

Welcome to the Spring/Summer edition of NHS News

Welcome to the spring/summer edition of the NHS News. The NHS Grampian Public Involvement Team has been busy over the past few weeks working with some fantastic local groups and organisations across Grampian. We are always on the lookout for interesting news, activities and events that we can share with you through the NHS News, and that will help you to get involved and active through the summer months.

We are continually amazed to learn about the great work taking place in local communities, and the variety of opportunities available. We hope that you will enjoy reading about some of them in this edition of the NHS News. If there is anything you would like to see in a future edition, the Public Involvement Team would love to hear from you, and you will find details of how to contact us on the back page.



Award Winning Alcohol and Drugs Recovery Service

Aberdeen based charity, Alcohol and Drugs Action (ADA) work closely with their NHS colleagues to provide recovery services. Many of their therapeutic services are provided by volunteers.

Weekly therapeutic groups include gardening and arts and crafts. The activities provide an opportunity for

participants to be creative and to socialise. The gardening group meets at Hazelhead Nurseries, where they grow a variety of fruit, vegetables and plants.

Participants can take home the produce they grow with any surplus going to the Food with Friends Group who meet weekly to cook a meal and socialise.

In February, ADA was delighted to be given the 'The Community Award' at the Aberdeen Health & Social Care Partnership HEART Awards which recognised the fantastic work of their volunteers.

If you are in recovery and would like to get involved, you can get in touch via the ADA website alcoholanddrugsaction.org.uk or by phoning Anne on 07525 071518.



Aberdeen's FREE Sports & Activities Festival for over 60s

Would you like to become more active? Have you always wanted to try an activity but aren't sure if it's for you? Then give the Golden Games a try!

The Golden Games is a free Sports and Activities Festival for over 60s living in Aberdeen. This week-long festival gives you the opportunity to try a variety of different activities across the city that suit all abilities, from Chair Based Exercise and swimming and from Zumba Gold to Wall Climbing!

Save the Date!

Golden Games 2018 will take place from 7th-15th June and you can get involved or find out more by emailing Anna Forsyth at anna.f@aberdeensportsvillage.co.uk

City Centre Women's Heritage Walk

It is spring, the days are getting warmer and the evenings are becoming lighter, so come and join Aberdeen Women's Alliance on our City Centre Walk. You will hear about some remarkable women who have contributed to our city.



Our 90 minute walk is free and open to all. We start and finish at the Town House and have twelve stops along the way where we share women's stories.

The walk includes a stop is Castle Terrace, which is the site of the first Sick Children's Hospital where Dr Agnes Thomson worked as an anaesthetist during the First World War.

We will also visit Marischal College, the site of early health services in Aberdeen. Learn about the remarkable Maggie Myles who shaped midwifery throughout the world.

Get together with some of your colleagues, enjoy the walk and learn more about the other projects the Aberdeen Women's Alliance are involved in.

For further details contact Norma by emailing norma.womensheritagewalk@gmail.com

New warning about choking risks for small children

Parents and those who look after small children are being warned to be more aware of the potentially fatal risks small fruit like grapes and cherry tomatoes can pose. There have been numerous incidents of children under 5 choking on these foods, both in Grampian and across the UK, sometimes with fatal consequences.

NHS Grampian Public Health have produced a video highlighting the simple steps that can be followed to dramatically reduce the risk of choking which is available to view at: [youtube.com/watch?v=pEVIHq9gZf8](https://www.youtube.com/watch?v=pEVIHq9gZf8)

North East Scotland Pride Event

The North East of Scotland is preparing to celebrate diversity with a spectacular Pride Event taking to the streets of Aberdeen on Saturday 26 May.

Aberdeen-born actress Annie Wallace, pictured right, will lead a parade down the length of Union Street which is expected to attract thousands from the area and across the UK.

Annie who plays the Head Teacher at Hollyoaks High said: "I'm beyond excited not only to be asked to speak at the event, but to lead the Pride Parade through the city. It's an incredible honour and I am very privileged to march with LGBT people from my hometown and beyond."

There will also be entertainment, local bands and speakers from around the Grampian region at the Pride Village, including headline act Sandi Thom.

Sandi, who was born in Banff said: "I am delighted to headline the first ever Grampian Pride in Aberdeen. We need to celebrate our differences and our uniqueness and how each of us as



Annie Wallace

individuals are extraordinary."

The event is being funded by a number of organisations across Grampian, including the NHS Grampian Endowment Fund.

If you would like to find out more about this event, or attend the Grampian Pride Village at Queens Links from 1pm, you can do so by visiting Grampian Pride on Eventbrite or by visiting the Grampian Pride facebook page at [facebook.com/GrampianPride](https://www.facebook.com/GrampianPride)

Life after Stroke

There is a lot of evidence to suggest that regular exercise after a stroke can promote and help to sustain physical recovery. Residents living in Grampian are enjoying attending The Deeside Stroke Group which is supported by the National Stroke Association.

The local exercise group meets weekly throughout the year in the Auld Kirk Hall in Aboyne. Exercise sessions are open to anyone, including family and carers, affected by a Stroke or a similar neurological condition.

The Deeside Stroke Group has recently received a grant from the NHS Grampian Endowment Fund which will help to develop new exercise programmes working with the Aboyne Community Gym.

The exercise sessions are well supported by a Chartered Physiotherapist and allow you to exercise at your own pace and level.

If you or someone you know has been affected by Stroke and would like to find out more, please contact Eric Sinclair on 07442 502574.



the Spark

Raising awareness of children and young people's mental health and wellbeing

The Spark was delighted to receive a grant from the NHS Grampian Health Improvement Fund to deliver a number of workshops across Aberdeenshire.

The workshops were delivered to over 150 parents and carers, and aimed to provide participants with confidence to talk about mental health issues with their child or young person. The Spark is planning to continue to offer

this workshop across Aberdeenshire to ensure an all-round understanding of children and young people's mental health and wellbeing.

If you would like to find out more about the workshops and how you can get involved, you can call The Spark on 0141 222 2166 or email Emma Cameron at e.cameron@thespark.org.uk



Home-Start is an organisation which has supported families with children under the age of 5 for over 40 years. Volunteers provide practical and emotional support to families in their home. Home-Start schemes also provide or support various groups such as Breast Feeding support, Additional Needs Peer

support, PPP, Mellow Bumps, Mellow Babies, PEEP, Book Bug, Mother and Baby, Confidence to Cook.

In Grampian there are 6 offices that families can contact.

- Aberdeen City: 01224 693545
- Garioch and Formartine: 01467 624801/625801
- Deeside, Alford, Marr and Strathdon: 01330 824443
- Kincardine and Mearns: 01569 767773
- Banff and parts of Buchan: 01261 819964
- Buchan: 01346 518930



Confidence 2 Cook

Now that summer is just around the corner, are you ready to give up your heavy winter food in favour of something a bit lighter? Are you tired of complicated recipes that require lots of expensive and hard to find ingredients? NHS Grampian has recently launched a website www.confidence2cook.co.uk which has lots of easy to follow recipes that are quick to prepare, without too many ingredients and are nutritionally balanced.

If you're looking to improve your cooking skills, there is also a section with links to local food networks which will help you access some cooking classes in your area.

For more information please email fiona.matthew@nhs.net



New Health and Care Hub for Inverurie

Construction of the £14.6 million building is on course for completion and opening in the summer of 2018. The new health and care hub will provide the local community with a host of services which have been delivered on different sites, in one single hub. The facility is being constructed within the grounds of the Inverurie Hospital site.

The following services will be provided in the new building:

- Inverurie Medical Group will be re-located to the new building. This is Scotland's largest medical practice and has over 24,000 patients.
- Community Nursing
- Public Health Nursing
- Community Maternity Unit (CMU)
- Urie Dental Practice
- Allied Health Professionals
- Diagnostic and treatment services including radiology, cardiology and audiology.
- Visiting consultant clinics.

For more information please visit: www.nhsgrampian.org/inverurieproject
You can also find the project on Facebook at: <https://facebook.com/InverurieHealthandCareHub/>

New Support for Transgender Parents

In 2015 my son came out as transgender and started the process of transitioning. It's been a privilege to watch her blossom in confidence and self-esteem, I have never seen her so happy.

During this time I have been on my own journey, at times painful and emotional, conflicting with being a loving and supportive parent.

I felt I needed help to come to terms with what was happening, and was delighted to find a local organisation called Four Pillars who offered a support group called Trans Parents, as part of the range of services they offer to connect and support the LGBT community in Grampian.

I now attend monthly meetings and find sharing my experience with other parents has helped me, and allows me to recognise the progress I have made in accepting that my daughter is Trans.

As a qualified counsellor, I began to help facilitate the Trans Parent group, and this has inspired me to go on to



develop my own counselling practice to support other trans parents through their journey.

If you would like to find out more, you can contact Arlene Malcolm by emailing timetobecounselling@btinternet.com

For further information about Four Pillars, please visit www.4pillarsuk.org

Multicultural Health & Wellbeing Forum



You are invited to attend a special screening of the Turkish foreign language film 'MUSTANG' (PG-13)

As part of Mental Health Awareness Week 2018

5pm on May 14th 2018, Screen Two Belmont Filmhouse, Aberdeen

This extraordinary film was released in May 2015, and emerged as one of the most successful films of the year. Set in rural Turkey, it tells the story of five orphaned sisters, who live with their grandmother in a large and remote house. The family is not poor, but it is conservative, and when the girls are seen by neighbours splashing around in the sea with a group of boys, local gossip triggers a drastic change in the life of the girls as the family fear that their respectability is at stake.

Tickets are FREE and are available from Friday 30 March 2018

To book these tickets, simply pop into the Belmont Filmhouse, or phone 01224 343500. The evening will consist of:

- 5.00 pm Reception, refreshments and information stalls
- 5.30 pm Welcome from Dame Anne Begg
- 6.00 pm Film 'Mustang' starts
- 7.45 pm Discussion with Scott Macpherson and Dan Warrender from RGU Mental Health Movie Monthly



To find out more about the NHS Grampian Multicultural Health & Wellbeing Forum email: elizabeth.howarth4@nhs.net

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Moray HandyPerson Service

Moray HandyPerson Services (MHPS) has introduced a new service. Wheelchair and mobility aids are now available to hire. MHPS has a selection of equipment that can be loaned for a weekend or for up to 6 months.

This new service complements the existing services MHPS provides, which includes minor repairs (for example changing light bulbs, fitting key safes), de-cluttering, small electrical appliance testing and toenail trimming services.

The work done by MHPS has been shown to have many benefits, including a reduction in the number of falls and improving wellbeing for people living in the Moray area.

You can find out more about the MHPS by visiting the website



www.morayhps.org.uk

MHPS also welcomes volunteers to support its services. If you would like to find out more, or get involved, you can do so by telephoning 01343 559739.

Age Peterhead supporting

Age Peterhead has worked in local communities for 50 years helping to promote a fulfilling, enjoyable and independent later life.

As part of a new service, Age Peterhead can provide Sitters who will keep the elderly or housebound in the Peterhead area company for short periods of time. This allows families or carers to have time off to do other essential tasks. All our volunteers are subject to references and disclosure.

Age Peterhead can also help to arrange local outings using our 11 seat minibus, (pictured) to local garden centres, shopping centres, and other places of interest.



If you need a break, we have two residential caravans at Fochabers suitable for the elderly and as respite for carers. The caravans have disability access and are available from April to October.

If you would like to find out more, please telephone Age Peterhead on 01779 472331 or email agepeterhead@gmail.com

NHS Grampian Smoke-Free

From 6 August 2018, new legislation under the Health (Tobacco, Nicotine etc. and Care) (Scotland) Act 2016 is to be introduced Scotland wide.

This means that individuals who smoke cigarettes within 15 metres of an NHS hospital building can be given a fixed penalty of £50. This builds upon the current law which prohibits smoking in enclosed public places.

All NHS Scotland hospital grounds went smoke free on the 1 April 2015, and the

new legislation is in addition to this so smoking will remain prohibited across all NHS sites.

The dangers from second hand smoke are well known and by keeping our grounds smoke-free we are protecting people from these dangers.

For help and support to stop smoking please contact the NHS Grampian healthline on **08085 20 20 30** or email grampiansas@nhs.net



Death Café starting in May

On Saturday 26 May, the Aberdeen Unitarian Centre will be hosting a Death Café, where people will be invited to come along, drink tea, eat cake and discuss death.

The aim is to increase awareness of death in order to help people make the most of their (finite) lives. The discussions will be relaxed and anyone who is interested will be welcome to come and share their thoughts and listen to others.

Death Cafés have been held in various venues in the UK since 2011. Their

founder was Jon Underwood who encouraged people around the world to discuss life, death and dying. He wanted this to be done in an informal setting with tea and cake provided as a comfort while discussing what can be an uncomfortable subject.

The discussions will be taking place between 2 – 4pm.

If you would like to find out more, contact Caroline Cormack by emailing cormacksofcults@hotmail.co.uk or by phoning 07743 959540



Have Your Say - Get Involved

Patients and members of the public are involved in the work of NHS Grampian in lots of different ways – helping to make a difference to services now and our future plans.

The Public Involvement Network (PIN) is made up of patients, carers and members of the public and is open to anyone. Members do not need any special skills, knowledge or experience – just an interest in health services across Grampian.

There are lots of opportunities in which you can get involved in the work of NHS Grampian, from monitoring of cleaning services in the hospital, attending events and focus groups, participating in our forums and attending various committee's and other meetings.

If you would like to get involved or find out more, please get in touch with our Public Involvement Team, either by emailing nhsg.involve@nhs.net or by phoning 01224 558098.

Careers Opportunities within NHS Grampian

At NHS Grampian we have thousands of dedicated staff, all striving to provide the highest quality of healthcare, including almost every major medical specialty, to the population of North-East Scotland. NHS Grampian are extremely proud of all of them, and of their unique contribution to the work they do.

There are over 17,000 people employed by NHS Grampian, but due to the natural turnover of staff there are always exciting opportunities available. In addition to expertise, appropriate qualifications and the experience necessary for each post we advertise, we also look for commitment, friendliness and enthusiasm in our employees. People matter at NHS Grampian and we welcome

applications from every sector of the community.

As an employer, we take great care to ensure that all staff have a safe, happy and professional environment in which to work. We are a listening, caring and people-focused organisation. As a diverse employer, we are welcoming and our employment practices are both flexible and family-friendly. In our approach we aim to be innovative and professional.

We have over 200 different career choices. Find out more by visiting www.nhsgroup.org/jobs where you will find opportunities suited to you that make a positive contribution to improving the health and welfare of the Grampian population.



Free Information Sessions for Separated Parents

We know how difficult family breakdown and living in separate homes can be. Our one-off Parenting Apart Groups can help you to...

- understand what you and your children are going through
- help your children cope
- work together as parents

- plan for the future

You and your ex-partner attend a different 3 hour group. Sessions are held on Thursday evenings and Saturday afternoons.

If you would like to find out more, you can do so by emailing aberdeen@avenue-info.com or by calling 01224 587571.

Singing Exercise and Tea (SET) groups in Moray make MUSIC!

Moray has developed SET groups for the over 60s, many of those who attend suffer from long term health conditions and reduced mobility but everyone is welcome. The focus is on gentle chair-based exercises whilst reminiscing to golden oldies. Over the past year two of the SET groups are very proud to have written and produced their own song.

You can view the full music video by searching for 'Elgin SET Group - Music Video' on YouTube.

If you would like more information or to get involved call 01343 587093 or contact CWDevelopmentTeam@moray.gov.uk

Are you interested in healthcare cleaning standards?

NHS Grampian is currently looking for members of the public to assist in the monitoring of cleaning standards in healthcare locations.

We are looking for members of the public who have an interest in the environmental cleanliness of healthcare premises and can give a few hours per month to join our well established group of public representatives. Training will be provided and expenses will be paid.

For informal enquiries, please contact the Public Involvement Team by emailing nhsg.involve@nhs.net

Integration Joint Board needs you!

Could you be a Public Representative on the Integration Joint Board of Aberdeenshire Health and Social Care Partnership?

The Integration Joint Board (IJB) is looking for a Public Representative. The role involves engaging with, and gathering views from patients and members of the public. You will be able to use this information and your own experiences to give a public perspective to the work of the IJB.

You will attend monthly IJB Meetings and will be willing to suggest and influence changes to the way services are delivered locally.

If you think you have what it takes to represent the views of the public in the development of health and social care services, we want to hear from you.

To find out more or to request an information pack, contact Amanda Harknesson on 01467 537736 or email integration@aberdeenshire.gov.uk

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Receive the latest news from NHS Grampian by following us on these social media sites:

	Facebook: www.facebook.com/NHSGrampian
	Twitter: @NHSGrampian twitter.com/NHSGrampian
	LinkedIn: www.linkedin.com/company/nhs-grampian
	Google+ plus.google.com/+nhsgroup/

On these sites we share updates daily about your local health services and other health related information that you can access on your device wherever you are. You don't need to have an account with these sites to view our updates, but if you do, please follow us and you will receive our updates in your news feed.

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!