

# **Health & Wellbeing Bulletin**

## **February 2015**

**General**

**Mental, Emotional, Social & Physical Wellbeing**

**Planning for Choices & Change**

**Physical Education, Physical Activity & Sport**

**Food & Health**

**Substance Misuse**

**Relationships, Sexual Health & Parenthood**

## General

### Responsibility of All Resources

As you may know the Health and wellbeing; Responsibility of All resource was launched recently by Education Scotland. Copies were sent to all Directors of Education, Schools and Early Years Establishments; however, it may also be downloaded from the Education Scotland website. The link for this is; <http://www.educationscotland.gov.uk/resources/m/makingthelinks.asp>

Please also find below a short film which illustrates children and young people from early to senior phase self-reporting in health and wellbeing, the link to this is; <http://www.educationscotland.gov.uk/learningteachingandassessment/curriculumareas/healthandwellbeing/index.asp>

### Supporting Learners Through Rights and Wellbeing

Education Scotland hosted a conference in 2014 around this agenda. The conference presentations and feedback can be found at the following link:

<http://www.educationscotland.gov.uk/sharingpractice/s/supportinglearningconference.asp>

In addition, there are a series of posters that were produced as a result of the discussions and content of the day. These are also available at that link.

### H&WB International Conference

**INTERNATIONAL CONFERENCE**  
Embedding Health and Wellbeing across learning

21-22  
SEPT 2015  
GLASGOW

RIVER CLYDE

Scotland is developing progressive and integrated policies to ensure health and wellbeing is embedded through the daily learning experiences of all children and young people in Scotland's schools.

This two day international conference will provide an opportunity to explore and share innovative policy and practice from across Scotland and internationally through plenary sessions, workshops and visits to schools and learning centres.

Please register your interest at:  
[www.educationscotland.gov.uk/hwbconf15](http://www.educationscotland.gov.uk/hwbconf15)

Education Scotland  
NHS  
Health Scotland

**Venue**  
Grand Central Hotel  
Glasgow

International and leading Scottish speakers

Health and Wellbeing Partners

Young people demonstrating their skills and knowledge

## **Mental, Emotional, Social & Physical Wellbeing**

I am pleased to announce of the next safeTALK workshop and encourage you to become an integral part of the over 1,600 local people who have already been trained in suicide prevention.

**The workshop runs on Monday 16th February 2015 (9.30am – 12.30pm) at the Resource Library, Crown House, 30 King Street, Greenock.**

**Bookings for this workshop is co-ordinated by Inverclyde CHCP's Training Section and please send any request to attend the training to [Lynne.Carson@inverclyde.gov.uk](mailto:Lynne.Carson@inverclyde.gov.uk).**

The training is provided **FREE** to statutory and voluntary organisation and to bona fide community groups and individuals.

safeTALK trains people to be suicide alert, so more people with thoughts of suicide are able to be connected to the intervention help they need. safeTALK is a carefully crafted set of steps to help participants:

- Understand suicide is often missed, dismissed and avoided
- Examine the misleading ideas stopping us reaching out to help people with thoughts of suicide
- Learn the **Tell, Ask, Listen and Keep** safe steps to notice when someone is at risk of suicide.



**SURVIVORS OF  
BEREAVEMENT  
BY SUICIDE**

### **(Inverclyde Support Group)**

This support group has been formed to meet the needs and break the isolation of those bereaved by the suicide of a close relative or friend.

The group meet on the **FIRST Tuesday** of every month from  
**7pm - 9pm**

At

**7<sup>1</sup>/<sub>2</sub> JohnWood St<sup>1</sup>  
Port Glasgow  
PA14 5HU**

If you would like to talk to someone in confidence about how the support group might help you or someone you know then please contact:

**Rosemary Mullan on 07900 366430**

If you would like confidential telephone support contact:

**SOBS National Helpline  
0844 561 6855  
Available 9am-9pm daily**

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<sup>1</sup> With helpful thanks to **trust | regeneration** - <http://www.trustregeneration.org.uk/>

## The Self-help Team

We are a team of trained guided self-help coaches. We will work alongside you as you go through the workbooks and materials.

## Feedback

We welcome any feedback about your experience of using Living Life or the care you receive. A feedback form will be sent to you after you have completed your self-help. These forms are anonymous and you will not be identified.

This will give us the opportunity to read your feedback and use it to continue to improve the service we provide.

## Opening hours

*Living Life*

Living Life is open  
from Monday to Friday  
1pm-9pm.

## Other useful contacts

### Living Life to the Full

This website offers a free life skills course that aims to provide access to high quality, practical and user friendly training.  
[www.livinglifetothefull.com](http://www.livinglifetothefull.com)

### Depression Alliance Scotland

This is a new website, which offers online support and encouragement to young adults who are affected by depression.  
[www.dascot.org](http://www.dascot.org)

### Breathing Space

0800 83 85 87

(Mon-Fri 9am-12am and weekends 24hrs)

Breathing Space is a free and confidential phone-line service for any individual who is experiencing low mood or depression, or who is unusually worried and in need of someone to talk to. A BSL service is also available via the website: [www.breathingspacescotland.co.uk](http://www.breathingspacescotland.co.uk)

### Samaritans

08457 909 090 (24hrs)

Samaritans provide confidential non-judgemental emotional support, 24 hours a day, for people who are experiencing feelings of distress or despair, including those which could lead to suicide.  
[www.samaritans.org](http://www.samaritans.org)

*Living Life*

GUIDED SELF-HELP

Living Life offers a guided self-help service for people suffering from low mood, mild to moderate depression and/or anxiety.

0800 328 9655

NHS  
24

0800 328 9655

*Living Life*

NHS  
24

© Blackwell 2007 May 2011



## What is *Living Life*?

Feeling low, depressed or anxious are common problems. Some people recover in a few weeks on their own while others need more specialist help and support. That's where Living Life can help.

Living Life Guided Self-help is a telephone service based on a Cognitive Behavioural Therapy (CBT) approach. We provide help for people suffering from low mood, mild to moderate depression, symptoms of anxiety or a combination of both.

### What is Cognitive Behavioural Therapy (CBT)?

CBT is based on the belief that most unhelpful ways of thinking and behaving have been learned over a long period of time. Through Guided Self-help, you will learn to change this way of thinking, helping you react more positively, whilst boosting self-esteem and confidence. It is an empowering and practical way of encouraging self-help.

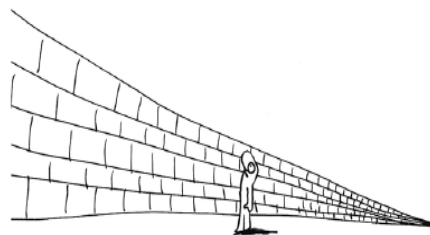
- 'cognitive' helps you look at your thought processes which, when experiencing low mood, depression or anxiety, can be unhelpful in your life
- 'behavioural' what you do in response to these unhelpful thought patterns

### What is Living Life Guided Self-help?

Guided Self-help involves speaking with a self-help coach, whilst working exclusively with manageable workbooks, in a structured format based on the CBT approach. The self-help coach will guide you through a range of materials that provide information and questions that will help you understand why you are feeling low, depressed or anxious. The workbooks can also help teach you how to use these new ways of coping in your life.

### The service will help you by:

- giving you information
- supporting you with helpful resources
- giving you additional coping skills
- referring you onto other services where appropriate.



## What to expect from telephone based self-help

You will be offered a series of telephone support sessions taking you through specific materials, which you will access, from the internet or from a workbook, which will be sent to you. The sessions will be fortnightly over a period of approximately six to twelve weeks at a time suitable to you. Once you have completed the work, we will inform your doctor who will then speak to you about further options, if necessary.



### Being part of Living Life will mean:

- you are able to speak with someone on a regular basis to discuss your difficulties
- you will have support in the privacy of your own home at a time that suits you.

## What happens now?

If you would like to know more about Living Life, please give us a call. When you call, a staff member will take some details and arrangements will be made for you to have an appointment to discuss the service.

Alternatively, you can ask your doctor to refer you to the service. Your doctor will ask you to complete a short questionnaire called a PHQ9, which will then be sent to Living Life.

## Cedar Project Inverclyde

The CEDAR project is a therapeutic group work programme for children and young people aged 4 – 16 who have experienced domestic abuse. Mothers have the opportunity to attend a women's group to support their children.

Further information about CEDAR and the support they can offer to young people and families can be found at: <http://cedarnetwork.org.uk/>

Local CEDAR Contact details are as follows:

Tel: 01475 729220



Heartstart is an initiative by the British Heart Foundation to teach basic emergency life support skills in the community and schools so that people can feel confident to assist a casualty until emergency services arrive.

Heartstart is a two hour course covering the unconscious casualty, recognition of a heart attack, cardiac arrest, choking (including children) and dealing with a severe bleed.

Schools can affiliate to the scheme and will be taught to become instructors and be able to teach it to the children. They will be given a teaching pack which includes lesson plans, teaching materials, DVDs and manikins all of which are provided **FREE OF CHARGE** by the British Heart Foundation. The NHS provides the training which is also **FREE OF CHARGE**.

Angela:	0141 314 4330	angela.mcneil@ggc.scot.nhs.uk
Bernie:	0141 314 4360	bernadette.walker@ggc.scot.nhs.uk

## Scotland's Mental Health First Aid (SMHFA) Website

Colleagues at NHS Health Scotland have overhauled their SMHFA website.

[Click here](#) for more information.

## **'Beyond Appearances'**

The Scottish Association for Mental Health (SAMH) recently produced the above report, which has a focus on researching into people's experiences of self-harm and the support they received. A copy of the report can be downloaded by [clicking here](#).

## **Growing Up in Scotland**

The idea for the Growing Up in Scotland project (GUS) grew out of a longitudinal scoping study commissioned by the then Scottish Executive Education Department (SEED) in 2000 which highlighted a lack of existing data relating to two important developmental phases in children's lives - early years and the transition into adolescence.

The Growing Up in Scotland study was commissioned in 2003, and is a large-scale longitudinal social survey designed to examine the characteristics, circumstances and behaviours of children from birth to late adolescence (and possibly beyond).

- it has a specifically and uniquely Scottish focus
- it is driven specifically by the needs of policy
- it has a particular focus on service use, awareness and contact in various key stages of childhood - e.g. health, education, childcare
- it has an intensive focus on the early years of children's lives

<http://www.growingupinScotland.org.uk/>

## **Improving the mental health of Looked After Young People**

[YoungMinds](#) undertook some research with groups of Looked After Young People and Care Leavers about their experience of mental health stigma

<http://www.phru.net/mhin/childandyouth/Lists/Announcements/DispForm.aspx?ID=159>

# Two in every classroom

Asthma UK Scotland has been working with schools across Scotland for many years.

The Curriculum for Excellence and its focus on health and wellbeing means that schools have been challenged to demonstrate how the health of pupils is at the forefront of learning.

As a result, Asthma UK Scotland has produced this resource to help teachers deliver the Health and Wellbeing section of the Curriculum for Excellence using asthma as the context for learning.

On average there are two children with asthma in every classroom in Scotland and this resource aims to provide practical advice on how asthma can be incorporated into almost every subject lesson. By embedding asthma across all eight curriculum areas, not only could this resource help schools deliver the health and wellbeing outcomes within the Curriculum for Excellence, it could also help promote a more inclusive environment by encouraging pupils with asthma to improve the self-management of their condition. This will lead to fewer children missing school because of their asthma and more taking part in extracurricular activities.

The 'What is asthma?' section of this resource provides a range of background information on asthma. Links to the Asthma UK website are also provided if you require further information.

'The curriculum and asthma' section of this resource provides practical and creative suggestions about how asthma can be used as the context for learning in all curriculum areas. These will help with the initial planning of a lesson and can be adapted or expanded upon depending on the varying competency levels required for each year group. They may even act as a prompt for your own additional ideas on how to incorporate asthma into either a full lesson or as part of an existing lesson.

The 'interactive lesson ideas' section contains tried and tested engaging lesson introductions and fillers. Some of these activities allow all pupils to experience what it feels like to have their breathing restricted for a very short period of time, promoting greater understanding of asthma.

## RELEVANT DOCUMENTS EMBEDDED BELOW



Two in every  
classroom.pdf



Young People\_  
Outcomes Framework



## **New strategy for Scotland “Equally Safe: Scotland's strategy for preventing and eradicating violence against women and girls”**

Equally Safe sets out Scotland's vision for tackling all forms of violence against women and girls.

The overall aim of the strategy is to prevent and eradicate violence against women and girls, creating a strong and flourishing Scotland where all individuals are equally safe and respected, and where women and girls live free from such abuse - and the attitudes that help perpetuate it.

To achieve this end, the strategy sets out some early commitments as well as explaining how a phased approach to planning will help ensure that the longer-term change is sustained.

For further information on the Equally Safe strategy please use the link below:  
<http://news.scotland.gov.uk/News/Making-Scotland-Equally-Safe-e2f.aspx>

## **On Edge: a resource pack for teachers and professionals working with young people who self-harm**

Self-harm among young people is a significant and growing public health problem. On average two teenagers in every secondary school classroom will have hurt themselves in response to the pressure of growing up in an increasingly complex and challenging world. Reference?

On Edge is a resource pack for teachers and other practitioners working with young people, comprising of four lesson plans designed to give pupils in S2 and above a rounded view of self-harm and the support available.

If you would like further information on the resource or to obtain a copy please visit the web link below:

<http://www.seemescotland.org.uk/getinvolved/590-on-edge-learning-about-self-harm>

## **NHS Health Scotland Resources: Young People**

*Cool Heads: Stress Essentials* is a booklet given to young people (12-16 year olds) experiencing issues such as peer pressure, relationship issues, exam pressure, feeling lonely, cyber-bullying or self-harm. It explains the most common reasons for experiencing these types of stresses and offers practical ways to tackle the problems when things get tough as well as where to go for help.

You can find the full guide here: [www.healthscotland.com/documents/1485.aspx](http://www.healthscotland.com/documents/1485.aspx)

## CANCER AWARENESS FOR SECONDARY SCHOOLS

**I am writing to inform you about Teenage Cancer Trust's secondary education programme and ask that you encourage secondary schools in your area to utilise this service that is fully funded and backed by Teenage Cancer Trust and the Scottish Government, and delivered at no cost to all secondary schools.**

Teenage Cancer Trust's education programme consists of an online [Learning hub](#) for teachers and pupils to use in the classroom, and a 'Cancer Awareness Session' that is delivered by one of our trained and experienced education team and aimed specifically at S2 year groups. The session lasts the length of one school period and covers a range of different points including, but not exclusive to:

- What cancer is
- Common signs and symptoms
- The impact of cancer on a young person
- Types of treatment
- The importance of healthy living in reducing the risk of cancer

In Scotland an average of 200 young people are diagnosed with cancer every year. For many of these young people, their cancer diagnosis will have been delayed, often because young people fail to recognise serious symptoms and therefore avoid seeking help. We feel that it is vital that young people are given the tools and skills that will empower them to seek help and to take responsibility for their own health. The cancer awareness session has been evaluated by the University of Stirling, and they have said:

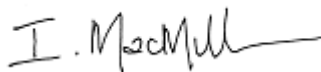
*It is our pleasure to support Teenage Cancer Trust's school-based education programme. Improving teenagers' cancer awareness and help seeking behaviour will stand them in good stead for the rest of their lives. Our evaluation of the programme found that it improves teenagers' awareness of signs and symptoms of cancer and removes some of the worries and fears that young people have about seeking medical help* **Gill Hubbard, Reader & Co-Director, Cancer Care Research Centre, University of Stirling**

In 2013/14 the education team in Scotland, consisting of 2 people, visited around 40% of all secondary schools in Scotland to deliver the Cancer Awareness Session. This year the team has increased to 3 people thanks to funding provided by the Scottish Government's 'Detect Cancer Early' programme, and we are aiming to reach 75% of all Scottish secondary schools.

*'For the Scottish Government's Detect Cancer Early Programme to be most effective, it is important that the target audience is reached in as many ways as possible. Family influencers are key to this, and engagement with a younger audience about the benefits of early presentation is therefore an important strategy. Our partnership with the Teenage Cancer Trust's education and advocacy programme will supplement the awareness raising efforts of the wider social marketing campaigns, extending reach to family members and equipping the younger generation with information on cancer that will be vital for earlier presentation in the future. The education programme provides them with the information that encourages them to give their older family members a 'nudge' to make sure they know the benefits of early presentation or to find out more about screening participation. Breaking down barriers and getting people to talk about cancer is an important part of the Detect Cancer Early programme'* **David Linden, Programme Director, Detect Cancer Early**

We would encourage you to consider this service for secondary schools in your area. For more information please contact me directly using the details below.

Yours sincerely,

A handwritten signature in black ink that reads 'I. MacMillan'.

Iona MacMillan  
Regional Education and Advocacy Manager, Scotland  
Email: [iona.macmillan@teenagecancertrust.org](mailto:iona.macmillan@teenagecancertrust.org)

Tel: 07535841103

# **Planning for Choices & Change**

## **Gambling Addictions**

RCA Trust is a support service for young people with gambling addictions, and part of GamCare service. The Trust is based in Paisley but available to all young people in the West of Scotland.

### Service offered

- Brief Interventions
- 1:1 intense support

As the service is not local they require partners using the service to provide premises for meetings.

Contact Name    Christina Harding

Tel No                01418870880

***The organisation is happy to come speak to schools or partners regarding their services.***

## **Growing Up in Scotland**

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The Growing Up in Scotland study was commissioned in 2003, and is a large-scale longitudinal social survey designed to examine the characteristics, circumstances and behaviours of children from birth to late adolescence (and possibly beyond).

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- it has an intensive focus on the early years of children's lives.

<http://www.growingupinScotland.org.uk/>

## Curriculum for Excellence – Parental Information

Useful resources for continuing to involve and inform parents about developments in CfE / about National Qualifications etc.

[www.sqa.org.uk/cfeforparents](http://www.sqa.org.uk/cfeforparents)

[www.educationscotland.gov.uk/parentzone](http://www.educationscotland.gov.uk/parentzone)



### Financial Education

The local Financial Fitness Project have delivered a range of **free** financial education courses for financially and / or socially excluded young adults.

Aimed at groups of young people 11 – 18, the courses cover

- Money Management
- Budgeting
- Saving Skills
- Financial implications of Employment and Training

Financial Fitness are able to offer these **free** to Inverclyde Schools, training & education providers and youth organisations who support young people.

Should you wish to make an enquiry about this, please contact Paul Findlay at Financial Fitness 01475 729239 or email to [finfitteam@yahoo.co.uk](mailto:finfitteam@yahoo.co.uk)

## **New Enquire film launched!**

### **Getting ready to leave school: Making a good transition**

In Enquire's new film, pupils from Woodlands school in Edinburgh share their views on getting ready to leave school and offer useful tips for adults who might be supporting them during this time. We learn about their hopes for the future and how a learning resource, created by Playback ICE, called the Moving On programme has helped them to feel prepared for their next steps.

Launched at the 2013 Enquire National Conference, the film looks at a variety of key themes, including:

- What transition means to young people getting ready to leave school
- What makes them nervous about this time, and what makes them excited
- How additional support needs can impact on a young person's ability to make a good transition
- How the Moving On Programme has helped them to feel prepared for leaving school
- The skills they have acquired since starting the Moving On programme

You can watch 'Getting ready to leave school: Making a good transition' on Enquire's Youtube channel at <http://www.youtube.com/user/Enquireinfo>

## Physical Education, Physical Activity & Sport



Heartstart is an initiative by the British Heart Foundation to teach basic emergency life support skills in the community and schools so that people can feel confident to assist a casualty until emergency services arrive.

Heartstart is a two hour course covering the unconscious casualty, recognition of a heart attack, cardiac arrest, choking (including children) and dealing with a severe bleed.

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Angela: 0141 314 4330      angela.mcneil@ggc.scot.nhs.uk  
Bernie: 0141 314 4360      bernadette.walker@ggc.scot.nhs.uk

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<http://www.growingupinScotland.org.uk/>

### Active Travel to School Factsheets

- Active travel in Secondary Schools
- Bicycle Loan Schemes – how-to guide for schools
- Bicycle Recycling Projects – how-to guide for schools

To download a factsheet, simply go to  
[www.sustrans.org.uk/safe-routes-to-schools/resources/infosheets](http://www.sustrans.org.uk/safe-routes-to-schools/resources/infosheets)



## **Travelling Green – FREE to all Scottish Schools**

Travelling Green is an inter-disciplinary project focussing on Health & Wellbeing with links to Science, Social Studies, Expressive Arts, Technologies and Languages.

The resource includes lesson plans, whiteboard activities, worksheets for all pupils, a handbook for road users as well as a guide for parents.

### ***Teacher Feedback:***

*“well thought out and children benefited from it – many changed their route and started walking together in groups”*

Download the FREE interactive resources from Promethean Planet

[www.prometheanplanet.com](http://www.prometheanplanet.com)

Search for Travelling Green

## Food & Health

January	Traditional foods	Building on the New Year traditions of steak pies and shortbread, and through to Burns Night with haggis
February	The Love of Food	We all need energy to grow, stay alive, keep warm and be active. Look after your body with food that is good for you.
March	Food & Science	Celebrating food and science links—play with your food!
April	Award Winning Food	Focus on school based food competition linked with Scotland Food
May	The Water of Life	Importance of water for survival and its sustainability
June	Summer Berries & Fruits	Promotion of berries and pick your own
July	The Future of Food	Highlighting youth development and end of school calendar year, with a focus on skills and innovation
August	Delicious Dairy	Yoghurts, ice cream, cream, milk, butter & cheeses
September	Showcase	Food Fortnight, Scottish Learning Festival food theme & showcase. Celebrate provenance and celebrate our food and drink
October	Sustainable Shores	A focus on fishing, seafood and salmon with a sustainable theme
November	Hearty & Heartwarming	Meat dishes, vegetables and grains, broths & stews
December	Grand finale	Premium foods for celebrations & religious festivals



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### Royal Horticultural Society

#### The Edible School Garden

11th February 2015

Corseford School, PA10 2NT

This course is designed to give you the skills to set up a simple productive garden and manage the growing space seasonally throughout the year. You will also be taught how to pass on correct tool skills and garden safety to children. The course will encourage you to inspire your pupils to think scientifically in the edible school garden.

#### A Year in your School Gardening Club

18th February 2015

Blackfriars Primary School, G5 0SS

This course is designed to give you inspiration for year-round activities to sustain a weekly gardening club, in all weathers and seasons.



## The Edible School Garden

26th February 2015

Larbert High School, FK5 3BL

This course is designed to give you the skills to set up a simple productive garden and manage the growing space seasonally throughout the year. You will also be taught how to pass on correct tool skills and garden safety to children. The course will encourage you to inspire your pupils to think scientifically in the edible school garden.

**Costs for all courses:** £85 per person. £150 if you book two courses or two places on the same course.



[www.foodafactoflife.org.uk](http://www.foodafactoflife.org.uk)

### Food In Schools - Web Page



The Minister for Learning, Science and Scotland's Languages, Alasdair Allan, asked his officials to visit Royal High Primary School in Edinburgh to launch a new web page on the [Engage for Education](http://engageforeducation.org) website dedicated to food in schools.

Royal High's latest food education programme involves the school working with a local farmer to teach young people about where food comes from, bringing to life the 'field to fork' journey. Part of this learning experience involves the school keeping their own flock of chickens, which is a remarkable achievement in an urban school. Joan Brear, the head teacher at Royal High has agreed to write the first log on the web page, you can read and comment on the blog at the following link:

<http://engageforeducation.org/2012/11/food-in-schools-blog-urban-chickens/>

The Scottish Government are aware there are a lot of great examples of this sort of good practice in schools **both** in relation to food education but also in relation to school lunch provision. That is why we are launching this new food in schools web page which will provide **all those involved in school food with the opportunity to share their success**. We hope this will lead to a library of good practice, become a valuable resource to schools and drive further improvement in school food provision and food education.

Education Scotland want us all to get involved, share stories of success in your school or local area, tell us what works well and also what barriers you had to overcome on the way. We hope these stories will inspire other schools and individuals.



<http://www.educationscotland.gov.uk/resources/f/foodhealthskillssupportresource.asp?strReferringChannel=educationscotland&strReferringPageID=tcm:4-713590-64>



<http://www.educationscotland.gov.uk/resources/l/learningaboutscotlandfoodforthought.asp>

### **Scottish Food & Drink Federation New Resources**

SFDF launch new resources to support pupils understanding of food manufacturing and the skills required by industry.

Resources can be accessed from this website – you will be asked to register if you are not already a member. [SFDF resources](#)

### **Community Food & Health News**

Do you run practical cooking skills or activities for adults or young people? Click here for useful information. <http://e-news.graphics.coop/t/ViewEmail/y/B658DDCFD073BFCC/ED9F6299A5D2B1E3DCC9454293137CA2>

### **Cooking in the Community**

[Garry Place](#) supports young people within a shared occupancy environment. The organisation also provides community based support to young individuals who move onto permanent tenancies. Last year Garry Place received funding from Community Food and Health (Scotland), now part of NHS Health Scotland, to run food focused programmes for young people.

Community Food and Health (Scotland) went along to see first-hand the great work being carried out. Garry Place run their cooking groups at a local community health project in Camelon, Falkirk. The group managed to make a variety of dishes in the time available. Participants showed off a range of cooking skills and talked confidently about what they could make. It was clear to see that staff gained satisfaction, knowledge and skills in terms of running sessions as well the young people taking part.

For more information about this work or any of our other community food work please contact [janeoliver1@nhs.net](mailto:janeoliver1@nhs.net) or visit the Community Food and Health website on the link below:

<http://www.communityfoodandhealth.org.uk/>



# Blues, Vallies, Scoobies, Benzos, Diazepam

**whatever you call them,  
we have a problem!**

**There have been a number of recent cases where people using 'street valium' have had a very bad experience. A number of these people required life saving interventions and hospital treatment.**

Many tablets sold on the street look the same as those given out from pharmacies. However; testing has shown that:

*Some do not contain diazepam at the stated dose.*

*Some have been shown to contain no diazepam at all.*

*Some contain more powerful and dangerous drugs.*

If you use benzodiazepines very regularly, then it may be unsafe to stop suddenly, and you should get advice from your local addiction services or your GP.

**Please don't take tablets that you are unsure of.**

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**Tired Of Addiction ?**



**Ready For A Fresh Start ?**



**Go For It and Call Us !**

SmartStart is a new project designed to help people break free from addiction and find recovery while they take part in various activities within the local community.

Various group activities are offered Monday, Wednesday and Fridays between 11am and 3:30pm at three Inverclyde community centres with further one2one support available at

various times on other days. The days you take part will depend on your needs and recovery goals and all costs will be covered including lunch, travel and childcare where this presents a barrier.

**01475 735200**

## Whats On Offer

Health Fitness and Leisure  
*At local facilities facilities*

### Life Skills

*Improving everyday life  
Employability & Job seeking  
skills development*

### Complementary Therapies

*Stress management  
Relaxation techniques  
Massage therapies*

### Creative Art

*Visual artwork  
Confidence building  
Self expression*

### Personal Development

*Confidence Building  
Building self esteem  
Goal Setting*

### Drug Awareness

*Coping skills  
Changing behaviour  
patterns*

### Counselling & Keywork

*One-to One*

### Outward Bound & Activities

## Times And Venues

Groups will run as follows:

Mon: Branchton Community  
Centre, Greenock

Wed: Auchmountain  
Community Centre, Greenock

Thu: 7 1/2 John Wood Street,  
Port Glasgow

Groups will run from

11am - 12:30pm

1.30pm - 3.30pm

*(Lunch and bus fares are  
provided)*



Also Supported by:

*Inverclyde Community*

*Development Trust*

*Inverclyde Leisure*

*Branchton & Auchmountain*

*Community Centres*

**West Renfrew House, 26 Brougham Street,  
Greenock Pa16 8AD. Tel: 01475 735200 Fax: 01475 735201  
E-mail: [contact@movingoninverclyde.co.uk](mailto:contact@movingoninverclyde.co.uk)**



**Scottish Families**  
Affected by Alcohol & Drugs

# Is someone you care about misusing alcohol or drugs?

Call our free and confidential helpline on

**08080 10 10 11**

We are here to listen, if you want to talk.  
We can provide information on what  
support may be available to you  
and your family.

Or get information by email,  
at [helpline@sfad.org.uk](mailto:helpline@sfad.org.uk).

[www.sfad.org.uk](http://www.sfad.org.uk)



## ADP Website

The Inverclyde Alcohol and Drug Partnership website is now live and can be located at the following address:

<http://www.inverclydeadp.org.uk/>

## Shared Responsibility Programme

A creative project, utilising the concept of global collaboration to impact on the demand for Class A drugs and improve the environment/community both at home and abroad.

The aim of the project is to generate attitudinal and behavioural change by equipping young people with the tools they need to live healthy positive lives and assist with making the right choices in life

- supports CfE by helping young people to become successful learners, confident individuals, responsible citizens and effective contributors
- provides credible information to our young people on a range of important issues facing them in 21st Century Scotland in an inclusive, engaging and thought-provoking manner, to help them make positive lifestyle decisions and maximise their future potential.



## “Alcohol – here are a few facts you may not know”

Copies of the ‘Alcohol – here are a few facts you may not know’ resource for young people is now available to order through PERL using the link below.

<http://library.nhsgg.org.uk/mediaAssets/PHRU/NHSGGC%20Young%20People%20and%20Alcohol.pdf>

you can also order the Unit and Calorie Calculator wheels by clicking on [www.phru.net/perl](http://www.phru.net/perl) and looking under Alcohol.

## Choices for Life

Choices for Life has been running live events for young people aged between 11 and 18 for over 10 years. These events that use music and drama to inform young

people about the dangers of substance misuse have given more than 450,000 young people access to information to help them make the right 'Choices'.



The site is an extensive source of information on alcohol, drugs and tobacco for young people, parents and teachers

[www.choicesforlifeonline.org](http://www.choicesforlifeonline.org)

## New Psychoactive Substances

Information paper about "Legal Highs" or New Psychoactive Substances:



Legal-highs-and-Nov  
el-Psychoactive-Subs



# Relationships, Sexual Health & Parenthood

## Growing Up in Scotland

The idea for the Growing Up in Scotland project (GUS) grew out of a longitudinal scoping study commissioned by the then Scottish Executive Education Department (SEED) in 2000 which highlighted a lack of existing data relating to two important developmental phases in children's lives - early years and the transition into adolescence.

The Growing Up in Scotland study was commissioned in 2003, and is a large-scale longitudinal social survey designed to examine the characteristics, circumstances and behaviours of children from birth to late adolescence (and possibly beyond).

- it has a specifically and uniquely Scottish focus
- it is driven specifically by the needs of policy
- it has a particular focus on service use, awareness and contact in various key stages of childhood - e.g. health, education, childcare
- it has an intensive focus on the early years of children's lives.

<http://www.growingupinScotland.org.uk/>

## Parental Involvement in RSHP

For more information on relationship, sexual health and parenthood education please visit:

Parentzone: [www.educationscotland.gov.uk/parentzone/](http://www.educationscotland.gov.uk/parentzone/)

or

Scottish Catholic Education Service website: [www.sces.uk.com](http://www.sces.uk.com)

## Stay Safe Online

Police Scotland's '[Stay Safe Online](#)' campaign is now targeting teens with vital advice on how to be web savvy and avoid the dangers of cyber-bullying and sexting.

'Selfies' are big news at the moment with many famous people taking them and posting them online including at big events. But do you know just how far to go and what the consequences can be if your photograph was posted maliciously online?

That's just one of the aspects of the campaign which also features a hard-hitting Police Scotland commissioned video produced by the Leith Agency starring pupils aged 13-16 from Clyde Valley High School, Wishaw and Ross High School, Tranent, East Lothian who recount their personal online experiences.

The nationwide Stay Safe Online campaign aims to help children, parents, teachers and carers improve their knowledge and understanding of how to keep children safe while they are online.

To see how teenagers react to their private posts being made public have a look at this YouTube video using the link below:

<http://www.youtube.com/watch?v=ynL68KigRJc>