Welcome to the September Team Brief.

As we move towards the autumn months, winter planning is well under way within NHS Greater Glasgow and Clyde. The staff flu vaccination programme will start on 1 October 2019. Please take the time to read the informative article below which also contains a link to the flu vaccination sessions available to staff. I am keen that this year we improve on the uptake we had in 2018 so I would like to ask you to all to get the flu vaccination as soon as is possible.

September also sees us continue our work to ensure we deliver the best health and social care services we can. The next Integration Joint Board will be held on Friday 20 September 2019 and papers include finance, performance and an update on progress with implementation of the new GP contract. We are also preparing for the new IJB Chair, Councillor Jacqueline Cameron, to take on the role from mid September. As ever, I will be encouraging your team leaders and managers to share the IJB papers so you are aware what the IJB is discussing. You can access the papers here.

Finally, we are looking forward to this year’s HSCP Staff Awards ceremony which will take place on Wednesday 4 September 2019 at the Glynhill Hotel. Our annual staff awards have become a core part of our annual programme of promoting what we are doing to deliver health and social care so if you have nominated a fellow staff member or team/service, thank you for doing that. Look out for the photos from the event and a list of the winners in next month’s Team Brief. Good luck to all of the nominees.
A Day in the Life (of a Team)

**Team:**
Self Directed Support (SDS) Development Workers, Direct Payment Support Service

**Team Members:**
Amanda Lamont – Paisley (Abbey House)
Lisa Callaghan – Renfrew - West Renfrewshire
Hugh John Glancy – Johnstone - West Renfrewshire

**Base:**
Based with Locality Teams in Abbey House, Renfrew Health and Social Work Centre and Johnstone Town Hall

Tell us about your team
We are a Direct Payment support service, established in 2006, to promote, develop and offer support to professionals and service users interested in accessing a Direct Payment (DP) or other funding sources to meet their care and support needs. The Direct Payment Team are based in the three main locality teams and provide a range of information, advice and practical support covering all aspects of Self Directed Support, including direct payments, individual budgets, mixed budgets. We also assist individuals employing care staff directly and discuss the statutory responsibilities attached to this. The Team offer the same support regarding Independent Living Fund (ILF) service users and professionals in relation to ILF.

What motivates you?
We feel committed to the principles of self directed support which strives to give people a good quality of life. Given the right environment and support, SDS can be the vehicle for positive changes for Individuals and society as a whole.

What matters to you in your role and what do you find most rewarding?
We believe it is important that people benefit from positive changes in their lives and gain confidence to be creative and try new things when it comes to deciding how their support needs are met. Seeing this transformation develop into something better for the person is what we find most rewarding.

What else are you involved in?
The team are involved with colleagues across various disciplines within RHSCP but also in regular contact with voluntary and statutory organisations and networks to help promote and share information on self directed support. We regularly attend Social Work Scotland meetings to discuss progress and share information to help develop self directed support nationally. We continue to provide information sessions to social care students at the University of the West of Scotland and also to Renfrewshire Carers’ Centre and local advocacy projects.

We are happy to promote SDS to anyone who will listen and for those who know us, you know we all like to talk on this subject!

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**Call for 'A Day in the Life' participants**

Would you like to feature in future editions of Team Bulletin?
Want to let colleagues and partners know more about your service?

If you would like to participate please get in touch with:
RenfrewshireHSCP.Communications@ggc.scot.nhs.uk
Gender Based Violence

In July’s team brief we told you about the work that the local Gender Based Violence Strategy Group are carrying out with SafeLives Scotland to look at the barriers to accessing support for those with mental ill health. We know that many potential survivors are hidden from specialist services and with this in mind we are working with SafeLives to map out provision, maximise accessibility, promote good practice and multi-agency working, as well as creating evidence based survivor led tools and guidance. Over the last few months we have sought the views of those who work with people impacted by domestic abuse. We also want to listen to the voices of survivors of domestic abuse, therefore we have created an online survey to gather this information. It is completely confidential and should take no more than 15 minutes to complete. [www.snapsurveys.com/wh/s.asp?k=156225467335](http://www.snapsurveys.com/wh/s.asp?k=156225467335).

The survey can be completed by anyone who lives in the Renfrewshire local authority area who has experienced domestic abuse (which can include physical, sexual and emotional/mentally abusive behaviours). We want to hear from as wide a range of survivors as possible: those who are currently accessing services, those who have accessed services in the past, or those who may not have looked for specialist support. It also doesn’t matter if it was historical or more recent.

For more information please contact: Jen Douglas, [jen.douglas@safelives.org.uk](mailto:jen.douglas@safelives.org.uk)

If you or someone you know requires support for domestic abuse the National Domestic Abuse and Forced Marriage Helpline is open 24 hour a day on [0800 027 1234](tel:08000271234).

For local support please contact Women and Children First on [0300 300 0345](tel:03003000345) or Renfrewshire Women’s Aid on [0800 025 7603](tel:08000257603). In an emergency dial 999.

Staff Flu Vaccination Programme

Each year the northern hemisphere looks to Australia to get a sense of how our coming flu season might develop. Historically flu like illnesses in Australia tended to increase during the months of July to September with a peak in August. However, this year, from the initial data it would appear that the flu like illnesses and confirmed flu cases seemed to have started and peaked much earlier than previous years.

The majority (82 per cent) of confirmed influenza cases reported in Australia by 28 July 2019 were influenza A. The majority of the Flu A that were typed were of the H3N2 type, a type known to cause more severe illness among the older age group leading to increasing pressures in the secondary care system.

Dr Syed Ahmed, Immunisation Coordinator/Consultant Public Health Medicine, said: “It would be prudent for Scotland to be prepared for a worst case scenario including maximising protection among the eligible groups against influenza through vaccination, including healthcare workers.

Healthcare workers can act as a source of infection to vulnerable patients and other close contacts even before respiratory symptoms begin so the best way for staff to protect themselves, patients, family and friends from the effects of flu is to be vaccinated.

This year’s programme of staff flu vaccination mass clinics begins on 1 October, for more information, visit: [www.nhsggc.org.uk/staffflu](http://www.nhsggc.org.uk/staffflu)

One of the easiest ways for staff to be vaccinated is through peer vaccination in your workplace. Information on peer vaccination is available at: [www.nhsggc.org.uk/staffflu](http://www.nhsggc.org.uk/staffflu)

You will be asked to register online before attending for vaccination from the beginning of September.
The Carers’ Centre has launched Round 4 of Time to Live funding via Shared Care Scotland’s Creative Breaks Fund and Renfrewshire Health and Social Care Partnership.

They still have funding available to award to carers in Renfrewshire of up to £250, to allow them a break of their choice from their caring role.

More information can be found on their website.

The Mirin, based at the Lagoon Centre in Paisley, helps adults with a moderate to severe learning disability, including autism, who need a structured day service.

The Mirin’s Duke of Edinburgh Group were looking for fundraising opportunities to support them through the Gold Award programme for 2019/2020. They contacted the Community Champion, Sharon Denniston, at Morrisons Lonend, who organised for them to carry out bag packing which raised an amazing £750 over two sessions.

Sharon then contacted the service to say that she was really interested in creating further community links with the service and would they be keen to work with Morrisons. This was agreed, and two taster sessions were organised in May and June 2019, which included pizza and cake making. Several service users attended both sessions and thoroughly enjoyed these activities.

In August, Sharon contacted the service to ask if we would like to attend the re-launch of the new look store at Lonend.

A vote took place within the service and Michael Elliot and Christopher Baird were chosen to represent the Mirin. They were welcomed into the store and after a short speech by the Manager, both men cut the ribbon to reopen the store.

Sharon will attend the Mirin end of summer BBQ and Awards Ceremony on Wednesday 28 August 2019.
After a successful Glasgow POA campaign over the last five years, Health and Social Care Scotland has now embarked on a national POA campaign, People like You, with 29 of the 31 HSCPs in Scotland signing up.

A steering group with representation from across Scotland has responsibility for full co-ordination and delivery of the campaign in partnership with Enterprise Screen. Key elements of the People like You campaign in the first phase included television adverts which started in June 2019, website and social media via Facebook and Linked In.

Who is the campaign targeting?

The campaign is looking to encourage all staff, partner agencies and other groups interested in this work to get involved by:

• visiting the website www.mypowerofattorney.org.uk
• following the Twitter feed (@StartTalkingPoA); and
• engaging with the Facebook page (www.facebook.com/starttalkingpoa).

The more followers and re-tweets the campaign gets, the greater the opportunity to Start the Conversation!

How is the campaign advertised?

Television adverts were used to target viewers in July 2019, across SKY Adsmart demographics and will be used again in November 2019 across the Scottish Television (STV) catchment area. The adverts aim to encourage viewers to contact the campaign telephone information line for further information.

What will the impact of the campaign be?

By ‘Starting the Conversation’ we hope to encourage people to think seriously about whether they need, or need to give someone, the legal powers that PoA provides. By working with colleagues across the public, private and voluntary sector, we have developed an information pack which will give advice on arranging suitable legal expertise and make the process of finding out about and arranging Power of Attorney as straightforward as possible.

How can we get involved?

To further increase awareness, we are interested in any positive articles, anecdotes, experiences, or information you may have about PoA arrangements. Anything submitted could potentially be used as a tweet or shared via Facebook or the website. The idea is to provide as much public information as possible to people from different backgrounds and ages, in the expectation that it will stimulate them to ‘Start the Conversation’.

There are also plans for a first national Power of Attorney Day on 20 November 2019 to add weight to the campaign.
WEEKLY EXERCISE CLASSES

MONDAY
Yoga
RAH, Physio Gym
17.00 – 18.00

TUESDAY
Seasonal Yoga
Charleston Centre
17.15 – 18.15
Dance fitness
Renfrew HSWC, Multi Purpose Room
17.15 – 18.00
Pilates
Spinners Gate Centre, Main Hall
17.15 – 18.00

WEDNESDAY
Beginners Yoga
Dykebar, Torley Unit
17.30 – 18.30

THURSDAY
High Intensity
Renfrew HSWC, Multi Purpose Room
17.30 – 18.00

If you wish to take part in any of the classes, please email Arlene with your details. This will allow us to keep you informed of any changes to class times or last minute cancellation of a class.

✉️ Arlene.motherwell@ggc.scot.nhs.uk
📞 0141 618 5084

WHAT’S ON SEPTEMBER

Friday 13 September
Heartstart Training

Unfortunately this training has been cancelled. New dates are being organised and will be advised in due course.

Tuesday 17 September
Managing Long Term Conditions (including Cancer)
9.00 am – 5.00 pm
Eastbank Training & Conference Centre, Glasgow

This FREE seminar is aimed at managers/team leaders responsible for managing sickness absence, whether you have a member of staff with a LTC or ideas to help prevent LTCs, this is for you.

To book a place, contact healthyworkinglives@ggc.scot.nhs.uk

Saturday 28 September
Super Saturday
10.00 am – 1.00 pm
George Square, Glasgow

For the 6th successive year, Super Saturday will take place in and around George Square. ‘Come and try it’ sports, music, sponsor stands and free giveaways throughout the day. There is something for everyone, no matter what your age or ability, so why not sign up for Super Saturday and make regular exercise a great part of your family life. https://www.greatscottishrun.com/

Sunday 29 September
Glasgow 10K and Half Marathon
9.00 am
George Square, Glasgow

Why not take part in the Glasgow 10k or Half Marathon. Click link for details of how to enter. https://www.greatscottishrun.com/
Suzy Lamplugh Trust’s “Personal Safety Workshops” are one-day training sessions designed to raise awareness of risks to managers and employees face, particularly while lone-working, and give them the tools they need to minimise these risks.

The training workshops will be both interactive and practical.

By the end of the training session, delegates will feel more confident in managing their personal safety and while training in isolation will not eliminate risks faced at work - it will provide managers with skills for themselves and also to support their staff in how to avoid, reduce, and manage risks both in advance and dynamically (in the moment).

To register your interest in attending this training, and for any queries, please email: nhs.healthscotland-hwtraining@nhs.net.

**What’s the Harm? Self Harming Awareness Training**

This 1-day workshop aims to help dispel the myths about self harm and equip participants to support people who may self harm.

**At the end of the programme, participants will be able to:**

1. State a definition of self harm, which recognises that it is predominantly a coping strategy.
2. Describe the difference between self harm and suicide.
3. Discuss the spectrum of self harm behaviour.
4. Describe the emotional, social and physiological factors that may underlie self harming behaviours.
5. Reflect on your own feelings and reactions to self harm and how these can impact on interventions.
6. Describe a range of appropriate and safe responses/interventions, including harm reduction.
7. Discuss issues which impact on working with self harm within the context of your own workplace/role.

**Target Group:** Any staff who work with and support people who self harm.

To reserve a place on this session, please contact Susan for a booking form: susan.hearty@ggc.scot.nhs.uk

**Course Dates / Venues**

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| **Wednesday 23rd October** | Vale of Leven Hospital  
                     *Limited places*  
                        Main Street, Alexandria  
                        G83 0UA | 9.15 – 4.30pm |
| **Tuesday 5th November** | Eastbank Health Promotion Centre  
                          22 Academy St, Glasgow  
                          G32 9AA | 9.15 – 4.30pm |
| **Tuesday 12th November** | East Dunbartonshire Council  
                          Headquarters, Marina Building, 12 Strathkelvin Place, Kirkintilloch, Glasgow G66 1TJ | 9.15- 4.30pm |

For further information relating to the content of the course, please contact:

Allison.McKenna-Breen@ggc.scot.nhs.uk OR Susan.hearty@ggc.scot.nhs.uk
www.renfrewshire.hscp.scot