



Healthy Valleys
Delivering Community-Led Health Improvement
Services in South Lanarkshire
Our Projects and Programmes
Grassroots



Grassroots project supports pregnant women and families with children under 5 years old who need extra help to live a healthier, less stressful lifestyle and help ensure babies and children get the best start in life and reach their potential.

The project has a 3-pronged approach to early intervention:

- **Intensive Parental Support Programme** – trained local volunteers are matched to families to support them to their healthcare appointments, to attend community activities and activities in our Family Education Support Programme, to promote other healthcare services and to promote physical and emotional wellbeing.
- **Family Education Support Programme** offers a range of learning and development opportunities that other services/organisations don't already provide. This includes cookery sessions, baby massage/yoga, stress management, adult & child first aid, Play@home, all of which help increase and improve confidence and skills.
- **Pre-Conception Information Education Service (PIES)** – four workshops per year to encourage young people at risk to make informed lifestyle choices to reduce the potential of unplanned and unhealthy pregnancies.

Outcomes:

- Vulnerable parents and carers are better able to cope for the arrival and aftercare of their child
- Vulnerable families with children under 5 years old will be more confident and capable parents/carers
- Vulnerable families have improved relationships, both within the family unit and their local community



Funded by the Big Lottery and NHS Lanarkshire. For more information please contact Clare Cook, Development Worker - clare@healthyvalleys.org.uk

ReConnect

ReConnect works with volunteers to support isolated older people to link into their communities by visiting them at home, getting to know them and assisting them to connect with relevant local services, clubs and opportunities in their area. Every participating older person is matched with a volunteer whose role is to visit them once a week depending on need.

Outcomes

- Improved social connections and relationships
- Improved health and well-being
- Increased confidence to live independently
- Reduced feeling of loneliness and isolation



Healthy Valleys delivers ReConnect in rural South Lanarkshire and our partnership organisation Healthy n Happy Community Development Trust covers Rutherglen, Cambuslang and East Kilbride.

Funded by: BIG Lottery until end of 2018. For more information please contact Fiona Gairns, Development Worker - fiona@healthyvalleys.org.uk

Community Health Matters

Community Health Matters is a Healthy Valleys project which aims to support people (age 16—50) who may be feeling lonely and isolated as a result of being a carer, having mental health difficulties or a long term condition, to take positive action to manage their own health, become healthier and more active.

What's On Offer?

Whilst medical interventions are often needed to treat specific health problems, having strong support networks, coping and self management skills and an active social life also contribute to positive health and wellbeing.

That's where Community Health Matters project steps in. We help you connect with the support you need in the local community. You will meet new people, learn new things, improve confidence and self-esteem and so be better able to manage your health and wellbeing, meaning you live well for longer.

We offer:

- 1:1 support to access community activities and services from Community Health Navigators and Volunteers
- Stress Management, Cognitive Behaviour Therapy, Wellness Recovery Action Planning to support positive health and wellbeing.

Funded by Integrated Care Fund and Scottish Government People and Communities. For more information please contact Wendy Kyle, Development Worker - wendy@healthyvalleys.org.uk



Valley Therapies

Healthy Valleys provide free complementary therapy sessions, to women who are experiencing (or have in the past experienced) abuse which has impacted on their health. The project aims to improve access to specialist practical & emotional support enabling more women to become survivors of abuse and to move forward with their lives.

These complementary therapies are on offer to women who live in rural South Lanarkshire. Treatments available are Aromatherapy & Aromatherapy Massage, Indian Head Massage, Pregnancy Massage and Shiatsu.

Outcomes

- Improved health and well-being
- Improved physical and mental health
- Increased confidence and self esteem
- Increased knowledge of other support services



For more information please contact Jenny, Valley Therapies Co-ordinator
jenny@healthyvalleys.org.uk

Community Food Matters

The Community Food Matters programmes offers a variety of opportunities for participants to improve their physical and mental health.

The programme is supported by trained volunteers and includes the following activities and courses:

- Practical Cooking courses – learning how to prepare and cook tasty, healthy meals on a budget for families and individuals.
- Community Health Cafes – we currently have community drop-in cafes in Kirkmuirhill, Lanark and Rigside.
- Rural Café – a confidential, weekly café which supports individuals and families who are financially struggling by providing a healthy hot meal at the café and a meal to take home with them. Participants are also supported/signposted to other support services to help improve their circumstances.
- Registered REHIS courses – Healthy Valleys is a registered REHIS Centre and we deliver the Elementary 'Food Hygiene', 'Food and Health' and Cooking Skills courses.
- Physical Activity Programme – we have a variety of opportunities to take part in physical activity including health walks, dancing, swimming or bowling (see website for more details).

Outcomes:

- Improved cooking skills and knowledge of food and nutrition
- Improved sense of well-being, physical and mental health
- Increased confidence and self-esteem
- Improved access to services and health information
- Increased social activity and networks



Funded by the Integrated Care Fund. For more information please contact Simone - simone@healthyvalleys.org.uk

The Fit for Life Project aims to encourage and motivate children to increase their physical activity levels, develop physical literacy/fundamental movement skills, improve their health and wellbeing and social interaction through enjoyable and accessible **ACTIVE PLAY** sessions in rural Clydesdale.

FIT FOR LIFE

The project includes:

- **Community Active Play Clubs** - these will take place mainly after school for primary school aged children in Carstairs Junction, Rigside, Smyllum, Woodpark and Carnwath. During these sessions children are introduced to a variety of different games and can explore their own capabilities through a wide range of equipment.
- **Holiday Play Clubs** - free sessions in areas of Clydesdale where there is no access to a group for children to attend when schools are closed.
- **Early Years Play Sessions** - age appropriate session for children aged 2-5 and their parent/carer to attend together to increase fundamental movement skills and physical activity levels.
- **Child Health and Wellbeing Course** for targeted children working alongside partner agencies. This 8 week course focuses on active play as a means to develop skills, confidence and social interaction with peers.

The project is funded by Children in Need and The Cattanach Trust.

For more information, contact Christine@healthyvalleys.org.uk / 07702336327

Clydesdale Stop Smoking Project

The Clydesdale Stop Smoking Project provides unique support to help individuals and families in rural Clydesdale communities to stop smoking. This support is provided through working in partnership with specialist Stop Smoking Nurses from NHS Lanarkshire. Specialist Nurses provide nicotine replacement products or champix tablets to beneficiaries.



We aim to increase participant's confidence through providing individualised support and improve their ability to make a successful quit attempt. Weekly one-to-one support and group sessions have been developed with home visits also being arranged to accommodate those who are not able to attend the community venues.

Funded by NHS Lanarkshire. For more information please contact Stephanie Girdwood, Stop Smoking Project Worker on 01555 880666 or email – stephanie@healthyvalleys.org.uk

Volunteering with Healthy Valleys Join our award winning volunteer team

Can you...

- Help run fun, educational parenting classes?
- Help others to live a healthier, less stressful lifestyle?
- Deliver active play sessions to children?
- Be enthusiastic about Active Play and help to encourage and motivate children to be more physically active through the means of play
- Support adults living with a long-term health condition to get out and about?
- Work with young people or vulnerable adults who are experiencing low self-esteem and poor mental health?
- Support isolated and lonely people to link in with their local communities?
- Help deliver our healthy eating courses and workshops to young people, families and older people?
- Assist at information stalls promoting all our projects?
- Drive a car or would like to drive a minibus and support vulnerable people to their appointments/health improvement classes and activities?



If the answer is 'YES' to any of these questions - and you have a few hours a week to volunteer with us, then we would really like to hear from you. All our projects and programmes are led and supported by trained volunteers, who are invaluable to Healthy Valleys and our communities.

Healthy Valleys provides support, training and out of pocket expenses to all our volunteers.

If you would like to find out more please contact Barbara Harding - barbara@healthyvalleys.org.uk or Kate Williamson - kate@healthyvalleys.org.uk

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