

Services in your area

North Glasgow CHCP manages local NHS and social care services and aims to improve the health and well-being of everyone in your area. The staff work in partnership with other public sector agencies, local voluntary organisations and the local community to do this.

Listed below are some local services that North Glasgow CHCP provides or supports which can help you achieve better health.*

Smoking Cessation:

Stop Smoking Groups - These run every Thursday evening from 6pm - 7pm at Springburn Health Centre. Anyone can refer themselves or even just turn up on weeks 1 or 2. A drop-in clinic is also based at the Health Centre on Thursday mornings 10am-12pm, with no appointment needed. Contact North Glasgow Stop Smoking Service on 0141 201 9729 for group start dates.

Physical Activity & Healthy Eating:

ACES (Active Children Eating Smart) - is a new healthy eating activity club where young people can try out new ways to get active and find out how to enjoy healthy eating. The programmes are free and available to anyone aged 5-15.

Contact 0800 027 0291 for more information.

Carers support:

North Glasgow Carers Support Team - offers information and advice, money matters advice, short break support, emotional support, and supports carers to have a voice in the services they receive. Support is open to all carers in the area of any age. Contact Fred Beckett on 0141 558 6296 for more details.

Mental wellbeing:

Lifelink - delivers services to help people with stress related, mild to moderate mental health problems and complex needs. Services are free and open to anyone who lives or works in the area. Services include options to access 1:1 or group supports including counselling, complementary therapies and specialised crisis support as required. Contact Isobel Murray on 0141 552 4434 for more details.



Community Based Services:

North Glasgow Healthy Living Community delivers and co-ordinates a wide range of community based health improvement activities in the area, including;



Healthier Sole Mates - Northern Sole Mates activity programme with over 15 fun, free and friendly health walks in North Glasgow

- A programme of mental health training for local interested individuals, voluntary sector staff and community groups in North Glasgow.

- Health Issues in the Community Training for local people and workers to help empower them to take local action on their own identified issues.

- North Glasgow Food & Health Action Group to improve residents access to healthy food

- North Glasgow Volunteering Programme, providing taster activities across a range of services for people who may be interested in volunteering.

Contact North Glasgow HLC on 0141 336 7000



For more information on GoWell, please contact:

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Phone: 0141 287 6959 Or visit our website at: www.gowellonline.com

All the personal information we collect is completely confidential and anonymous and is not shared with anyone outside the research team.

GoWell is a collaborative partnership between the Glasgow Centre for Population Health, the University of Glasgow and the MRC/CSO Social and Public Health Sciences Unit, sponsored by Glasgow Housing Association, the Scottish Government, NHS Health Scotland and NHS Greater Glasgow and Clyde

*information correct as at 01/09/2010



GLASGOW COMMUNITY
HEALTH AND WELLBEING
RESEARCH AND LEARNING
PROGRAMME

HEALTH IN YOUR AREA

AUTUMN / WINTER 2010

SIGHTHILL



Welcome to the latest edition of the GoWell newsletter for Sighthill. Our last newsletter gave a general update on GoWell, along with some of the key findings for your area from our most recent survey. We hope that you found it interesting.

In this newsletter, we are looking in more detail at the answers people gave to some of the health questions. These include what people told us about their general health, how often they visit their GP, behaviours that can impact on health such as smoking, diet and exercise, and mental health. Feeling part of your community and getting support when you need it are also important for health and wellbeing, so we also asked about how much contact and support people have with, and from, their neighbours.

In producing this newsletter, we have teamed up with your local Community Health and Care Partnership (CHCP), and they have provided information on some of the local services and groups that may be of interest to you. This information can be found on the back page of this newsletter and we would like to thank them for their input.

Our researchers will be returning to Sighthill in spring/summer next year, inviting people to take part in our third survey. We will be back in touch before then with more information about that survey. If you are asked to take part, we hope that you will. We will only get a good sense of what life is like in the area if people tell us! Meanwhile, thank you once again to those of you who took part in our previous surveys.

We hope you find this newsletter of interest. As always, we would welcome any thoughts or comments you may have. You can find our contact details on the back page of this newsletter.

What is GoWell?

GoWell is a ten-year research and learning programme that aims to find out from local people what they think of the efforts to improve their area and if these have an impact on their health and wellbeing. One of the main ways we do this is through our survey of residents. We have already done two surveys in Sighthill, in 2006 and 2008, in which 1,150 residents took part. We will conduct another two surveys, in 2011 and 2013/14. This will help us understand what changes take place, whether things have got better or worse, and what changes are important to residents. This information will help planners improve services and regeneration efforts in the future.

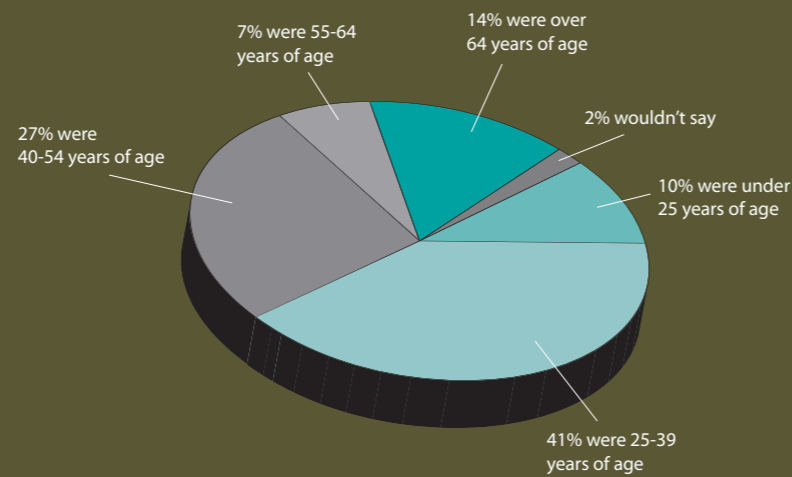


Who took part in the survey?

A total of 478 Sighthill residents took part in our most recent survey in 2008 – 245 women and 233 men.

People from different age groups took part as shown:

- Almost everyone (99%) who took part in our survey rent their home.
- Sighthill is an ethnically diverse area. Of the residents who took part in our survey, 47% classed themselves as 'white British', 41% classed themselves as 'non-British' and 12% classed themselves as 'British not white'.
- 38% stated they are currently employed or participating in education/training. 27% are unemployed. 9% are in receipt of sickness benefit. 15% are retired.



Key Findings for Health

Health behaviours:

- **Smoking.** Almost a third said they are current smokers – although half of smokers do intend to give up (see back page for smoking cessation services in your area).
- **Diet.** The reported use of fast food outlets or takeaways as a main meal was low in Sighthill, with two out of three respondents having not had any of their main meals from a takeaway over the previous week. This compared with 16% who had eaten a takeaway for their main meal once, and a similar number (18%) who has eaten a takeaway twice or more
- **Physical activity.** We asked residents whether they had done different types of physical activity over the past week. The table below shows the proportion that said they had done that activity on at least one day over the past week.



In the last week have you...

| | |
|--|-----|
| Walked for at least 10 minutes at a time | 80% |
| Done moderate physical activities (eg carrying light loads, sweeping, cycling or swimming at a regular pace) | 29% |
| Done vigorous physical activities (eg heavy lifting, digging, aerobics, fast cycling or fast swimming) | 16% |

General health:

- The majority (81%) of people we spoke to rated their health as excellent or good.
- A third had not seen their GP in the past year; a third had visited once or twice; and a third had visited their GP more than three times over the past year.
- We also asked residents whether their physical health impacts on their daily activities. The table below shows the responses to the two questions we asked.



| As a result of your physical health, over the past 4 weeks how often have you... | All or most of the time | Some or a little of the time | None of the time |
|--|-------------------------|------------------------------|------------------|
| Accomplished less than you would like | 14% | 26% | 60% |
| Been limited in the kind of work or other regular daily activities you do | 13% | 23% | 64% |

Social contacts and support:

We were interested to find out how much contact people had with their neighbours.

- Half of the residents we spoke to said they stopped and talked to people in the neighbourhood fairly regularly; while the other half said they did this little or never.
- Only 40% agreed that Sighthill is a place where neighbours look out for each other.
- Only a minority (20%) said they knew most or many of the people in the area; a third knew some; while almost half (47%) knew very few people or no-one in the neighbourhood.



We were also interested to find out how much support people had available from relatives, friends or neighbours outside their home and asked about three types of support: practical, financial and emotional. The responses are given in the table below:

| How many people could you ask for the following help? | No-one/wouldn't ask | One or two | More than two |
|--|---------------------|------------|---------------|
| To go to the shops for you if you are unwell | 24% | 46% | 17% |
| To lend you money to see you through the next few days | 37% | 34% | 15% |
| To give you advice and support in a crisis | 31% | 39% | 16% |

Mental health and wellbeing:

- We asked people whether over the past month, they had done less than they would have liked because of their mental or emotional health (such as feeling anxious or depressed). Almost three-quarters of people said that there were no occasions over the past month when they'd done less as a result of their mental or emotional health. 17% had done less 'some of the time' and one in ten 'all or most of the time'.
- We also asked people about their 'vitality' – that is whether they felt they had a lot of energy. Over a third said that they had little or no energy over the past month.
- We asked whether respondents had visited their GP over the past year, about an emotional or mental health problem. Almost a quarter of those we asked had seen their GP about this type of issue.
- Respondents also told us how they had been feeling often or all of the time over the last 2 weeks in other ways such as:

"I've been feeling optimistic about the future" – 55%

"I've been thinking clearly" – 56%

"I've been feeling good about myself" – 58%

"I've been feeling useful" – 51%

"I've been feeling loved" – 54%

The GoWell study shows how people in your community have different lifestyles and health concerns. There are people who are healthy and active, people who tell us that illness limits what they can do, and people who are looking for ways to improve their health or make other positive changes in their lives. Because people are different, there are many different services available for your community. This newsletter provides details of some of them. If you, or anyone you know, is interested – why not contact them to find out more?