

Youth Health e-Bulletin

Please scroll down or click on the content links below to jump straight to that news item. Please send any comments, suggestions and items for the next e-bulletin to: nhs.HealthScotland-youthhealthbulletin@nhs.net.

Dear Sir or Madam,

Please find below the May 2013 Youth Health e-Bulletin from NHS Health Scotland.

Due to issues with Outlook I am afraid that I cannot attach a PDF version of the bulletin as normal.

Should you wish a copy via PDF please email the Youth Health Network (address above or at bottom of page) and I will arrange to send you one.

Kind regards,

Ruairi

NEWS

- 1. [Help us make Glasgow's Common Wealth Games smoke free](#)
- 2. [Be Healthy film launched](#)
- 3. [The Crofton Awards 2013](#)
- 4. [National Voluntary Youth Organisations Support Fund 2013-14](#)
- 5. [Request for Case studies: a training course for Improving Health through Youth Work and Social Care](#)
- 6. [Walk the Talk Developing Youth Friendly Health Service: A Call for Brief Case Studies/ Good Practice](#)
- 7. [MSPs Sign Up to Youth Work Pledge](#)
- 8. [Young People and Risk Taking Behaviour Conference](#)

PUBLICATIONS AND RESOURCES

- 9. [New Research Update on Self-harm](#)
- 10. [Smart Phone App - Legal Highs](#)
- 11. [Stay Well Lanarkshire Project](#)
- 12. [Supporting Young People's Health & Wellbeing – A Summary of Scottish Government Policy](#)
- 13. [NHS Health Scotland Resources: Young People](#)
- 14. [Child Healthy Weight Publications Project Update](#)
- 15. [Young People Creating Belonging: Spaces, Sounds and Sights](#)

TRAINING

- [16. Children their Carers and Second-hand Smoke](#)
- [17. Working with ADHD and the Autistic Spectrum - Present Practice and New Developments](#)

EVENTS AND CONFERENCES

- [18. Towards a Generation Free From Tobacco](#)
- [19. Arthritis in Young People – the Patient Experience](#)
- [20. Reducing health inequalities for Europe's children and young people](#)

NEWS

• **1. Help us make Glasgow's Commonwealth Games smoke free**

Glasgow's Commonwealth Games have been widely welcomed as an opportunity to celebrate healthy lives and to generate a lasting legacy for the city and for Scotland more widely. We are therefore calling for the 2014 Commonwealth Games to be tobacco-free. By this we mean:

- That all legal requirements regarding tobacco and smoking be fully enforced, and their intentions supported, for example protecting 16 and 17 year old volunteers from exposure to smoking
- That smoking also be banned from outdoor areas within the venue grounds
- That no tobacco be sold within the venue grounds

The Scottish Government has just produced a new 5-year tobacco strategy, which includes a commitment to making Scotland free from tobacco by 2034. The Commonwealth Games represent the first real test of this new commitment – but we will not achieve the 2034 target with business as usual.

Certainly some smokers will find it challenging – but they will already face this situation with taking flights, long cinema films or even the briefest of stays in hospital. Rather than helping smokers to light up we are calling on the Organising Committee to provide support to smokers to stop – stop smoking support areas are a much better fit to the wider ethos of the Games than designated smoking areas.

For more information contact or to show your support please visit:

www.ashscotland.org.uk/commonwealthgames

- **2. Be Healthy film launched**

A film produced by the young people who took part in the [AYPH](#) Be Healthy project is receiving great reviews.

The short movie highlights some of the health and wellbeing issues faced by young people affected by sexual exploitation. It was released at a celebration event for Be Healthy, at which Deputy Children's Commissioner Sue Berelowitz presented achievement awards and praised the young people's work.

The film and an accompanying booklet for young people, and all professionals working with sexually exploited young people, can be viewed at the new [Be Healthy website](#) .

Please take a look!

- **3. The Crofton Awards 2013: £1500 prize money for youth groups interested in tackling tobacco**

Are you or do you know a group of young people already taking action against the harm caused by tobacco or who would like to develop a new idea to tackle this issue?

You don't need to be an expert on tobacco to apply for these awards; ASH Scotland's Young People's Team can support the develop your ideas, knowledge and awareness of tobacco related issues.

We know youth groups across the country actively work to address a range of issues important to them. The Crofton Awards provide funds for youth groups to develop new ideas and innovative approaches to address tobacco and smoking. [Apply now for the Crofton Award 2013](#).

Winners of the Crofton Award and Best Newcomer categories have access to a comprehensive package of on-going support provided by ASH Scotland's Young People's Team including:

- Prize money
- Invitations to the annual awards ceremony
- An opportunity to attend a learning day at ASH Scotland
- Support to promote your work locally
- Access to up-to-date tobacco information and resources.
- Access to formal accreditation for young people via the [Dynamic Youth Awards](#).

For further information please contact:

Connie Bennett, Development Officer (Young People), ASH Scotland

E-mail: cbennett@ashscotland.org.uk

Telephone: 0131 220 9465

Or check out the website: <http://www.ashscotland.org.uk/what-we-do/young-people-and-tobacco/the-crofton-award.aspx>

Deadline for applications is 18th August 2013.

- **4. National Voluntary Youth Organisations Support Fund 2013-14**

The National Voluntary Youth Organisations Support Fund 2013-14 is now open for applications.

The Fund has been set up by the Scottish Government to support National Voluntary Youth Organisations to contribute to the achievement of the national priorities with particular emphasis on national outcome four.

Activities supported through the Fund should therefore be in line with the principles set out in Valuing Young People.

- Download the guidance notes and terms and conditions of grant [here](#)
- Download the application form [here](#)

Deadline dates - 7 June and 7 September 2013

For further information please contact:

Margaret McLeod

Telephone: 0131 313 2488

- **5. Request for Case studies: a training course for Improving Health through Youth Work and Social Care**

Youth Link Scotland, Youth Scotland, CLD Managers (Scotland), and the Centre for Excellence for Looked After Children in Scotland (CELCIS) are currently looking for brief case studies. The case studies will highlight activity undertaken by youth work, social care and CLD staff to help improve health and wellbeing for children and young people in Scotland.

The partners are particularly keen to highlight work around: physical activity, health eating; substance misuse: drugs and volatile substances; smoking; alcohol; self-harm; bullying; sexual health; dental health; and mental health (depression).

The case studies will be used to develop a new health improvement training course for youth work, social care and CLD staff. This will explore how, within their own practice, participants can enhance their skills and knowledge to improve health and address health inequalities for children and young people with whom they work.

Closing date for case studies: Friday 7th June

To share your learning with partners across Scotland, please contact:

John Brown

Senior Health Improvement Officer

NHS Health Scotland

E-mail: john.brown8@nhs.net

Telephone: 0131 313 7529

• **6. Walk the Talk Developing Youth Friendly Health Service: A Call for Brief Case Studies/ Good Practice**

To further develop youth-friendly health services in Scotland, [Walk the Talk](#) would like to hear from health professionals and their partners who have undertaken innovative and practical steps to ensure their health service:

- is known to young people
- is accessible to young people
- is appropriate for young people
- ensures confidentiality
- is offered in different settings, such as schools, community centres of youth clubs
- engages and involves young people in service design and delivery
- addresses barriers which discourage young people from accessing the service

Examples will be available on the Walk the Talk website to provide an invaluable resource for others wishing to follow your lead!

To share your learning with partners across Scotland, please contact:

John Brown

Senior Health Improvement Officer

NHS Health Scotland

E-mail: john.brown8@nhs.net

Telephone: 0131 313 7529

- **7. MSPs Sign Up to Youth Work Pledge**

MSPs from across the political parties signed up to YouthLink Scotland's pledge to ensure sustained and long-term investment for the future of youth work.

The event took place at YouthLink Scotland's Winners Reception at Holyrood on Wednesday 17 April. The reception was in honour of the outstanding winners from the National Youth Worker of the Year wards 2013.

Thirty two MSPs signed the pledge including the Minister for Children and Young People, Aileen Campbell and co-sponsors of the event, Marco Biagi and Kezia Dugdale.

The pledge asks politicians to acknowledge the value of youth work and the positive impact it makes to the lives of young people. It also states that the sector needs sustained and long-term investment to ensure the future of youth work in Scotland.

Read the press release [here](#).

- **8. Young People and Risk Taking Behaviour Conference December 2012**

The Health and Wellbeing Sub Group of the North West Youth Network, a network of over 90 organisations based in the North West of Glasgow with an interest in the general wellbeing of young people, organised a Conference especially for young people in S2. The Conference aimed to:

- Raise awareness of all risk taking behaviours and clustering
- Highlight short/long term consequences of risk behaviours – social, health and psychological
- Examine the effect of alcohol and drugs on decision making and risk assessment
- Challenge current rationale for engagement in risk behaviours
- Utilise a prevention/education/motivational approach to influence risk culture
- Promote protective factors and diversionary activities
- Involve and empower young people.

Four themes were identified which incorporated the Conference aims: risk/consequences, managing/coping, avoidance/diversion, and transferable skills. As well as a staff Planning Group, young people were involved throughout the planning process influencing the content and delivery of the Conference Programme and providing support on the Conference day. Young people were keen to include a personal experience of “someone who has been through it”; Paul Brannigan, Actor from ‘Angel’s Share’ film, was invited to give a personal testimonial of his very

negative experiences of risk taking behaviours. Young people also suggested the use of comedians; 'Universal Comedy' set the scene for the Conference using humour to engage the young audience. They outlined the development of the teenage brain, particularly its role in risky decision making in the teenage years.

The Conference was held on 5th December at the Royal Concert Hall, Glasgow. 208 young people attended from the ten secondary schools across the North West. A variety of evaluation methods were used to capture experiences, learning and any change in attitude/culture. Evaluation highlighted an increase in knowledge levels around managing risk to prevent bad outcomes, and the link between engagement with hobbies/planned activities and avoidance of risk behaviours.

For more information and/or to request a copy of the Evaluation Report of the Conference, please contact:

Nicola Mathieson

E-mail: nicola.mathieson@ggc.scot.nhs.uk

PUBLICATIONS AND RESOURCES

• 9. New AYPH Research Update on Self-harm

Self-harm is a particularly adolescent phenomenon. It does affect all age groups, but studies have consistently shown a peak in mid adolescence

1. The majority of people who self-harm are aged between 11 and 25 years.
2. It is also a critical public health issue. It reflects and creates emotional distress. What do we know, and what can we do?

Read the Associations latest update by using the following link:

http://www.ayph.org.uk/publications/316_RU13%20Self-harm%20summary.pdf

• 10. Smart Phone App - Legal Highs and Psycho-active Substances

Hi5Stirling.com is designed to be viewed on a mobile phone. It gives an easy way to find out what you need to know about chemicals known as legal highs.

Launched at the Legal Highs seminar feedback so far has been extremely positive. The app is very simple and easy to use and more substances will be added.

To save the app to any smart device type www.hi5stirling.com into the phone browser and then save as an app (this is usually an arrow symbol along the bottom of the screen). Alternatively, you could bookmark it to the home screen. Please note that the information is designed to be viewed from a phone rather than a desk top.

The address must be entered into the browser rather than searched for through the app store.

For further information contact:

Elaine Brown

Substance Development Officer

E-mail: browne@stirling.gov.uk

Telephone: 01786 443128

- **11. Stay Well Lanarkshire Project**

In Spring, 2012, the Action for Sick Children Scotland (ASCS) Stay Well Self-Management pilot and project for young people with long term health conditions was concluded after three years operating in Lanarkshire. The Project completed nine full programmes with six workshop sessions in each (54 sessions in total). 51 young people between 11 – 17 years of age benefited from the self-management programmes, held in community centres and secondary schools. Over 400 other young people received information about the project and the self-management of long term health conditions.

A new ASCS leaflet, '*Talking about my health condition*' for young people and the professionals working with them was created through the project.

This leaflet and other resources from the project are available to view and download from <http://www.ascscotland.org.uk/default.asp?page=56>

Or contact the ASCS office for more information:

E-mail: enquiries@ascscotland.org.uk

Telephone: 0131 553 6553

- **12. Supporting Young People's Health & Wellbeing – A Summary of Scottish Government Policy**

The document '*Supporting Young People's Health & Wellbeing – A Summary of Scottish Government Policy*' sets out a summary of the key Scottish Government policies that aim to support young people's health and wellbeing. This broad overview does not attempt to describe every Scottish Government policy or initiative that will have an impact on young people's health in Scotland. However it gives a clear overview of the main policies which frame Scottish Government Policy in the field.

<http://www.scotland.gov.uk/Publications/2013/04/4112/0>

For further information please contact:

Elaine Bell
Policy Manager
Public Health Division: Creating Health Team

E-mail: Elaine.Bell@scotland.gsi.gov.uk

- **13. NHS Health Scotland Resources: Young People**

NHS HS has a number of resources relating to Young People. A list of these resources is provided below:

- Walk the Talk We Keep it Zipped Poster
- Walk the Talk We Keep it Zipped Cards
- Completed LAAC Folders New
- Walk the Talk DVD
- Walk the Talk 7 Step Leaflet
- Walk the Talk Tip Cards

To obtain copies of these resources contact Health Scotland publications on the e-mail address below:

E-mail: nhs.healthscotland-publications@nhs.net

- **14. Child Healthy Weight Publications Project Update**

Throughout 2012-13, the following materials from the Child Healthy Weight suite were reviewed and updated with the support of an external steering group, internal NHS Health Scotland topic leads and NHS Health Scotland editorial and publishing teams.

- Healthy, Happy Kids (Parent booklet)
- Healthy, Happy Kids (Professional Booklet)
- Healthy, Happy Kids (Poster Series)

To access these materials please use the links below:

<http://www.healthscotland.com/documents/4143.aspx>

For further information please contact:

Ashleigh Oates
Health Improvement Programme Officer- Healthy Eating, Active Living NHS Health Scotland

E-mail: ashleigh.oates@nhs.net

- **15. Young People Creating Belonging: Spaces, Sounds and Sights**

Conducted by the University of Stirling, this two-year research study explored belonging with looked after young people across Scotland using creative methodologies.

The 'Sight and Sound Project' used creative sensory methods to explore how twenty-two young people who are looked after feel that they belong, or do not belong, in the places that they live.

<http://www.celcis.org/media/resources/publications/Young-People-Creating-Belonging-Sight-sound-project-web.pdf>

TRAINING

- **16. Children their Carers and Second-hand Smoke**

ASH Scotland is delighted to be able to offer free places on our new course.

In this one-day workshop, you will learn about second-hand smoke, its impact on families and children and how you can help. We will not only give you the facts but also the skills to make a real difference.

Audience

Anyone whose role involves supporting families, carers and children (whether in a paid or unpaid capacity).

Content

Participants will learn:

- all about second-hand smoke,
- its effects on the health of babies and children,
- how to approach parents/carers about this complex subject, and
- how to encourage change in smoking behaviour.

Dates and Locations

Friday, 31st May 2013 in Glasgow (venue tbc)

Friday 6th June 2013 in Ayrshire (venue tbc)

To reserve a place on either date, or to express interest in future deliveries, please contact:

Marion McGovern

Telephone: 0131 225 4725

E-Mail: marion.mcgovern@ashscotland.org.uk

- **17. Working with ADHD and the Autistic Spectrum - Present Practice and New Developments**

Thursday 6th June, Edinburgh, Delegate rate £155.00

Intended for those who have attended *Introduction to working with ADHD and the Autistic spectrum* or who work regularly with these groups of children and young people and their carers', this training session will examine recent developments in research and more advanced techniques for working with these groups of young people and the challenges they can present.

Attendees will benefit from the opportunity to share their own professional experiences and knowledge and to exchange ideas.

Learning objectives:

- examine a range of present practices
- gain an overview of schools of thought, treatment and behaviour management
- learn a range of positive responses to the challenging behaviours these conditions can present
- review recent research on these conditions and its implications for practice
- look at what helps families and carers and how we can contribute to this
- plan our future practice

For further information or to book a place please use the following link:

<http://www.childreninScotland.org.uk/html/training/show.php?ref=1744>

EVENTS AND CONFERENCES

- **18. Towards a Generation Free From Tobacco**

Thursday 20th and Friday 21st June 2013, John McIntyre Conference Centre, Edinburgh

This engaging and interactive international conference will look at the ideas and actions that will drive us towards a generation free from tobacco – a time when ideally the only people smoking would be the small number of adults who knowingly choose to do so.

- What further steps must we take to cut off tobacco industry marketing?
- How can we tackle the lingering appeal to young people, and put tobacco firmly out of fashion?

- What must we do to create an environment that makes tobacco-free the norm? How can we reflect the addictive nature of tobacco and provide flexible support to those for whom quitting is especially difficult?

This conference will bring policy makers, leaders in public health, academics and advocates of tobacco control from across the UK and Europe together with the people who implement smoking related health and tobacco control strategies at local level. Together we will explore a future free from the harm caused by tobacco.

Want to find out more about costs, accommodation and how to register. [Read more](#)

- **19. Arthritis in Young People – the Patient Experience**

Wednesday 5 June 2013, Stirling Management Centre

Arthritis Care in Scotland recently asked young people living with arthritis, as well as parents, partners and carers, what it's REALLY like to live with a condition that's viewed as 'an older person's disease,' at such a young age.

Their responses were powerful. They want support beyond medicine.

- They spoke about issues that are not often discussed at health appointments and what they'd like to change.
- They discussed their emotions, coping mechanisms and the discrimination they have faced.

Arthritis Care in Scotland would like to invite you to attend the official launch of a special film compiled from these honest and revealing interviews. The young people involved will be presenting the film and afterwards will take part in a breakout session. Lunch will be provided so you can continue discussions with those present.

It's now your opportunity to respond and 'Have Your Say'.

A clip of the film is available by following this link: <http://youtu.be/60ISyQ3YBd0>

The young people and all at Arthritis Care in Scotland would be very pleased if you and any of your colleagues could attend what should be an informative event for anyone involved in the care of young people with arthritis.

For further information and to register please contact:

Maureen O'Reilly, Better Together Project Manager

E-mail: maureeno@arthritiscare.org.uk

Telephone: 07834 418451 or 0141 954 7776

- **20. Reducing health inequalities for Europe's children and young people**

Thursday 27th June – Saturday 29th June, Royal College of General Practitioners, 30 Euston Square, London

The reduction of health inequalities for young people has been a major theme dominating EUSUHM Congresses since 2005 – for example there is a tenfold difference in infant and child mortality across the European Region and every year 200,000 children die before the age of five, 40% within the first month of life.

The aims of this London Congress are to identify the causes of these inequalities, the actions which have the potential to reduce them and the stakeholders and opinion formers, including politicians, whose actions can help to achieve the improvements to which we all aspire.

For further information and to register for the conference please use the following link: www.eusuhm2013.org.uk/

Please feel free to circulate this e-bulletin to colleagues not on the database but who may be interested in the items listed.

Please send any comments, suggestions and items for the next e-bulletin to: nhs.HealthScotland-youthhealthbulletin@nhs.net.

[Return to Top](#)