

New projects for **2013** and beyond



Making it Work  
(for lone parents)

Out and About  
(for people with  
long term conditions)

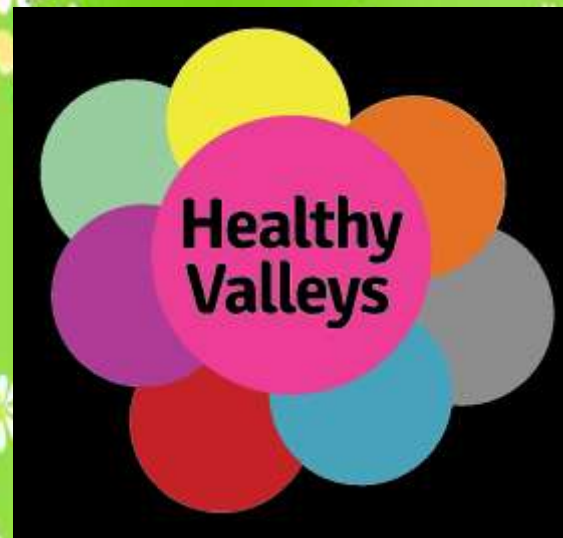
Mums Supporting Mums

Re-Connect South Lanarkshire  
(elderly people discharged from  
hospital)



Welly Walks  
Buggy Walks  
Soft Play Activities  
Baby Time  
Family Activity Programme  
Living Life to the Full  
Winter Wellbeing  
Beauty Inside Out  
Community Cook n Chat  
World Café  
Bookbug sessions  
Play@Home

New logo, website and social media sites  
Staff team of 12 including new post of  
volunteer co-ordinator



# Reflections

2003 - 2013

Delivering Community Led  
Health Interventions in  
South Lanarkshire

In the beginning...

# 2003

31 Stuart Terrace  
Rigside  
Lanark  
ML11 9NN

01555 880666  
www.healthyvalleys.org.uk

Way back in 1998, a survey of both the rural and urban areas in South Lanarkshire revealed that residents in the Douglas and Nethan Valley were isolated from services that would promote healthy lifestyles.

There was economic and social deprivation, resulting in health deprivation. The big health issues were heart disease, alcohol and mental health issues.

Various public sector organisations and local community groups worked together to come up with a vision for a healthier future.

With funding from the New Opportunities Fund of £768,000 and support from other funders, £1.2 million over 4 years was invested in creating Healthy Valleys, a healthy living initiative for the Douglas and Nethan Valley.



Lesley McCranor, Manager, meets HRH Prince Charles, Patron of Scottish Business in the Community event in Rigside Community Hall

### VISION:

- Reduce health inequalities
- Promote positive lifestyles
- Increase wellbeing

# 2012

Winner of a GlaxoSmithKline IMPACT Award in recognition of outstanding work in engaging and empowering communities.

Official launch of Grassroots by Aileen Campbell MSP, Minister for Children and Young People

Became a REHIS Accredited Centre to deliver Elementary Food Hygiene and Food & Health courses. Volunteer trainers gained Diplomas in Food Hygiene and Food & Health.



Shiatsu  
Reiki  
Stress Management  
Valley Catering  
Car Seat Safety



- BBV & Illegal Tattooing
- Time Out Buddying
- Monthly Health Walks
- Peer Support for Parents
- Baby & Child First Aid
- Mental Health First Aid
- Train the Trainer
- Equality and Diversity

# 2011

370 PHYSICAL ACTIVITY SESSIONS  
TO 3,361 CHILDREN AND ADULTS



*Baby & Toddler Fayres  
Baby First Aid  
Smoke Free Homes  
Blood Borne Viruses  
World AIDS Day  
Fit in Forth DVD  
School Lunch Health Drop In  
Valley Therapies  
Get Active  
Walk a Little, Live a Lot*



*Operating area expanded  
again, now covering Scotland*

*Volunteer Gillian Armstrong is VASLan Volunteer of the Year and joint winner of Unsung Hero Award at The Herald Society Awards. Grassroots shortlisted for Health Provider of the Year and runner up for VASLan Volunteer Group Award.*

*Awarded £422,000 from BIG Lottery to roll out the Grassroots maternal and infant health family support project.*

120 ACTIVE VOLUNTEERS, OF WHICH 44% WERE INITIALLY PARTICIPANTS-

EVIDENCES CYCLE OF DEVELOPMENT

# 2004

Then, in April 2004, Tom McCabe MSP & Depute Minister for Health, along with Lex Gold, Chair of NHS Lanarkshire, officially launched Healthy Valleys.

With 33 volunteers on board, we achieved the SoLVe Volunteering Standards Plus Award.

Befriending, Peer Education (young people) and Lifestyle projects were established.



THE DOUGLAS AND NETHAN VALLEY

Blackwood  
Douglas  
Glespin  
Lesmahagow

Coalburn  
Douglas Water  
Kirkmuirhill  
Rigside



*Swimming Buses  
Health Walks  
Gym Tots  
Curling  
First Food Fast (HWI)  
C'mon Dancing  
Game On  
Positive Images  
Market Bus  
Walk Leaders Training  
Stress Busters  
Mens Health Football Tournament*

174 SESSIONS, 2028 PEOPLE

# 2005

350 attend our "Life Begins at 50" event at New Lanark Visitor Centre

MSP Johann Lamont, Minister for Communities pays us a visit to find out more about community health in action.



*"I used to sit at home and watch the world go by my window. Since becoming involved with Healthy Valleys now I am never in, when previously I never used to cross the door"*

- Staff train in Appreciative Inquiry
- Baby & Child First Aid courses
- Gala Day activities
- People Like You
- Life Begins at 50
- Feeding the Family
- Get Active
- Golf Lessons
- ParentCraft
- Monthly Walks
- Mens Health
- Youth Health Checks
- Ready Steady Get Cooking
- Sexual Health Week
- Volunteer Recruitment Events



458 LIFESTYLE ACTIVITY SESSIONS TO 4759 PEOPLE

A tough year which saw some restructuring but we came through as a stronger and more focused team

Scottish Health Awards: Grassroots was a finalist.

Social Enterprise Activity began

My Way Project launched for people living with long term conditions

Youth Health Worker of the Year Runner Up for our Young Persons Development Worker at the Youthlink Awards



- Baby & Toddler Fayres
- Baby Yoga
- C'mon Dancing
- Fit Kids
- Buggy Walks
- Hep C Awareness Day
- My Way
- REHIS Food & Health
- Sun Awareness
- Sustainable Saturday World Record Attempt
- Time Out

*"A health asset is any factor or resource which enhances the ability of individuals, communities and populations to maintain and sustain health and wellbeing. These assets can operate at the level of the individual, family or community as protective and promoting factors to buffer against life's stresses"*

Dr H Burns CMO December 2010

# 2010

2,465 VOLUNTEERING HOURS = £40,026 INVESTED IN OUR LOCAL COMMUNITIES.



# 2009



Volunteer Dot McGillvary is Runner Up in SOLVE Volunteer of the Year Award and the Healthy Eating Team were runners up in Team of the Year

Talk to Me drama highly commended in Young Scot Awards

Finalist in the National Business Awards, sponsored by Orange and presented in London

*Adult Learner Awards  
Legs Bums Tums  
Come Lunch With Me  
Family Fun Days  
Forth Youth Health Drop In  
Game On  
Grassroots  
Health Walks  
National Business Awards  
Netball  
TOP Training*



5,431 VOLUNTEERING HOURS = ECONOMIC GAIN OF £73,489

# 2006

4872 PARTICIPANTS



The Young Persons Project is established, targetting teenagers and focused on sexual health, drugs and alcohol.

Routes to Health Clydesdale stress management service established in Lesmahagow

Over 80 residents of Rigside came together at our Community Consultation Day

Groups of participants took part in the Light & Water community arts project, presented at our AGM

*Fit for Life  
Great Scottish Walk  
REHIS Food Hygiene training  
Santas Top Tips  
Scotlands Health At Work Award  
Positive Images  
Family Trips  
Swim Bus  
Market Bus  
Counselling  
Shiatsu  
Cancer Information Service  
Rigside Community Consultation  
Light & Water Community Art Project*



Expanded our Operating Area from Douglas and Nethan Valley to Rural South Lanarkshire

# 2007

Jointly organised the Lanarkshire Healthy Living Centre's Conference, chaired by Tim Davison, CEO NHS Lanarkshire.

MSP Andy Kerr, Minister for Health and Community Care, pays us a visit at Rigside to see for himself what community health really is.

Nicola Sturgeon, Cabinet Secretary for Health, and Deputy First Minister, launches our Routes to Health Clydesdale Initiative.



- Sun, Sea, Sangria & (Safer) Sex*
- Young Persons Sexual Health Clinic*
- Boys Dance Project*
- Intro to Counselling Training*
- Healthy Weaning*
- Intro to Therapies Training*
- Mens Football Tournament*
- RARE programme*
- Tai Chi*
- Summer Family Trips*
- Walk Tall*
- Youth Work Training*
- Reflexology*
- Complementary Therapies*



144 INDIVIDUALS COMPLETED FEEDING THE FAMILY COOKERY COURSE  
183 CHILDREN COMPLETED THE READY STEADY GET COOKING COURSE

# 2008



Volunteer Kathleen Hogg wins SoLVe Volunteer of the Year Award.

Achieved the ISPAL Health & Physical Activity Award in recognition of innovative and good practice using physical activity to improve public health.

Young people wrote and performed the Talk to Me drama about mental health to raise awareness amongst their peers and perform at the NHSL Annual Performance Review to senior managers and Nicola Sturgeon, Cabinet Minister for Health and Wellbeing



- Armchair Aerobics*
- Around The World*
- Ceilidh Celebration*
- Clydesdale Food CoOp*
- Baby & Toddler Fayres*
- Take The Reins*
- Talk To Me Drama*
- Salsa Dancing*
- Multi Sports Clubs*
- Street Football Tournaments*



284 CHILDREN TOOK PART IN THE GET ACTIVE PROGRAMME