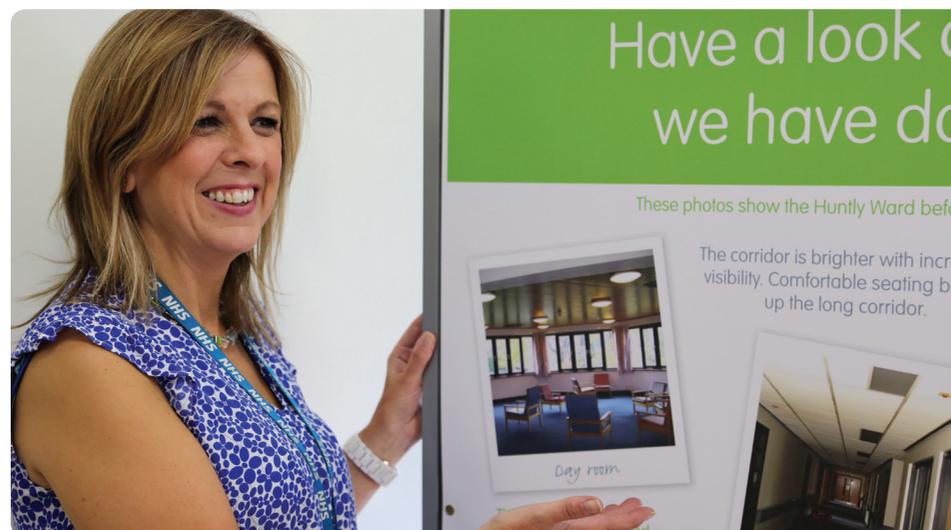


Welcome to the autumn/winter edition of NHS News. This paper is produced by the NHS Grampian Public Involvement Team, and our aim is to provide you with information about interesting and exciting opportunities to get involved in your local community. We also want to give you information about some of the things you can do to stay healthy and well over the winter months. We are always amazed to find out about the range of activities taking place across Grampian, and we hope you enjoy reading about some of them in this edition. If there is anything you would like to see included in a future edition, the Public Involvement Team would love to hear from you, and you can find details of how to contact us on the back page.



Staff and patients first to see upgraded ward at Royal Cornhill Hospital

Open Ward events took place at Royal Cornhill Hospital (RCH) during September to show staff, patients and the local community the newly refurbished Huntly Ward. £1.45M has been invested in the ward to eliminate, where possible, ligature points in areas where patients may be at risk of suicide or self harm. Huntly Ward is the first of six wards to undergo this major refurbishment. This is the largest project the service has undertaken since the Clerkseat building in RCH opened

approximately thirty years ago. The Project will create an improved physical environment within the inpatient Acute Admission Wards, and will provide a more contemporary therapeutic and safer environment for the patient and staff experience. The remaining Acute Adult Admission Wards at RCH, along with Ward 4 at Dr Gray's Hospital in Elgin will be refurbished over the next 2.5 years. In total the programme of works represents up to £9M worth of investment into mental health facilities in Grampian.

Keep up to date with NHS Grampian...

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www.linkedin.com/company/nhs-grampian



A huge thank you to Hollie Rafferty and Ellycia Coull - two 14 year olds who raised over £4,000 for the Anchor Unit and Abbey Court Very Sheltered Housing in Mintlaw while studying for their exams. The girls held a masquerade ball with various raffles and activities which was a huge success!

Help for people from ethnic minorities living with dementia in Aberdeen

A new project is working with people from European countries to overcome barriers to accessing support for dementia in Aberdeen. The project is working with those who have dementia, and their families and carers, to make sure they are able to make best use of dementia support across the city. Project Coordinator Anna Dzianach said: "by working together to identify barriers and find solutions, we can help to ensure that support is not only a right, but a reality for people from European ethnic minority backgrounds living with dementia in Aberdeen."

If you would like to find out more about the project please contact Anna by emailing Anna.Dzianach@acvo.org.uk

Dr Gray's Hospital – it's our birthday!

NHS Grampian has revealed that plans are underway for a special celebration to mark the 200th anniversary of Dr Gray's Hospital in Elgin next year.

The hospital is the oldest in Grampian and holds a unique place in Scottish healthcare as the country's largest district general hospital.

A full calendar of events is being developed to celebrate the magnificent milestone including open days, exhibitions, history talks and a birthday bash.

Local people are being encouraged to get involved by contributing their stories to be collated into a special collection to mark the occasion.

In addition, discussions are underway with local business and community groups to mark the occasion.

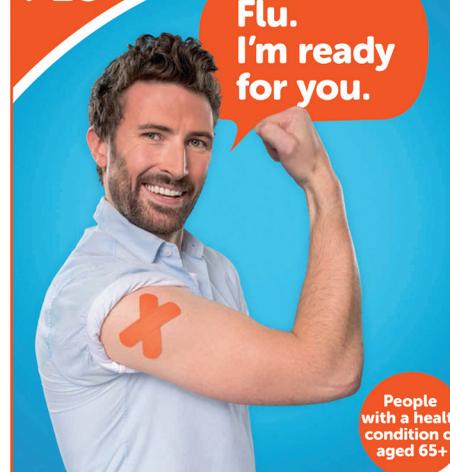
Alasdair Pattinson, General Manager for Dr Gray's Hospital, said: "Dr Gray's is a unique hospital in Grampian and Scotland. It's more than just a building though – it's the people behind the hospital that make it special.

"We're really excited to be planning something like this and are looking forward to sharing details and how people can get involved for themselves in the coming weeks.

"We've a lot planned and to help kick start things, we'd be really keen to hear from people about the difference Dr Gray's has made for them, their family and their friends."

If you'd like to share your story about Dr Gray's Hospital or to thank a particular ward or service for the difference they've made in your life, please email grampian@nhs.net

FLU



Flu can hit you hard.

The best defense against flu is this year's vaccine.

So don't risk it, book your GP practice appointment today.

• NHS inform 0800 22 44 88

• immunisationscotland.org.uk/flu



Wild for Wellbeing! Outdoor-based 'ecotherapy' taking root in Grampian

People who use mental health services in Grampian are discovering that spending time in nature can be very therapeutic. Social enterprise Earth for Life has brought 'ecotherapy' to Grampian through their Branching Out project, which is supported by Forestry Commission Scotland and NHS Grampian.

Engaging in activities such as primitive fire-lighting, shelter-building, walking, and wild food foraging brings us closer to nature, to ourselves and each other.

One participant said: "I know the three hours each week in this Branching Out Group, with all the lovely people, has helped me to enjoy a unique and special place in time and opened up new paths for me in my mind"

Graduates from Branching Out can go on to join Earth for Life's progression programmes where they can develop further skills, such as peer mentoring, walk and activity leadership, and wildlife surveying.

Training events will be running through the winter across Grampian.

For more information, visit www.earthforlife.org and if you would like to register for a place, you can email hello@earthforlife.org

A way through

One year ago, Alison Chandler completed 16 cycles of chemotherapy at Aberdeen Royal Infirmary and life took a turn for the better.

Whilst receiving treatment for abdominal cancer, Alison painted all day every day, even when in hospital. Throughout her illness, Alison created a collection of bright and thought provoking paintings which have been exhibited across Grampian since March 2018.

These paintings have now been put into print form, and fifty copies of 'The Way Through' book have been donated to health and wellbeing sites across Grampian, including Aberdeen Royal Infirmary, The Oaks Palliative Care in Elgin and Kincardine Community Hospital.

The books allow patients and visitors access to the collection of painting and creative writing for contemplation, inspiration or to aid discussion with professionals or carers.



You can see Alison's paintings at 'The Way Through' website www.waythroughart.com.

If you would like to find out more, or receive a copy of the book which is free and of limited availability, you can email Alison at waythrough@aol.co.uk

Banchory Group Practice Carers Support

Did you know Banchory Group Practice can provide help and support to carers? Register today to receive your helpful Carers Information Pack, access the Carers Forum on Facebook and join their Carers Support Group.

If you would like to be added to the Carers Register go to the carers page at www.banchorygrouppractice.co.uk to download a form or pop along to the surgery and pick one up.



Carers exercise group



Staff from NHS Grampian and Sport Aberdeen are working together to provide exercises for carers. The exercises improve strength and balance for people who are at risk of having a fall. The sessions are aimed at couples where there is a caring role. People are referred to the group following a falls risk assessment by staff working in the community.

Following the twelve-week exercise course, which takes place at City Hospital in Aberdeen, the group makes the transition to Sport Aberdeen for follow on classes where exercise instructors work alongside occupational therapy staff to support couples to continue exercising and progress into other activities.

One of the participants said: "The exercises are well structured and it's reassuring to exercise under supervision at the group. We've also been taught exercises that we can do at home and it's lovely to meet and socialise with others in a similar situation after the class."

The Carers Exercise Group meets weekly at Westburn Outdoor Sports Centre. For more information, please email ActiveLifestyles@sportaberdeen.co.uk or phone 01224 507701.

Healthy Start is a UK wide scheme that provides pregnant women and children under four in low income families an opportunity to access vitamins and vouchers that assist them to buy cow's milk, fresh or frozen fruit and vegetables, and first stage infant formula.

Emma Williams from NHS Grampian's Public Health Directorate said: "We are working hard with midwives, health visitors and others that work with pregnant mothers or families with children under the age of four years to encourage eligible parents to claim for Healthy Start."

To qualify for Healthy Start you must be pregnant or have children under four years old and in receipt of the following benefits:

Income support OR

FREE milk, fruit, veg and vitamins for you and your family

To find out more, ask your local midwife or health visitor, or call the Healthy Start helpline on **0345 607 6823**.

www.nhsgrampian.org/healthy-start



Healthy Start Vouchers – are you entitled?

Income-based Jobseeker's allowance OR

Income related Employment and Support Allowance OR

Child Tax Credit (with a family income of £16,190 or less per year)

Universal Credit (with a family take home

pay of £408 or less per month)

If you are under 18 and pregnant, even if you do not receive the above benefits, you also qualify for Healthy Start.

To find out more, ask your local midwife or health visitor or call the Healthy Start

helpline on **0345 607 6823** or visit our local Healthy Start page at www.nhsgrampian.org/healthy-start

Every pregnant mum in Grampian is entitled to free vitamins throughout their pregnancy.

The importance of mental health nursing



Over the last three years I have been privileged to teach the next generation of mental health nurses, and in December I will watch them graduate. Inspiring and educating the future workforce is a vital role and I never underestimate its importance, knowing that each and every one of my students will touch the lives of others.

Core to our profession is establishing relationships, listening with empathy and working in partnership with people to achieve shared goals. The career is a challenging yet rewarding one, as there is no greater feeling than a genuine thank you from someone whose life you have touched.

Dan Warrender

Lecturer in Mental Health Nursing
Robert Gordon University (RGU)



Mental health nursing is an art, and although the role can be extremely varied I believe that primarily we are therapeutic agents in an individual's recovery. We utilise various communication skills, reflect with empathy and advocate for our patients who may be experiencing any form of mental distress.

My training has involved a balance of inpatient and community based placements as well as teaching theory. I have been able to learn skills at RGU then implement them in my placements, and have further learned a great deal from experienced nurses in practice.

Mental health nursing is an incredibly rewarding profession and I couldn't imagine myself picking any other career path.

Rebecca Baird

Recently Qualified Mental Health Nurse

Information on how to apply for mental health nursing can be found on the RGU website, emailing admissions@rgu.ac.uk or phoning 01224 262728.



Pivotal Moment for Child and Adolescent Mental Health - £1 Million boost for patients in Grampian

NHS Grampian has announced it plans to create an Outpatient Centre of Excellence for Child and Adolescent Mental Health Service (CAMHS).

The centre will be based on the site of the former Links Unit at the City Hospital in Aberdeen, which will be given a £1 million redevelopment.

We have already begun working with designers on the redevelopment of the building which is due to open in the spring.

Child and Adolescent Mental Health staff who work across Aberdeen city and Aberdeenshire areas are currently spread across three sites. The new Centre of Excellence will bring these services under one roof.

The Rowan Centre in Moray, which is already a one service CAMHS department, will be closely linked to the new Centre of Excellence.

Dr Lynne Taylor, CAMHS Clinical Director, said that the new facility would offer a host of benefits including helping reduce waiting times by providing the additional space needed to house extra staff.

Moray's Day Time Disco



If a tea dance is not your cup of tea, how about hitting a nightclub?

The disco glitter ball has been shining bright for the over 60s in Moray. The discos are hosted by Health and Social Care Moray in collaboration with Joanna's Nightclub. A different health and wellbeing community group supports the running of each disco, and in return they take the entry fees at the door to help sustain their local group.

In December the disco promoted Falls Awareness Day promoting the importance of dancing in maintaining muscle strength and balance. In February, "look after your heart and keep it pumping to the beat" was the focus for the Valentine disco. The summer solstice disco in June shone a light on the huge contribution unpaid carers make to their families and communities.

If you would like to have a boogie on the dance floor, you can keep connected through Health and Social Care Moray facebook page, or call Community Wellbeing Development Team on 01343 563510.

New Aberdeen Links Service in Aberdeen

The roll out of a new Community Links Service is underway, with the first nine Community Link Practitioners now working in GP practices across Aberdeen City. Link Practitioners will support patients with issues that may affect their ability to live well. This could include advice around physical activity, eating well and connecting within their local community. It is hoped that the programme will help to ease the pressure that GPs are under, by adding to the skill-set of each practice team.

Senior Link Practitioner John Mulhern said: "Our new Link Practitioners have spent time working with, and learning about the different roles people have within general practice, as well as speaking to people about this exciting new project.

"Since the 10 September, the Link Practitioners have been working fully as part of the practice teams in many of the city's general practices. The service will be rolled out across all city practices by April 2019." Link Practitioners will initially be taking referrals from GPs. This will soon be opened up to allow referrals from other health care professionals too.

For further information contact Aberdeen City HSCP by phoning 01224 655725.



Why is going to the Dentist important for my baby?

Having good oral health in childhood means healthy teeth and gums throughout life. Taking your baby to the dental practice as early as possible helps them to get used to the sights, sounds and smells of a dental practice. It also gives you, as a parent or carer, access to information and support to look after your child's teeth from birth, through teething and into permanent adult teeth, which will help them to avoid suffering tooth decay in the future.

Remember that mums are entitled to free dental care up to baby's first birthday.

Aim to register your baby with a dentist

as soon as possible after birth or by the time they are six months of age. From then on, take your child to the dental practice every six months, or as advised by your dental team.

How do I find a dentist?

To register yourself and your child visit www.nhsgrampian.org/dentalservices to find a list of NHS dentists or call the Dental Information and Advice Line on 0345 45 65 990, Monday to Friday 8.05am to 6pm.

To find out more about caring for your children's teeth visit www.childsmile.org

Wellbeing courses available for people in Moray

Services in Moray are keen to ensure local people have opportunities to stay healthy and well. The Wellness College brings local health and

wellbeing courses into one place, creating a timetable of courses delivered by different organisations. If you would like to book on to a course or would like

further information, you can visit www.moraywellbeinghub.org.uk, or call Heidi on 07989 331651.



Wellness College Courses – Autumn / Winter 2018

Booking essential: moraywellbeinghub.org.uk

Courses FREE unless stated - £5 registration fee (refundable for some courses) for MWH courses

Course	Location	Times	Run in partnership by
Parenting Matters.	Cumming Hall, Kinloss	8-week course. 6:30-8:30pm Mondays from 24th September	MWH, Parent Network Scotland, 39 Engineer Regiment Welfare Team
Parenting Matters	Phoenix Centre, Buckie	8-session course. 10am-12noon Fridays from 16th November	MWH, Parent Network Scotland
Living Life to the Full (LLTF)	Cedarwood Day Centre, Elgin	8-week course. 7-8:30pm Mondays from 24th September	MWH, Health & Social Care Moray
Living Life to the Full (LLTF)	Community Room, Tesco, Forres	8-week course. 7-8:30pm Mondays from 24th September	MWH, Health & Social Care Moray
Wellness Recovery & Resilience Action Planning (WRAP)	MH and Wellness Centre, Elgin	8-week course. 5:50-8:20pm Wednesdays from 3rd October	MWH, Moray Mental Health and Wellness Centre
Money Matters	Cumming Hall, Kinloss	4-week course. Start date to be confirmed	MWH, Forres Area Credit Union, Moray Council, 39 Engineer Regiment
Money Matters	Phoenix Centre, Buckie	4-week course. 1:30-3:30pm Tuesdays from 30th October	MWH, Forres Area Credit Union, Moray Council
safeTALK – Suicide Awareness	Sports & Community Centre, Keith	9am-1pm Saturday 27th October	MWH, Moray Council
safeTALK – Suicide Awareness	Findhorn / Forres	2pm-5.30pm, Tuesday 23rd October	MWH, Findhorn Foundation
Honest, Open & Proud	TBC	TBC	MWH, Scottish Recovery Network
Supportive creative writing	Forres / Elgin	TBC	MWH
POWWOW's" wellbeing workshops	Elgin	'Stay Well September' 11-18 th	Moray Mental Health & Wellness Centre.
Branching Out, Elgin	Elgin	1 st Oct – 17 th Dec, 12-3pm.	Earth for Life
Mindfulness drop-in classes	Seaforth Club, Nairn	Monthly first Tue. 6:30-8.30pm £7	Mindful Forces



Did you know that the Formartine Health Visiting Team have a facebook page? Why not join over 200 people who are already finding out the latest health information in the local area by following them on facebook at Formartine Health Visitors.

young@heartdeeside

- Connecting the communities of Aboyne, Ballater & Braemar
- Network of clubs, events & activities
- Support for older people in rural communities
- Learn new skills while having fun!

www.youngatheartdeeside.org.uk

For a membership form and how to join our discount scheme email us at: membership@youngatheartdeeside.org.uk

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 to 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.

Hepatitis C – Have you ever injected? Get Tested!



It is estimated that a third of people living in Grampian with Hepatitis C don't know that they are infected. There are also people in Grampian who know they have the virus but have not been able to come forward for treatment. We want to support people to come forward for testing and treatment so that they don't go on to develop serious liver damage or liver cancer, and don't pass on the infection to others.

Hepatitis C affects everybody differently. Many people don't have any symptoms at all for the first 10 to 15 years, some for as many as 30 years.

The infection can be cured and treatment is now shorter compared to 25 years ago.

Who's at risk?

In Scotland the main way people become infected with the Hep C Virus is by sharing needles and other injecting equipment such as water, filters and syringes. If a person has ever injected drugs and shared equipment – including performance and image enhancing drugs such as anabolic steroids – even if it was many years ago, they could be at risk of having Hepatitis C and should get tested.

What is the test for Hepatitis C?

Hepatitis C is diagnosed with a blood test – if you think you have been at risk get tested. Testing can be done by your GP. We also offer testing for clients who attend drug and alcohol support services throughout Grampian, and at some needle exchange pharmacies in Grampian.

The message is simple, "Hepatitis C can be cured" so get tested and get treated.

To find out more about Hepatitis C visit www.hepatitiscotlandc.org.uk or contact your local GP.

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!