

We have been acknowledged by partner agencies for our innovative methods in tackling difficult issues. We frequently receiving letters of thanks from those benefiting from our work. The local church awarded us their Excellent Service to the Community award while local GP practices provide letters of support to accompany funding bids to continue our work.

The Health House's strength is its ability to adapt to change responding to the diverse needs of the community. Strong partnership working enables a multi-agency approach to holistic healthcare.

Now a social enterprise our range of services include counselling and stress management services such as complimentary therapies, work on men's health, sexual health, substance misuse, and alcohol, Callcare 365 – a telephone home support service and social prescribing e.g. to local courses, activities or volunteering opportunities.

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GUTH AIRSON IARRTASAN NIS



GAIN (Guth Airson Iarrtasan Nis) aims to improve health and well-being by increasing opportunities for young people, children and families to learn through recreational and physical activities, especially in our natural outdoor environment, thereby making a real difference to their lives whilst strengthening the community.

A true “grass-roots” organisation we are a small, user-led, community based, voluntary organisation on the remote island of Lewis. Our volunteer committee set up and run an outdoor adventure play space that is free, open all year round, accessible with something for everyone. GAIN has incorporated natural elements and created a wild-life haven for all to enjoy.

Eoropie Dunes Park is a special place with a magical atmosphere! The facility is used by local children and families with 60% identifying some health benefits from using the park. Users are from disadvantaged backgrounds and include single parents, those on low income, young carers and those with mental or physical health issues.

GAIN also runs a successful youth development programme for local youngsters aged 11 – 18 years which aims to encourage healthier lifestyles and enhance well-being.

Through participation in a range of activities which focus on sports, arts and crafts, life skills, health promotion as well as confidence building, volunteering and work experience, our members become confident individuals, successful learners and responsible citizens who contribute to and strengthen the local community.

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HEALTHY VALLEYS



Healthy Valleys is a healthy living centre using a community-led health approach to improve the health of communities in rural South Lanarkshire. Community-led health improvement encourages and supports communities to be more active and influential in addressing key health priorities to develop solutions which reduce health inequalities. Healthy Valleys builds the capacity of rural communities to enable better engagement in improving health.

The charity has over 200 volunteers, including our volunteer Board of Trustees, who are supported by 10 staff. We also engage the work of contractors and sessional staff as required.

Our community-led healthy eating and physical activity programmes are key to promoting healthier lifestyles. During 2009, 378 people participated in the healthy eating programmes, including cooking classes for all age groups and family units, as well as nutritional activities and awareness raising exercises. 700 individuals have taken part in physical activity programmes as diverse as Fit Kidz for primary school age children, health walks for all ages and armchair aerobics for older people. All of these contribute to preventing the onslaught of obesity and disease.

Our stress management services are available for adults and young people in order to promote emotional well being. Our 'Find Out' projects focus on health education and sexual health services for young people.

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HEPATITIS C RESOURCE CENTRE



The Hepatitis C Resource Centre is committed to a community-led approach offering information on services and health resources to reach those with concerns regarding hepatitis C. The HCRC runs two projects that seek to involve communities where hepatitis C is most prevalent.

The Peer Involvement Project (PIP) builds the capacity of community and voluntary organisations which serve those communities most affected by hepatitis C. The Hepatitis C virus is a serious and potentially fatal condition, most prevalent in disadvantaged communities in Scotland. Though treatable, most Hepatitis C is unaddressed; it is surrounded by stigma, fear and misinformation. Through supporting local organisations which have the opportunity to influence local people PIP, aims to encourage more people to both address their virus and more widely to spread a prevention message. By involving communities at risk, both service users and local organisations are networked to national resources.

The Fife based Peer Education Project is a development pilot which seeks to utilise the experiences and insights of former injecting drug users affected by the Hepatitis C virus to encourage and support others to address their viral condition. The project also aims to facilitate significant learning and development opportunities for the group participants. Led by a skilled and encouraging project facilitator, the group has found another 50+ people from their own communities who are living with the virus and who the group now supports at regular weekly meetings across the county.

Contact:

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IN CARE SURVIVORS



ICSSS is the only national organisation, providing a specialist service to survivors of any form of historical abuse in a care setting (e.g. children's homes/residential schools/religious orders, adoption etc). The service is led by Open Secret (community-based charity established in Forth Valley in 1994) and brings together partner agencies.

We offer specialist long term counselling, alongside an advocacy service which is particular to the needs of survivors in understanding their time in care.

We offer befriending which reduces isolation and helps survivors to integrate into the community. We offer creative, dynamic group work and have a dedicated helpline and website providing useful information for both survivors and health professionals.

We aim to be as accessible as possible with workers placed locally throughout Scotland. Examples of our community-led approaches are a Service User Group, ensuring survivors' voices are heard. We produced a DVD by survivors to raise awareness of the issues faced by survivors of abuse in care. Survivors are members of our conferences, partnership meetings and we have volunteers on our management committee. Survivors provide information for consultations on changes in legislation, restorative justice. Some survivors have reported being acknowledged for the first time in 35 years and many report reduced isolation with increased confidence and self esteem.

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www.incaresurvivors.org.uk

KINGSWAY COURT HEALTH & WELLBEING CENTRE



Our vision is “to create a multi-cultural meeting place which celebrates diversity and seeks to reduce barriers of fear and ignorance with a view to improving the health and well-being of the whole community.”

Like any good community development initiative, Kingsway is more than an organisation delivering a list of services to an area blighted by deprivation. It adds value as a hub, at the heart of the community, encouraging participation, developing a sense of ownership and trust. It's also a gateway to other services.

We provide sustainable community regeneration by: developing awareness and understanding of health, poverty and inequality issues, challenging attitudes and lifestyles, encouraging behavioural change as it aids the integration process, developing a sense of pride in the community, encouraging self confidence and personal development and promoting individual responsibility and mutual respect.

Our services include enquiry, information and advice services including specific services for local asylum seekers and refugees, ESOL classes, some run by Volunteer tutors, a newsletter for all households, a community computer with free broadband, a Credit Union, men's therapy sessions, Kingsway Eye media group, youth activities and volunteer development.

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LANARKSHIRE COMMUNITY FOOD AND HEALTH PARTNERSHIP



LCFHP works with local communities across North Lanarkshire to promote healthy eating by supporting groups to access healthy fresh produce at affordable prices.

Food co-operatives represent a genuine community based response to issues associated with local access to good value healthy food options. In the spirit of mutual co-operation, local people have come together to form co-operatives based on not for profit principles. Local shops in accessible community locations have been established. Through bulk purchasing, the commitment of volunteers, and the lack of a profit motive, they have offered low cost alternatives, with prices consistently and significantly below those of traditional commercial outlets.

The company currently employs 14 people, has a rented office and warehouse in Bargeddie and has 5 delivery vehicles and works with over 120 local volunteers per week. The business operates in two main areas, the Community Programme and Children's Initiatives

Twenty weekly food "Co-ops" are all located in areas of deprivation in North Lanarkshire and each co-op opens one or two days per week, selling a wide range of produce to local people.

19 new community food initiatives have mostly been developed in nurseries and schools following the introduction of the "High Five for Fruit" project in both North and South Lanarkshire.

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**ORMLIE
COMMUNITY ASSOCIATION**



OCA, based in Ormlie, Thurso, is a group of local residents who have spearheaded a regeneration project for the last 10 years, addressing a wide range of social, environmental and economic problems linked to the Ormlie estate.

OCA works with all sectors of the community to help develop the skills and knowledge of residents thus empowering them to have a voice in their community.

Current initiatives include the Community Partners Project giving young people aged 4 – 14 a voice in their local community and the opportunity to effect change; the Young Mother Project concentrating specifically on the needs of young mothers through a wide range of life skills; Junk 2 Funk, a furniture transformation class for people of all ages; Friday Night Drop In – a drop-in facility for teenagers; and Ormlie Job Club, a weekly drop-in job club for unemployed people in the area.

OCA's activities have resulted in a whole new range of environmental initiatives, with health and wellbeing improved through gardening projects, healthy eating and exercise. Local people now have somewhere to go with issues of concern, are confident with more self esteem, take up more employment, education and training and are in a place where they are happy to stay.

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PATHS FOR ALL



Paths for All currently comprises 20 partner organisations representing relevant public sector and national representative bodies. A Board of ten voluntary Directors guides the work of this national charity promoting walking for health and the development of multi-use path networks in Scotland.

Our vision is of a happier, healthier, greener, more active Scotland. In support of our vision we have set ourselves two strategic priorities; to reduce the proportion of the population who are inactive, through the delivery of a national walking programme; and to increase the number, quality, accessibility and multi-use of paths.

There are two main areas of activity - walking for health (formerly known as Paths to Health) and path network development.

Our programme teams are here to help and offer advice. Development Officers cover specific areas across Scotland to support and encourage local authorities and other partners to plan and develop health walks and path networks aimed at meeting local needs.

Paths for All have a staff team of 22 and receive funding from the Scottish Government Health and Well-being Directorate, Scottish Natural Heritage, NHS Health Scotland, The Centre for Healthy Working Lives and First Scotrail.

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PROP STRESS CENTRE



“Being respected, not just tolerated”

The PROP Stress Centre (PROP) is a community based, user-led mental health project where people work together to improve their mental health and wellbeing. Central to PROP is the belief that “local people are best able to determine their own needs and they have a right to plan and have control over the kind of service they want”. 50% of the Board of Directors, all volunteers, must always be current or past service users.

The content and delivery of our work is led by and responsive to our users’ aspirations and needs. We specialise in providing group support activities designed to play to the positives, build confidence, unlock people’s creativity, help people learn new ways of dealing with stress, and combat the stigma of mental health difficulties. Our work encourages people to support and help each other and has a positive impact on people’s children, families and the local community too. Activities are provided by our staff, our volunteers and specialist group facilitators.

Services are open to people with mental health concerns aged 18+ who live in North Edinburgh, an area affected by social exclusion, high unemployment, low educational attainment and poor health and wellbeing.

We maintain values and activities which empower our service users to appreciate that PROP exists “because we’re worth it!”

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REACH



REACH

COMMUNITY HEALTH PROJECT



REACH Community Health Project strives to improve the health and wellbeing of Scottish communities, particularly Black and Minority Ethnic (BME) communities. Supported by a diverse range of staff from different communities, our work is premised on the belief that communities should be more involved in their own health improvement. We conduct community research to enable us to understand their needs and design and deliver culturally sensitive services accordingly. REACH's training to communities and service providers aims to improve the experience of health and social care services for everyone and helps to bridge the gap between services users and providers.

Improving Community Health through Effective Engagement (ICHEE) is one of our community-led projects. This is a national project with nine community forums with 300+ active members meeting once every quarter in three health board areas, leading the way to improve the health service provision in their area of residence.

Another example of REACH's partnership is work with Greater Glasgow and Clyde Health Board and Health Protection Scotland. In this project with the help of 16 community members, and 10 community centres and Mosques, 1293 people from South Asian backgrounds in Glasgow were tested for hepatitis B and C. This demonstrates the massive benefits of community-led initiatives on health improvement and reducing health inequalities in Scotland. The above examples are testimony to the success of community-led health and wellbeing initiatives.

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RENFREWSHIRE COMMUNITY HEALTH INITIATIVE



Renfrewshire Community Health Initiative (RCHI) aims to support local people to take an active part in improving their own health and wellbeing, together with that of their family and their community.

The 'Linwood Healthy Living group' is a good example of this approach. At a consultation event held in Linwood in March 2006, some people decided that they wished to meet as a group and to try different kinds of exercise. They were quite clear right from the beginning that the benefits of meeting socially were an important element though the focus of the group was on physical activity. We supported them to establish as a group, form a committee, find premises in which to meet and organise a programme of different physical activities.

The people involved in this group have stated that participation not only improves their physical health but also their mental health and that the physical exercise is only one element of this success. They also benefit from the opportunity to socialise, to give and receive support and to feel involved in meaningful activity. They have also played a large part in volunteering their help and demonstrating some of their exercise sessions at various community events.

To date this group is thriving, independent, has been successful in raising funds and there is a waiting list to join.

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SAFE SPACE



Safe Space, St Margaret's House Dunfermline, has been established within the local community for 21 years offering a range of support services to survivors of sexual abuse, male and female aged 12+

Many survivors use their own experience in helping others and have become Safe Space staff or volunteers, essential to development of the organisation and to the range of services on offer. Sexual abuse is a difficult area of work and only through commitment, enthusiasm, creativity and visibility has the true extent of the problem been realised within communities. We now have eight paid members of staff and 35 trained volunteers, including Board of Directors.

Safe Space works closely with local and national media and with a range of local partnerships in presenting the reality and implications of abuse ensuring communities gain awareness of prevalence of abuse, affect upon victims, how to keep children safe and how to access services. Local people are then enabled to participate in communities which feel safer, healthier and stronger. Young people are enabled to address safety issues and if need be access support before there is long term impact on themselves and relationships. Fife author Iain Banks is now patron of Safe Space, ensuring that media profile is kept at a high level.

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**S.E.A.L.
COMMUNITY HEALTH
PROJECT**



SEAL Community Health Project was formed to reduce inequalities and ensure equal access to a healthy lifestyle for residents in Gorbals, Govanhill, Castlemilk, Toryglen, East Pollokshields and wider south east area of Glasgow. The project encourages active participation, by those socially excluded, in activities that will have a positive impact of their health and well being, using a community development approach.

We have an enthusiastic Board of Directors that includes local volunteers. Our staff team supports volunteers run services such as the fruit barra, food demonstrations, office work, deliveries, help at health events and supporting new volunteers. The volunteers are outstanding and we would struggle without them. A variety of alternative therapies are available to address stress, anxiety, addiction, insomnia, pain etc. Clients are encouraged to learn techniques and take control of stress. SEAL work in partnership with CHCP at weaning fayres to raise awareness of the importance of preparing fresh food for weaning babies, good dental hygiene, reading with Bookbug and advice from health visitors.

A range of programmes are delivered by SEAL in response to community need and covers healthy eating, physical activity, awareness of drug and alcohol misuse, mental and emotional wellbeing. These are delivered locally and are aimed at those isolated or excluded in the community. SEAL are actively involved with SEAP (South East Addiction Partnership), FASE (Food Action South East), Health Thematic Management and local forums working at local and strategic level.

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SOUTH WEST COMMUNITY TRANSPORT



South West Community Transport (SWCT) is based in the south west of Glasgow. Originally set up as a transport initiative by Greater Pollok Community Forum in 2004, we became South West Community Transport, a company limited by guarantee with charitable status, in May 2009. Our aim is to bring affordable transport to groups/agencies within the south west. Our organisation has a Board of Directors that meets on a monthly basis; it is made up of volunteers and members of other voluntary and community organisations within the south west.

The community transport service works with about 120-150 groups who utilise our minibuses to transport their members to various groups/events. We have about 20 volunteers who work with us to drive for those groups that do not have their own drivers.

One of the services we provide to our individual members (150) is a weekly Hoppa Shoppa service. This takes our members on shopping and day trips to local supermarkets, the Falkirk Wheel and the Scottish Parliament. This is a service which encourages the users to get out and about and meet new people. It also helps with their wellbeing as many make friends and end up going along to other clubs with the friends they have made through the Hoppa. Many of our Hoppa members are either in wheelchairs or have a walking aid, and so get great benefit from the door-to-door Hoppa service.

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SPEAKEASY AND SEXABILITY IN SCOTLAND FPA



FPA provides information, advice and support to all people across the UK on all aspects of sexual health, sex and relationships.

Our Speakeasy project works in Scotland to facilitate free accredited courses in local communities. We bring together local parents and carers in their own communities to facilitate the development of their skills, knowledge and confidence in talking to their children about growing up, relationships and sex. Speakeasy aims to reduce inequalities in sexual health and wellbeing with an emphasis on reducing high rates of teenage pregnancy and sexually transmitted infections.

Although we are a national organisation we use a community-led approach. Parents can go on to undertake training which allows them to become trainers themselves of other parents. This 'peer promoter' model is currently being developed to enhance future delivery of our services.

We also run Sexability, which provides workshops about sex and relationships for young people aged 11 to 18 in which they determine the topics to be covered and what is of importance to them. These workshops aim to equip young people with the communication skills, knowledge and confidence to make informed choices around their sexual health and personal and sexual relationships.

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STIRLING HEALTH & WELLBEING ALLIANCE



**Stirling Health &
Well-being Alliance**



Established in September 1997, SHWA is an alliance of local people, Stirling Council and NHS Forth Valley. It provides opportunities for communities to make positive health changes via physical activity programmes, stress reduction, weight management, volunteering opportunities and community development initiatives.

An example of a community initiative is Fallin Healthy Village (FHV), a project developed in partnership with local people and agencies in Fallin. It is a community café and growing initiative, a response to people in Fallin seeking support to develop greater social integration through active community involvement.

The Alliance encourages and supports local people to take part in health improvement activities, participate in planning programmes, attend conferences, seminars and meetings, and get involved in their community.

This means the 'hardest to reach' communities have an increased choice of local health services. Communities have a locally-based contact as a first step to accessing health improvement services. People have the information and support to assess their current state of health with greater knowledge of common causes of ill health e.g. high blood pressure and cholesterol, and are aware of what they can change for themselves and their families to combat ill health.

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TULLIBODY HEALTHY LIVING



Tullibody Healthy Living works in partnership with volunteers and other agencies, to make it easier for people to access health provision and services that they may otherwise not have had

Our Board of Directors includes local community people who bring with them local knowledge and expertise. Some of them are also involved in other associated organisations e.g. residents groups and credit union.

Our volunteers provide services in the community. Some run a fruit barra once a week, where fresh affordable fruit and veg can be purchased. This has been running now for nearly 4 years and it currently sells around £8,000 of fresh produce each year. All volunteers receive training to help them share their knowledge on cooking skills and healthy eating, so the service is 'more' than just buying fresh produce.

“I was brave enough to try making soup for the first time because the soup bag gave the exact ingredients and instructions and it was only £1. This has given me the confidence to try cooking other things.”

We also have trained volunteers who offer health walks around Tullibody four times a week, catering for all levels. Using local residents to undertake this task means we have a wide variety of walks available – they know the area! These walks are really successful and we now get referrals from the local Doctors Surgery for people who want to increase their level of activity.

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WOMEN AND GIRLS GROUP

WAGG



WAGG is run by and for women and girls of Alloa and aims to maximise the 'feel good' factor in their lives. Activities have included line dancing, Boxercise, hip hop dancing, belly dancing, healthy eating workshops, relaxation and confidence building sessions, smoking cessation, aromatherapy, beauty sessions, arts and crafts and calligraphy.

The group was put together by community members and they make all decisions regarding the group and planning the sessions. They currently meet twice a week and run a regular keep fit session for older members and a children's dance class amongst other activities. They have recently begun providing crèche facilities so that mums can have some 'time-out' and enjoy the classes and activities provided.

Group members include people from hard to reach groups e.g. travellers, people with learning difficulties, young people, older people (age ranges from 10 to 72), people with disabilities and people with mental health issues.

In terms of the health impact on individuals attending WAGG, a recent survey detailed increased levels of confidence at all ages and improved levels of physical, mental and emotional health through healthier eating, regular exercise and the opportunity to share and discuss problems. Changes in personal and family lifestyle were also commented on such as weight loss, stopping smoking and drinking much less.

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WESTER HAILES HEALTH AGENCY



Wester Hailes Health Agency is a community-led organisation. We have a successful record of delivering social capital outcomes for our area of Edinburgh since 1998. The Agency seeks to enable local people to take action that makes a positive impact on their own and their community's physical, mental and emotional well-being.

We are active in defining needs, creating and campaigning for improved health to enhance people's quality of life. We offer a bottom up approach, responding to what people say they need.

Our greatest achievements come with partnership working, with a range of local organisations including Prospect Housing, CHAI, One Stop Shop, Paths to Health, Cambridge Street Day Hospital, Local GP's and community dieticians as well as city wide strategy groups in which we play an active role.

We provide a range of accessible and flexible services for local residents including counselling, cognitive behavioural therapy, anxiety management, exercise and walking groups, garden/Green Gym, complimentary therapies, Women's Group, Carer's Group, Drop-in Group, Time Banking (a way for people to come together and share their talents), and volunteering opportunities. Our service users report having more influence over their life circumstances.

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