

## Services in your area

West Glasgow CHCP manages local NHS and social care services and aims to improve the health and wellbeing 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 West Glasgow CHCP provides or supports which can help you achieve better health.\*

### Smoking cessation:

**Stop Smoking Groups**- Want to stop smoking? Smokefree Services run 'Stop Smoking' groups in West Glasgow CHCP. These Smoking Cessation Groups are free and run in various locations, days and times in the West, including Drumchapel, Knightswood, Scotstoun, Woodside and Partick. For further information contact the Smokefree team on 0141 314 6224.

**Support for young people** -Young people (under 18) can also contact the Youth Cessation Advisor for West Glasgow CHCP who is Sarah Brady on 0141 314 6224 or contact Smokeline on 0800 84 84 84 (this number can be contacted if you are an adult wishing to quit too).

**You can do it...we can help. Contact us on 0800 028 5208.**

### Mental Wellbeing:

**West Primary Care Mental Health Team** - The West (PCMHT) works within the West Glasgow CHCP and supports people who have or are at risk of developing common mental health problems, such as anxiety, stress and depression. We also aim to promote positive mental health and wellbeing within the local community. The team consists of a Clinical Psychologist, Mental Health Practitioners, a Counsellor, and a Cognitive Behavioural Therapist. The service offers a range of different kinds of help, including:

- self-help materials
- small and large groups and courses
- advice clinic (one-off meeting)
- guided self-help (working one-to-one with a team member)
- individual counselling/therapy

Individuals can refer themselves to the advice clinic, large groups, and for self-help materials.

For other elements of the service, you will need to be referred by your GP. For more information please call 0141 232 9270.

**Wellbeing in the West Stress Management Workshops**- The West PCMHT, in partnership with COPE and Lifelinks, is also running a series of free stress management workshops for adults in your area, around the theme of 'What makes you tick?' Everyone is welcome to attend all or some of the sessions and you can take a friend along with you. There will be courses starting throughout the year in various locations, including:

Tuesday evenings, 6-8pm,  
Hillhead Library, Byres Road  
•2nd Nov •9th Nov •16th Nov

Thursday afternoons, 12.30 - 2.30, Glasgow West  
Regeneration Agency, Open Gate, Drumchapel  
• 25th Nov •2nd Dec •9th Dec •16th Dec

To register for this course, or to enquire about future dates and locations, please call 0141 552 4430.

### Healthy Eating:

**Aces** - A new programme has recently been developed across Glasgow to help children and young people aged 5-15 eat healthier, keep well and become more active. It has been created to support families to adopt a healthier lifestyle and address the genuine concerns around childhood obesity in the city.

Who can join in?

- All children aged 5 -15 and their families can take part in the programme to lose weight or prevent any further weight gain.
- Parent or carer participation is really encouraged.

What does it involve?

- New, fun, group-based sessions covering physical activities and food - with some cookery sessions included too.
- Each session takes about an hour and a half - one per week.
- Sessions are delivered by Coaches - trained and assessed by NHS Greater Glasgow and Clyde.

Where do the sessions take place?

- Local schools, leisure centres or community venues.

To make enquiries or register for this programme please call 0800 027 0291 (It will really help if you know your child's height and weight when you call.)



For more information on GoWell, please contact:

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1st Floor House 6 94 Elmbank Street Glasgow, G2 4DL  
Email: kelda.mclean@drs.glasgow.gov.uk  
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

### TOWNHEAD



Welcome to the latest edition of the GoWell newsletter for Townhead. 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 Townhead 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 Townhead, in 2006 and 2008, in which 630 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.

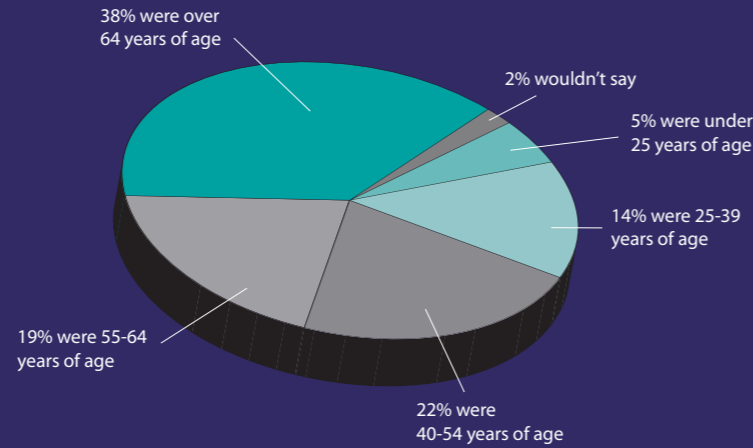


# Who took part in the survey?

A total of 263 Townhead residents took part in our most recent survey in 2008 – 131 women and 132 men.

### People from different age groups took part as shown:

- Nearly all (95%) of the residents we spoke to rent their home, while 5% said they own their home.
- Of the residents who took part in our survey, 89% classed themselves as 'white British'.
- 22% stated they are currently employed or participating in education/training. 14% are unemployed. 14% are in receipt of sickness benefit. 47% are retired.



## Key Findings for Health

### Health behaviours:

- Smoking.** 41% of residents said they are current smokers – although nearly half of smokers to intend to give up (see back page for smoking cessation services in your area).
- Diet.** Two-thirds had not eaten any main meals from a takeaway in the previous week. This compared with almost 20% who had eaten a takeaway for their main meal twice or more over the previous week.
- 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	62%
Done moderate physical activities (eg carrying light loads, sweeping, cycling or swimming at a regular pace)	24%
Done vigorous physical activities (eg heavy lifting, digging, aerobics, fast cycling or fast swimming)	6%

### General health:

- 58% rated their health as excellent or good.
- 17% had not seen their GP in the past year; around a third had visited their GP once or twice; and half 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.

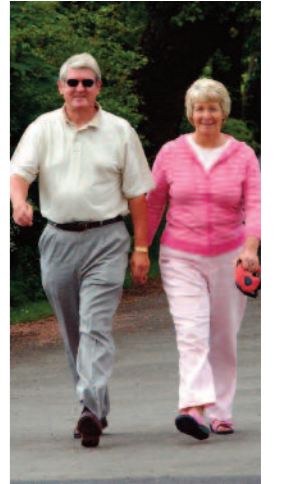


As a result of your physical health, over the past 4 weeks how often have you...	All or most of the time	Some or a little of the time	None of the time
Accomplished less than you would like	16%	31%	52%
Been limited in the kind of work or other regular daily activities you do	14%	29%	58%

### Social contacts and support:

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

- Nearly two-thirds of the residents we spoke to said they stopped and talked to people in the neighbourhood fairly regularly; while a third did not.
- The majority of people (71%) agreed that neighbours in Townhead look out for each other.
- 22% said they knew most or many of the people in the area; almost half (48%) knew some; while a third 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	23%	50%	19%
To lend you money to see you through the next few days	34%	38%	19%
To give you advice and support in a crisis	26%	41%	24%

### 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 said that there were no occasions over the past month when they'd done less as a result of their mental or emotional health. But 20% had done less 'some of the time' and 8% '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 of respondents said that they had little or no energy over the past month.
- We also asked whether respondents had visited their GP over the past year, about an emotional or mental health problem. Only a minority of people (16%) 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:



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?