

Welcome to the Autumn/Winter 2016 edition of NHS News

Bringing you news, opportunities and information from NHS Grampian



Over recent weeks we have been very busy searching for great articles to share with you, that we hope you will find helpful in keeping you healthy, energised and connected over the coming winter months.

As we all know, winter can be challenging time, particularly in terms of finances, and also staying healthy and active and, being connected to other people in the community.

So this edition of the NHS News will give you lots of information about how you can get involved with activities in your area, ranging from conversation cafés to walking groups and money advice. If there is something you would like to see that we haven't included, please let us know. You will find details of how to contact us on the back page.

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Inverurie Hospital, Katrina Donald, OT (left) with colleague Gillian Sorrie, OT secretary and first donor to the 'Resource Library' for the new Reminiscence Group. Photo courtesy of Neale Sorrie.

Reminiscing to inspire patients

Staff at Inverurie Hospital are appealing for items from the 1930s to the 1960s, for a special resource to stimulate conversations and activities with older patients.

The Occupational Therapy (OT) department and enablement team support 22 patients, on average, on Donbank Ward and patients' ages range from their early 60s to over 100.

OT Katrina Donald said:

"It's remarkable how much a single item, such as a photograph of a local scene or old packaging, can encourage people to talk about their life, their experiences and people they know. These help us work with patients to improve their recall and confidence with everyday skills, such as understanding what's happening around them and

participating in practical skills they will use when they are discharged. We've started this 'Reminiscence Group' to support this work, helping patients to reflect on times gone by and compare them to nowadays.

"We're collecting photographs, newspaper articles, small tea sets, cake trays, CDs and tapes from the '30s to '60s, small items relating to farming life – no tractors please! – and things connected to local events. We've already been given china dolls, old coins, Girl Guide badges, a 1950s' handbag and 1960s' style apron and were thrilled when our colleague Gillian brought in a great range of items for us to photograph."

Anyone interested in donating items should contact Katrina, during working hours, on 01467 672751.

New facilities for the Foresterhill Health Campus

Two exciting new health facilities are being planned for the Foresterhill Health Campus. Once open in 2020, they will provide some of the most modern healthcare in the whole of Scotland.

The Baird Family Hospital

This will provide all the existing services available in the Aberdeen Maternity Hospital, as well as Gynaecology and Breast services currently provided from Aberdeen Royal Infirmary (ARI). It will be built on the current site of the Foresterhill Health Centre and the Breast Screening Centre, with physical links into the Royal Aberdeen Children's Hospital (RACH) and ARI, to allow premature babies to be transferred for surgery at RACH and women to ARI for imaging and intensive care.

The ANCHOR Centre

This will be built next to and connected to the existing Radiotherapy Centre. It will provide out-patient and day-patient investigation and treatment services for people with cancer and people with blood and bone marrow disorders. There will also be an on-site aseptic pharmacy to produce cancer treatments. In-patient care will continue to be provided from wards in the Matthew Hay Building.

The Project Team is currently working towards final designs for these facilities, with building due to start in 2018. As person-centred care is at the heart of the project, they are keen to hear from anyone interested in giving their views. The team is also delighted to speak to your group about the project. Please see the website at www.bairdanchor.org or contact Anna Rist, Public Involvement Officer, at anna.rist@nhs.net or 01224 559488 for more details.

- www.facebook.com/bairdANCHOR
- @bairdANCHOR



Stop, Quit, and be Fit

NHS Grampian is working with Aberdeen Football Club Community Trust (AFCCT) to run a smoking cessation programme at Pittodrie Stadium. During the 12-week period, participants will learn techniques on how to stop smoking, as well as taking part in physical activities delivered by AFCCT. This is the first time a Scottish football club has taken part in this innovative programme.

Kevin Leslie, Smoking Advice Service Coordinator with NHS Grampian, said, "We're delighted to be working with Aberdeen FC Community Trust to run this programme to support people to stop smoking and improve their physical activity levels. Fans are getting a friendly, supportive and free service and access to free stop smoking medications."

David Smith, Senior Community Projects Officer with AFCCT said, "To be the first SPFL Club running this programme in partnership with the NHS is something we are really proud of, and we are sure it will be a huge success."

To get involved in the next programme call 01224 650456 or email david.smith@afccommunitytrust.org The Smoking Advice Service can be contacted on 0500 600 332 (calls from mobiles may be charged) email grampiansas@nhs.net or text ADVICE to 82727.



Walking football helps people to feel fitter and make new friends.

Exercise Directory for Moray to help people get active!

Private, public and voluntary groups and individuals in Moray are now working together to help promote what is available for the Moray community to get active to enable people to be fit and healthy long term. An Exercise Directory has been produced that provides information on Health Walks Groups, Jog Scotland Groups, Walking Football sessions, Strength and Balance groups, Be Active Life Long (B.A.L.L.) groups, personal trainer/instructor details and lots more. The Exercise Directory can be found at sportinmoray.co.uk/mcsh/sports-development

The Directory is for adults, and in particular those who are inactive, sedentary or with long-term medical

conditions. The Directory has also been circulated to health care professionals to make them aware of the physical activity opportunities available in the area. Carol Matheson, who attends one of the Walking Football sessions in Elgin, said, "The Exercise Directory for Moray is excellent as it highlights that there are lots of different ways for older people to be active in the area. As well as keeping yourself fit, it also is a great means of socialising which is very important in later life."

For further information about how you can get more active in Moray, contact Kim Paterson, Sports Development Officer, by email: kim.paterson@moray.gov.uk



Muscle strength in older people study

A team from NHS Grampian's Research and Development department is calling on people aged 70 and over to take part in a clinical trial to see if a commonly used heart pill and a food supplement could help older people's health by improving their muscle strength.

Consultant Geriatrician Dr Roy Soiza, based at Woodend Hospital, is the Local Investigator for the £1.4 million UK-wide trial:

"Age-related muscle wasting (Sarcopenia) has a major influence on your general health and wellbeing. It's common as we get older and I see many patients who are affected. It can lead to falls and difficulties with everyday activities, such as washing and dressing. The possibility of improving this with a simple treatment is very exciting."

Participants will be given a heart pill (perindopril), or matching placebo, and an amino acid powder (leucine), or matching placebo.

Volunteers take part for a year, attending ARI six to eight times, and their muscle strength and size, daily function and change in their quality of life will be tested.

"Research has suggested that both perindopril and leucine might improve muscle strength, and both have been used safely in older people for many years. Only by doing this big trial will we really know if these treatments are going to benefit older people," said Dr Soiza.

For information on the study and taking part, contact Sirjana Devkota, NHS Grampian Research Nurse, on **01224 558189**, Monday to Friday, 8am to 4pm or go to: www.lacetrail.org.uk

Enjoy singing, exercise and tea

A new creative ageing community group



A community initiative is being developed throughout Moray, known as S.E.T groups. S.E.T stands for Singing, Exercise and Tea. These new groups are aimed at older adults living with long-term health conditions. The groups enjoy meeting in a community setting with a trained facilitator who encourages seated movement to music which is chosen by the group.

There is an S.E.T group in Lossiemouth Community Centre which meets each Monday 2pm to 4pm. A new S.E.T group is also ready to launch in Elgin Town Hall on the 10th November at 10am.

More groups are being planned, so if you would like details about activities in your area, or would like to organise an S.E.T group please call **01343 567093** or email CWDevelopmentTeam@moray.gov.uk



Conversation Café

A joint conversation café was held in Inverurie in August to bring Community Conversation Cafés from Maud, Turriff, Ellon and Inverurie together.

Activities during the day included ten-pin bowling, shopping in the town, lunch at Garioch Community Kitchen and walking football.

The Maud Choir sang and everyone made new friends before the day came to an end.

Sixty people attended the day including Syrian families new to Scotland. Ages ranged from 7 to over 80 years old.

The cafés are a way of working with communities, individuals, and families to support people to build an independent life and be part of their community.

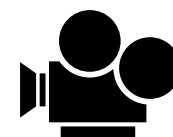
If you are interested in finding out when Conversation Cafés are held in Aberdeenshire, please email nhsg.publichealth@nhs.net or call **01467 627838**.

RGU mental health movie monthly initiative

Many people experience increased strain on their mental health during the winter months. Cold, dark days can reduce opportunities for social contact and stress around Christmas time can also have an impact. This makes it all the more important to take opportunities for connecting with others in a positive way and that's where an initiative from lecturers in the School of Nursing and Midwifery at Robert Gordon University (RGU) can help.

Lecturers in mental health Scott Macpherson and Dan Warrender host the Mental Health Movie Monthly initiative in room N242 of the Sir Ian Wood Building on RGU's Garthdee Campus. They show a film with a mental health theme, which is then followed by a group discussion about the experience. The film showings are free and all are welcome, including carers, service users, family members, staff and students.

The main aim is to get people talking about mental health and therefore increase awareness and understanding of mental health issues. It is hoped that a better understanding will ultimately improve outcomes for those with mental health difficulties.



Film times:

The next showings will be on:

- Monday 7th November 2016
- Monday 5th December 2016
- Monday 16th January 2017

All sessions run 5pm to 8pm with the film being played from 5.30pm.

For further information, email Scott Macpherson at s.g.macpherson1@rgu.ac.uk or visit the Facebook page [@RGUmentalhealthmoviemonthly](https://www.facebook.com/rgumentalhealthmoviemonthly)



Chrissie Nyssen, Treasurer of the Aberdeen Synagogue with a Torah Scroll from the Czech Republic.

Multicultural Forum at the Aberdeen Synagogue

The NHS Grampian Multicultural Health and Wellbeing Forum has been very busy since it was established year ago. The forum members have been working hard to organise exciting activities, and their most recent event took place in October. The Forum was invited to visit the Aberdeen Synagogue where they were given a guided talk about the history of the synagogue, which was consecrated in 1945. The Forum members also enjoyed hospitality from the Synagogue, including traditional sweets and desserts, and they had interesting

discussions about some of the customs and traditions of the Jewish faith. Liz Howarth from the NHS Grampian Multicultural Forum said, "It's wonderful to see so many people from different faiths and backgrounds coming together to share thoughts and ideas and learn about other cultures and traditions." The NHS Grampian Multicultural Forum is open to everyone who is interested in issues which affect the health and wellbeing of people from minority ethnic backgrounds. If you would like to attend a meeting or find out more, please contact elizabeth.howarth4@nhs.net

Care Information Scotland

If you look after someone, need care yourself or are planning for your future care needs, you can get the information and advice you need from us.

0800 011 3200
www.careinfoscotland.scot

Making recovery real in Moray

People with experience of mental health are at the forefront of a drive to create a more mentally healthy, happy and stigma-free Moray. Over the past 18 months, a series of conversation café events have brought together people with insights into mental ill health. These conversation cafés focus efforts on making mental health recovery a reality for everyone. The activities are co-ordinated by the Moray Recovery Partnership, which includes the Scottish Recovery Network (SRN), Health and Social Care Moray, Scottish Association for Mental Health, Quarriers, Moray Anchor Projects, tsiMoray and community mental health and wellbeing champions. The events centre on listening to, working with, and learning from each

other to produce a recovery-focused programme of change in policy and practice. Mental health is a key priority for the new integrated health and social care partnership in Moray. Its new mental health strategy was launched in September, during national Suicide Prevention Week. "Working together, we can create a Moray where children have the best start in life, communities are resilient, life chances are improved and we can live longer, healthier and happier, stigma-free lives," said Steven McCluskey, Health Improvement Strategic Manager. To find out more, or get involved, call Fiona McPherson on **01343 567187** or email involvement@moray.gov.uk

There is a large body of evidence to show that interaction with animals is good for you. Petting a dog can reduce stress levels, slow heartbeat and reduce blood pressure, as well as giving happiness and comfort to people in need. Therapets (managed by the Canine Concern Scotland Trust) visit hospital wards, care homes for the elderly, and disabled people on a regular basis. A dog's presence encourages conversation and reminiscing by patients. Therapets can be a conversation starter even for those patients who are not dog lovers. There are 12 dogs who visit NHS Grampian sites with their owners

Thera-petting!

regularly, and many more visit care homes in Aberdeen and Aberdeenshire. Therapet dog owners are volunteers. Owners and dogs find the visits very rewarding and the positive feedback from staff and patients is very much appreciated. If you would like to know more about the Canine Concern Scotland Trust, visit canineconcernscotland.org.uk



Therapet Bruno meeting new friends.



Left to right, Dr Alasdair Jamieson and Dr Caroline Hind, Deputy Director of Pharmacy and Medicines Management from NHS Grampian with Craig Sweeney (Boots in Garthdee) at the launch of the new service.



New scheme could free up GP appointments

A new service could free up tens of thousands of GP appointments every year across the North East. Specially trained pharmacists are now able prescribe an antibiotic to women aged 16 to 65 with an uncomplicated urinary tract infection (UTI). NHS Grampian is the first health board in the country to introduce the service and more than 90 Community Pharmacies have signed up.

Dr Alasdair Jamieson said UTI is one of the most common conditions seen in female patients across general practice: "It accounts for 1-3% of all GP consultations each year, so clearly this service has real potential to free up appointments for patients and enable GPs to focus on more complex medical conditions." Further information on participating pharmacies can be found at www.nhsgrampian.org/UTI



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 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 hospitals, attending events and focus groups, participating in forums and attending committees and 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.



Volunteer drivers help service users attend social groups in Aberdeen.

See Hear – raising awareness of sight and hearing loss in older people

More than one in five people over the age of 75 is living with a sight loss, while half of people over 65 have a hearing loss, increasing to 90% of people over the age of 90. Many older people feel that their sight or hearing loss is “just down to getting older”, however there is support to help you to live better with a sight and/or hearing loss.

Sight and hearing loss can reduce confidence across all aspects of daily life, including communication, using public transport and carrying out day to day tasks. Many people become withdrawn and socially isolated which can dramatically effect physical and mental wellbeing.

North East Sensory Services (NESS)

supports blind and deaf people to achieve independence and is working with care providers to raise awareness of sensory loss, with the aim of sight and hearing loss being detected sooner. Getting the right support early, for example to get out and about or using specialist equipment to help with everyday tasks, has been shown to improve people’s quality of life and help maintain independence.

For more information about the support that NESS delivers:

- Tel: 0345 271 2345
- SMS: 07593 102004
- Email: info@nesensoryservices.org
- visit: www.nesensoryservices.org

Get the help you need



Accessing help and advice around money, health, or care can be stressful and time-consuming for patients, carers and their families, particularly at times of crisis.

Cash In Your Pocket referral service offers free, easy access to a wide range of benefits and services to provide information, advice and support around money, health and care.

The service can put you in touch with the most appropriate organisation(s), who will contact you to arrange the help you need.

This can include help with forms, Benefits, Attendance Allowance, Carers Allowance, PIP, Pensions, Self-Directed Support, heating your home, home adaptations, repairs, redundancy, debt, low cost loans, savings, support to find work, stop smoking, low cost foods... or any other financial related matter.

Anyone can benefit from the service and referrals can be made by individuals, or anyone working with them to provide support, such as friends, relatives and support workers.

A hospital out-patient who recently used the service said, “People don’t know where to go to get help. It’s a very good service with the right Departments contacting you to give advice”.

Contact us:

- Freephone: 0800 953 4330
Monday to Friday, 10am to 4pm.
Calls free from a landline or mobile.
- E-mail: info@ciypp.co.uk
- Web: www.ciypp.co.uk

Please SHARE and support research in the North East

SHARE is an NHS Research Scotland initiative created to establish a register of people who are interested in participating in health research, and who agree to allow SHARE to use coded data in their NHS computer records to check whether they may be suitable for health research studies. This access can be incredibly useful when it comes to developing new treatments and cures for a wide variety of health conditions.



When you join, you may be invited to take part in a health research study, but it would be up to you to decide, at the time, if you want to participate.

SHARE aims to recruit 1,000,000 Scottish residents to the register and there are nearly 18,000 in North East. If you would like to register or find out more, please visit www.registerforshare.org

Do you want to get involved in a creative activity?



CFINE (Community Food Initiatives North East) are delivering various courses to teach practical skills. If you want to learn something new or brush up on your existing skills in sewing, knitting, crochet, upholstery or cooking, please get in touch.

If you want to join a social group, CFINE has hobby groups running on a Wednesday during the morning and afternoon. Bring along your craft activity and join others over a cuppa and a blether.

If you want more information, please check out CFINE’s Facebook page or call on 01224 596156 or email at info@cfine.org

We look forward to hearing from you!
Charity No SCO37833

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Tell us your thoughts about the 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. Our contact details are:



nhsg.involve@nhs.net



01224 558098



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We look forward to hearing from you!