

Growing a Healthier Glasgow

- draft recommendations of the Glasgow Health Commission

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Introduction

In 2008, the Leader of Glasgow City Council established a Health Commission for Glasgow. It was challenged to come up with innovative recommendations to tackle the city's record on health. The principal outputs expected from the Health Commission were:

- X A statement of Glasgow's main health improvement challenges
- X A key focus on tackling health inequalities
- X Recommendations for priority interventions/ changes.

The Health Commission met for the first time in June 2008 and has considered evidence on Glasgow's health challenges from a number of presenters. It is now ready to share draft recommendations with key decision-makers and with Glasgow's communities.

Health Commission debate

Membership of the Health Commission was drawn from a wide range of backgrounds and sectors. An independent chairperson was selected in order to ensure that the work of the Commission is formally distinct from the partners to which its recommendations will be directed.

The approach to be taken by the Commission was agreed at its first meeting. It includes a commitment that recommendations should relate to the social determinants of health, that they will be evidence-based as far as is possible, and that the (in)equalities dimensions of all recommendations would be considered.

The Health Commission has looked at various themes in relation to health. It has taken evidence from various contributors, including CHEX. The Health Commission has aimed to offer recommendations which can be implemented in a relatively short timeframe, as well as to set a course for future development which will help to build sustainable long-term health improvement.

Health Commission recommendations

The Commission has recently drafted its recommendations. It intends to engage with Glasgow's communities in the next couple of months and also to seek the views of Community Planning partners on these recommendations.

There is a strong focus on the city's assets as the basis for progress and on action which it is within the power of the city itself to take. This sets the context for many of the recommendations, particularly those relating to communities and services. Recommendations are grouped according to three themes, which draw together the Health Commission's thinking:

- X People & culture
- X Environment
- X Services

Some key areas have emerged where recommendations are focused. There is particular interest in creating a child-friendly city and seeing greater investment in interventions and support for the early years, for instance. Other areas for specific attention have included tackling obesity, engaging young people, and enhancing the role of the community in decision-making.

Next steps

Health Commission members are keen to engage with Glasgow's communities in their thinking and are taking these proposals across the city during February-May. This includes meetings with Community Reference Groups, the Equality Networks Forum, Faith in Community Scotland, and the pupil/school councils. This work is being undertaken both to seek people's views and also to test out how the recommendations might best be implemented in the specific circumstances of Glasgow's various communities.

Comments on the draft recommendations are welcomed from CHEX members via feedback at www.glasgow.gov.uk/healthcommission. These will be collated for the Health Commission to consider before a final report is drafted and submitted to the Leader of the Council in June 2009.



Working Well Together

Partnership with the Community & Voluntary Sectors to deliver Anticipatory Care

'Keep Well' is an NHS programme that offers health checks for people between 45-64 years old, particularly those in areas of deprivation, and provides advice and referral for treatment, support or services that can help individuals address health issues or problems and improve their health and wellbeing. Health Scotland's Community and Voluntary Sector Programme Manager, Angela Jackson highlights the benefits the community and voluntary sector/s can bring to 'Keep Well' programme:

The programme, which has been developed by NHS Health Scotland - the national health improvement agency, has been developed in selected areas from 2007 and is to expand more widely during 2009 / 2010. The programme aim is to enhance health and wellbeing and reduce risk of long-term conditions such as coronary heart disease, stroke, and diabetes. This is known as 'Anticipatory care' because it seeks to identify and address potential health problems before they develop or become serious.

Community and Voluntary organisations are seen as key partners in developing this programme and enhancing its outcomes. Firstly, partnership with community and voluntary sector organisations offers a means to develop ways to improve the uptake and reach of the health checks and the use of services and support available, particularly among harder to reach and engage people. Secondly, there is scope to develop referral and signposting of 'Keep Well' attendees to the broader range of health and wellbeing services and resources provided by community and voluntary organisations.

NHS Health Scotland's Community and Voluntary Sector Programme held initial discussions with representatives from the community and voluntary sector in January. Consultation on proposals based on the suggestions and ideas raised at these meetings have been taking place throughout April/May.

Health Scotland is undertaking a joint presentation with CHEX on developing partnership working with the community and voluntary sectors at the National Anticipatory Care - Moving Forward Across Scotland Conference on 2/3 June.

To receive further information and have input into the consultation, please email angela.jackson@health.scot.nhs.uk.



Eating Well, Keeping Well!
See *Community Food and Health (Scotland)* article on pages 3-4



Views expressed in CHEX-POINT are not necessarily those of CHEX, unless specifically stated.

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CHEX, part of the Community Development Foundation, operates within the Scottish Community Development Centre and is funded by NHS Health Scotland to network information, ideas and good practice on community development and health.



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CHEX Update

CHIs host Swedish visitors

Twenty-eight Swedish politicians and civil servants visited four CHEX Network members on 16 April 2009. SALAR (Swedish umbrella organisation for Local Authorities) brought the delegation on a study tour to visit various initiatives in health care and health improvement. As part of the latter, the delegation visited three Community Health Initiatives in Edinburgh (Wester Hailes Health Agency, Pilton Community Health Project and PROP Stress Centre) and one in Glasgow (Dumbarton Road Corridor Addiction Forum). The visit created a positive opportunity for the CHIs to promote their work with international visits and exchange information on the benefits of community-led health. For more information, contact Tom at tom@scdc.org.uk.



Members of the Swedish delegation visiting the Dumbarton Road Corridor Addiction Forum

Report on CHEX Study Tour to Northern Ireland now available

Following the article in the last edition of CHEX-Point (issue 32), a full report is now available on the very interesting and informative Study Tour which CHEX made with members of our network and 'commissioners' from both Local Authority and NHS to Northern Ireland in September last year. The report can be downloaded from the Seminar Reports page of our website at <http://www.chex.org.uk/publication/seminar-report/> and highlights some of the features particular to commissioning in Northern Ireland.

This Study Tour links to other CHEX work around supporting community and voluntary sector health organisations in their relationships with statutory partners including 'Knowing Me Knowing You' events in January and March 2009 (full reports also available from the Seminar Reports page) and the work being undertaken by the National Capacity Building Programme 'Healthy Communities: Meeting the Shared Challenge' which is taking place throughout Scotland facilitated by the Scottish Community Development Centre with support from CHEX. More details on this programme are available at <http://www.scdc.org.uk/shared-challenge/>.

For any enquires relating to the Study Tour report, please contact Paul Nelis, SCDC Development Manager on paul@scdc.org.uk or Elspeth Gracey, CHEX Development Manager on Elspeth@scdc.org.uk.

Dates for your diary

The first CHEX National Conference will take place on Tuesday 3 November 2009 in the Teacher Building, St Enoch's Square, Glasgow. The full programme for the day will be available at a later date but please put this date in your diaries and watch out for more information on www.chex.org.uk.

The Health Issues in the Community National Networking Event 2009 will take place on Friday 12 June 2009 at West Park Conference Centre, Dundee. The focus of this year's national event will be "local sustainability of HIIC". To register, or for more information, contact Aileen Skillen (aileen@scdc.org.uk) or Robert Cuthbert (Robert@scdc.org.uk) or telephone 0141 248 1990.

'Knowing Me, Knowing You Part 3: How do we measure up?', CHEX's 3rd interactive session on how community health initiatives and their statutory partners can best work together to tackle health inequalities by supporting community-led health, will take place on Thursday 11 June 2009 at Raploch Community Campus, Stirling from 10.30am to 1.30pm. To register, or for more information, contact Tom Warrington (tom@scdc.org.uk) on 0141 248 1990. N.B. Please note that participation in any previous seminars in this series is not a requirement.

Health Issues in the Community – opportunities for young people in Newmains!

The work of the Newmains Project in North Lanarkshire fits strongly with Scotland's national and local health improvement and other policy outcomes. The drive of the project is essentially to tackle local inequalities in health that are arising from a community that currently is neither strong, nor resilient, nor supportive. In this article, Madeline Hillman tells us about the genesis of the project and its aims.

The Newmains Youth Project (NYP) describes itself as a voluntary community group, which formed in June 2007 as a result of a part 1 Health Issues in the Community (HIIC) course run by Community Learning and Development, North Lanarkshire Council in a local primary school.



Bridging The Generation Gap!

As a result of HIIC bringing a number of local people together, former course participants formed this project and meet monthly, driven by a shared concern which came to light during HIIC course work - their concern and desire to address the complete lack of facilities for children and young people in the Newmains area. Interestingly, the group is largely composed of grandparents and carers - not young people, despite being called a youth project - but group members are always looking for new members of all ages to join.

One of the major concerns of local people is the issue of rising levels of crime and antisocial behaviour. Notably, incidences of underage binge drinking and drug problems have been on the increase as a result of young people having little else to do throughout

the area. There is also an issue with the lack of available facilities with the community centre having been destroyed in a fire several years ago and the two available local church halls generally being too busy or expensive to lease.

The project has been able to secure small amounts of funding to organise activities and day trips for young people during school holidays. For example, many local children had never visited the seaside so a bus trip to Ayr last summer was a big event.

The Project also ran the first Blue Light Discos in Newmains for 11-17yr olds to encourage teenagers to get off the streets and have fun with their friends at the weekends. These take place every 3 months and are run in partnership with the Community Police, NHS, Strathclyde Fire Brigade, The Murdustoun Action Group and Community Learning & Development NLC. The events aim to target teenagers to give health advice, fire safety advice, drug and alcohol awareness etc. The group also organise Family Activities over the holiday periods with such activities as Arts & Crafts, sports, games for all the family and usually a trip to a fun family learning centre/park/farm.

By working in its small, but certain, way to improve access to new opportunities for local young people, this group is contributing to building a stronger, more resourceful community as well as a community that is more resilient, with better mental health outcomes. The young people that are becoming engaged in the work of this project will, hopefully, be less likely to go down the route of binge drinking and drugs because they have something else to aspire to as a result of the hard work of the older members of this community.

Intergenerational outcomes should also not be dismissed as a result of this work as clearly it is bringing the two age ranges closer together with a common purpose. One goal of the project includes securing larger scale funding for a dedicated play barn or dedicated facility to attract young people, thus contributing to local regeneration outcomes too.

For more information on the Newmains Youth Project, contact Madeline Hillman MHillman@newmains.n-lanark.sch.uk.

Making the Virtual World Real – Girvan Online

A community website brings many benefits, some of which will surprise you! Hear from Gillian Anderson, committee member and resident of Girvan, South Ayrshire, about the interesting discussions and information shared across the local community on Girvan Online.

“One of the most interesting discussions on the Girvan Online forum centred around the ‘Hairy Tree’ and its connection with Sawney Bean, the famous Scottish cannibal who, it is claimed, lived in the caves just outside Girvan and attacked passers-by over many years,” said Gillian.

“Legend has it that his daughter Elspeth was hung from the ‘Hairy Tree’ by the people of the town after she sought refuge following the arrest and subsequent trial of her father. Like an episode of ‘CSI Miami’, people from all around the world logged on to the Girvan Online website to discuss the whereabouts of the hairy tree and to shed light on the ancient legend of Elspeth. For many months, our humble discussion forum on Girvan Online saw visitor statistics soar as our small site played host to the world’s smartest brains, craziest conspiracy theorists and wittiest commentators. The discussions included local people, ex-residents of Girvan, people who had enjoyed childhood holidays in the town and second generation Girvanites from around the world....everybody had a view!”

Gillian laughs that, “On more than one occasion, local residents reported seeing people wandering the streets of Girvan with a map looking for the Tree. The topic generated much online discussion, many suspect fauna and suspicion of a high level Government cover-up. Unfortunately, both the whereabouts of the tree and why it’s called the ‘Hairy Tree’ remain a mystery, but the hunt goes on!”

Girvan On-Line was founded more than 15 years ago by residents of the town who wanted to have a central website to let local people and visitors know what’s happening in Girvan. Although the site itself and the governing board has gone through a number of reincarnations, the core purpose of the site to provide up-to-date information and to enable local people to communicate with each other and the wider world has remained the same. Gillian comments that, “The site has grown enormously over

the years and continues to offer free web space for community and voluntary organisations.”

Uniquely, the project offers training to local people and, following training, they are able to update elements of the web site. To date, 15 local people have been trained to maintain the website. The site attracts approx 6,000 unique visitors a month from all around the world including Canada, Germany and Australia. Most recently, one couple from Australia used the Girvan Online discussion forum to link up with local people and enlisted their help to organise their wedding on the remote Ailsa Craig island, just 10 miles from Girvan.

Gillian proudly states that, “There are many positive stories to tell about Girvan Online and the impact that it has on the community. Most recently, the site has gone ‘real world’ as we (the committee and volunteers) have recently organised the ‘Coast’ festival in September which saw huge crowds attend for old fashioned family fun including sandcastle competitions and battle re-enactments. ‘Coast’ has proved to be a huge success and will now go on to become an annual event in Girvan, but it’s not exactly a money maker.”

Gillian advises that, for communities that want to develop something similar, they will need to identify core money over and above the technical development costs of the site to support the continued development of the project. Volunteers are essential but, for the project to develop, it needs a paid part-time Web Editor. The Web Editor doesn’t have to be someone with a high level of IT skills but, crucially, has to have significant people skills and a vision for the continued development of the web site. While maintaining a web site is extremely low cost, Gillian advises that it has been hard to get certain local funders to see this type of activity as a priority and accept that it needs year-on-year funding to be successful. Girvan Online currently doesn’t have the money to employ a Web Editor but is progressing with the help of keen local volunteers and dedicated Board members.

To visit the website, please go to:
www.girvan-online.net

Building the ‘bridge’ between national and local food priorities - the role of Community Food and Health (Scotland)

CHEx has consistently worked in partnership with Community Food and Health (Scotland) (CFHS) to create dialogue between community-led health organisations and national policy decision-makers to tackle health inequalities. CFHS aims to ensure that everyone in Scotland has the opportunity, ability and confidence to access a healthy and acceptable diet for themselves, their families and their communities. In this article, Development Officer Ger O’Riordan tells us about their work and about some of the fascinating activities being carried out by community health initiatives in this area.

Community Food and Health (Scotland) support local communities to tackle health inequalities in food and health and are a key link between community action on the ground, policy makers and funders. We support work by:

- X building capacity within communities to help empower them in tackling food access issues;
- X promoting a national strategic focus on low income communities facing barriers; and
- X ensuring that community action is an effective means of delivering both local and national health priorities.

CFHS provide a variety of opportunities for community-based food and health initiatives to share learning, practice and skills with others tackling health inequalities across Scotland including policymakers and funders. One such recent opportunity was our annual networking conference which took place at the end of 2008. The theme of the event was ‘Making a Difference’ and focussed on the important contribution from community-based initiatives working towards achieving national priorities. This event brought together not only those working on the ground, but speaking and present on the day were a number of representatives from key agencies: Kay Barton, Scottish Government Public Health and Health Improvement Directorate and Michael Craig, Public Health Advisor, Evidence for Action, Team NHS Health Scotland.



Early years at a community-based food and health initiative

Policymakers recognise the valuable contribution of the community and voluntary sector. However, for some, it is difficult to reflect the impact of their activities towards health improvement on local and national priorities in a meaningful way. Equally, community and voluntary groups can have a challenge in promoting the effectiveness of their work, its impact and making it sustainable in the long term. The event enabled a range of groups - many of whom deliver activities that many traditional services do not reach - to share their experiences and promote activities that have ‘made a difference’. These included:

- X work with parents and children to develop parenting skills and basic food skills;
- X creating growing spaces;
- X innovative approaches to food retail and distribution in both urban and rural areas;
- X developing social enterprises;
- X healthy eating programmes; and
- X partnership working.

The following are two examples of community food and health initiatives who led workshops at the event.

Healthy Valleys, based in South Lanarkshire, have been running a healthy eating programme which delivers three different activities for adults and children.

- X The Healthy Weaning initiative runs in community venues and has also been adopted by NHS Lanarkshire who deliver the course in other areas.
- X Ready, Steady, Get Cooking is a cooking course delivered to primary 7 pupils by volunteers trained by health visitors.
- X Feeding the Family is targeted at the most vulnerable families. While it is run for adults, three courses have been piloted with families with children in the first two years of secondary school.

Using a peer education model (i.e. recruiting course participants to become volunteer tutors), the involvement of local people has helped build sustainability into Healthy Valley's activities. Also, this has enabled more programmes to be delivered in more areas thus having greater impact. Programme activities are also delivered through partnership working with others.

North Glasgow Community Food Initiative (NGCFI) was established initially in 2001 by students from Glasgow University to support asylum seekers that had been housed in the North Glasgow area. The organisation strives to engage people in practical and sustainable food related projects. It is hoped that this activity inspires health and wellbeing and celebrates the diverse nature of communities in North Glasgow. The organisation has expanded its activities and, more recently, is planning to develop a market garden. They are exploring how a social enterprise model can be applied to community food and health projects such as market gardening. A number of potential brownfield sites have been identified as NGCFI plans to buy land which would be an asset for the organisation. It would then generate income for the organisation from selling produce grown.

For more information about our current work and other initiatives, as well as opportunities and assistance that we and others can provide, please go to www.communityfoodandhealth.org.uk. A report from our conference will also be available in late Spring.

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Being Seen and Heard: children bring green shoots to North Glasgow

CHIP is a partnership between Stepping Stones and Barnardo's. It works in north Glasgow, where a poor quality environment interacts with other factors such as poverty and poor diet, resulting in a low level of wellbeing and physical health. Over the past year, CHIP's community gardening initiatives and support for children's environmental action have begun to show results. Here, Angus Woods, Children's Service Manager, details the positive impact that greenspace/environmental improvements can have on the health of a local community.



A north Glasgow play environment

City Council's Area Budget, CHIP has worked with local community groups to establish small-scale community gardens on three sites.

At Ardoch Childcare Service, a pre-5s project run by Stepping Stones for Families, a previously derelict area has been converted into a 'secret garden'. In addition to being a new space in which to explore and play, the garden has provided a crop of strawberries and potatoes. The garden has stimulated a wide range of outdoor and food-related activities and the project is looking forward to a fruitful summer after the challenge of a busy winter.

A 2008 article in the Lancet by Dr Richard Mitchell, a reader in health inequalities, public health and health policy at Glasgow University, has provided research support for the commonly held intuition that green spaces are good for your health. The research indicates that the health gap between richer and poorer people is narrower in neighbourhoods with more green space.

Community Gardening

In response to a high level of local interest, and with the help of a grant from Glasgow

In Greenside Street, Provanmill, a member of the To Play or Not to Play parents' network, working with neighbours and friends and with CHIP's support, has created a community micro garden on a piece of open space whose sole feature up until recently has been a rusty 'No Ball Games' sign.

At Possilpoint Community Centre, CHIP has worked together with the Disability Community's Youth Forum, Young Possil Futures' Junior Tuesday Club and Wester Common Elderly Persons' Day Centre to establish the beginnings of a community garden. So far, it consists of four raised beds and several planted-up whisky barrels.



Gardening at Greenside Street

Bringing spaces back into use for children

As a member of Possilpark Green Space Group, CHIP is supporting a local movement to bring inhospitable gap sites back into community use. A large gap site beside the main road in Possilpark, previously overgrown and strewn with rubble, rusty metal and broken bottles, is now an informal kickabout space bounded by a wild flower meadow which was sown by and is cared for local children.

Another gap site has been adopted by a local steering group headed up by Hawthorn Housing Co-operative and, over the past year, has supported a range of outdoor activities for families and children: bug hunts, bird feeder-making, storytelling and drumming workshops etc. CHIP's contribution in both cases has been to enable children to have an influence on how these spaces develop, to show that children care about them and to engage the wider community in conversations about them.



Celebrating Saracen Meadow in Saracen Street

Children being seen and heard in the community: the biggest health benefit?

In the Sunday Herald summary of his research, Dr Mitchell points to a positive correlation between the availability of green space and life expectancy. Access to opportunities for exercise are clear and demonstrable factors in this relationship but green spaces also have the ability to 'protect us from stress and promote healing'. It seems likely that, for children, one of these health-promoting factors is feeling welcome and free to roam in their own community.

Angus Woods, Children's Service Manager, Barnardo's (Children's Inclusion Partnership)
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Scottish Government launches its policy and action plan for improving Mental Health

CHEX would highly recommend that Community Health Initiatives familiarise themselves with the policy and action plan recently launched by the Scottish Government, 'Towards a Mentally Flourishing Scotland' which outlines the Government's plans for mental health improvement for the period 2009-2011. There is much in the document that resonates with the experience and expertise of CHIs, together with opportunities for joined up working with statutory sector partners. The document is available for download from the Publications section of www.scotland.gov.uk.