



In Health and Social Care East Renfrewshire

Issue 01

June 2017



to the first issue of our new bulletin!

What is Your Voice?

Formerly the Public Partnership Forum, it is a network of local individuals and organisations who are interested in health and social care services and want to be kept informed and involved in how they are designed and delivered.

What does Your Voice do?

We help the Health and Social Care Partnership (HSCP) to get information about services to the public. The HSCP provides all local health and social care services for people in East Renfrewshire. We also want you to have your say in any decision making about services.

The **Your Voice Working Group** meets regularly to plan activity in the community and feedback information to the Health and Social Care Partnership. We are always looking for new members on this group.

Our aim is to get out and about in East Renfrewshire and speak to people. This could be:

- ◆ Attending local groups
- ◆ As part of a community event
- ◆ Having an information stall in local public areas

If you would like us to come along to your group or any events you are having please just let us know. We want to engage with the local community about how to get involved and help make services better for all.

How can I get involved?

Anyone who lives or works in East Renfrewshire can be part of Your Voice. Just contact us and we can add your details to our contacts list and send you out a regular Your Voice Bulletin, keeping you informed of any relevant developments. If you are interested in finding out more about being part the **Working Group** please get in touch.

Help with your medicines



The **Medication Support Service** are a specialist team of Pharmacy Technicians covering the East Renfrewshire area.

Mary Ann, Karen and Carol visit people who have just come out of hospital, or who have been referred for help with medicines at home. The service gives expert medication advice to patients and their carers. They make sure

- You know what medicines you should and shouldn't be taking.
- You understand what each medicine is for and how it should be taken or used.
- You are able to use all your medicines correctly and that they are not causing you any problems.



Carol Mary Ann Karen

The team would be happy to come out and speak to your group or organisation and explain more about the service and how it can help you. For more information please

Tel. **0141 577 3000**
email: **GG-UHB.EastRen
MedicationCheck@nhs.net**

Breastfeeding Support

babycafé

Barrhead Babycafe offers a friendly, supportive and encouraging space for all breastfeeding mums. There are refreshments available and support from health visitors and mums who have breastfed.

It meets every Thursday at **Auchenback Resource Centre, 60 Aurs Drive, Barrhead 1.30pm - 3.30pm**

There is no need to book, it's a free drop in. Mums, babies and older siblings are welcome.



There is also a **Breast Feeding Support Group** which meets In Eastwood Health and Care Centre, Drumby Crescent, Clarkston every **Wednesday** from **1.30pm—3.30pm**

If you are interested in finding out more about this support contact:

HSCP Health Improvement Team
on **0141 451 0757** or
email **HITeam@
eastrenfrewshire.gov.uk**



Support to Report

One in four people with a disability were victims of hate crime last year yet it is still under-reported to the police.

The **Glasgow Advocacy Project (GAP)** supports people to have their voices heard and to be involved in decisions that affect their lives.

The Project launched a short film recently during Learning Disability Awareness Week.

Support to Report uses real stories to show how disability hate crime affects people in their daily life and to encourage people to act if they are victims of or witness acts of hate crime. The film is available to view on the **GAP** website.

GAP also covers the East Renfrewshire area. For more information about how it can help you or someone you know please:

call **0141 420 0961**

Email: enquiry@theadvocacyproject.org.uk

Website: www.theadvocacyproject.org.uk



East Renfrewshire Health and Social Care Partnership are seeking volunteers to help lead walks.

If you are feeling at a loose end, would like to meet new people while getting exercise out in the fresh air and can spare an hour a week you could become a volunteer walk leader.

To find out more please contact **Sine Delahunt** on **07894802349** or

0141 451 0757

Email: sine.delahunt@eastrenfrewshire.gov.uk



Every year thousands of people across Scotland lose capacity – it could be an accident, a head injury, a stroke or a progressive illness.

If ill health or an accident means you can't make decisions for yourself, who do you want to make them for you? The only way you can plan for your future is to appoint someone with **Power of Attorney**.

This is a legal document giving someone else authority to take actions or make decisions on your behalf. This could be a family member, friend or legal representative.

For any questions you have about this, and an information pack please visit www.mypowerofattorney.org.uk or email starttalkingpoa@gmail.com



Weigh to Go is a free weight loss programme for 12-18 year olds in East Renfrewshire who are overweight and want to lose or manage their weight.

It has ongoing support from a Weigh To Go nurse to promote healthy, sustainable and successful weight loss.

For more information call: **0141 451 2727**



Heart for Art

Free Dementia Friendly Art Classes

Heart for Art aims to bring creativity and connection to those living with dementia in Scotland.

It offers free art classes to individuals. No previous art skills are needed. Art tutors are on hand to help you. Staff and volunteers have undergone dementia training and understand the needs of those attending.

Heart For Art is at Stamperland Church, 141 Stamperland Gardens, Clarkston every Friday from 2pm - 4pm

Tea and cake is also provided.

Come along for a chat or get in touch for more information at **0141 630 3092** or email **heartfor.art@crossreach.org.uk**



Community Transport East Renfrewshire

provides transport to medical appointments for people who live in East Renfrewshire.

Your GP surgery can register you with the service then you can phone them directly to arrange your appointments, usually giving around one weeks notice.

Volunteer drivers take patients to their appointments using their own car and receive mileage allowance. They can pick how frequently they want to help out.

There are also two accessible (wee red) buses that can be hired for appointments and other events.

Community Transport ER is looking for more car drivers to help get people to where they need to go. They are also looking for people to help out with bus driving. Training is provided for this.

If you are interested in helping out or would like more information on how to register for the service please call **0141 876 9572** email: **info@yourweeredbus.org.uk** Website: **www.yourweeredbus.org.uk**

Contacting Your Voice :

Phone **0141 451 0757**

Email: **yourvoice@eastrenfrewshire.gov.uk**

Website: **www.eastrenfrewshire.gov.uk/yourvoice**

This bulletin can be explained or translated into other languages and provided in alternative formats such as large print or Braille. For further information about this please contact **Customer First** on **0141 577 3001** or email **customerservices@eastrenfrewshire.gov.uk**

