Winter is upon us and Sandyford continues to be as busy as ever. In September, we welcomed back Dr Alison Bigrigg, Sandyford’s Director from her sabbatical in Boston, Massachusetts.

Life has continued apace in Sandyford, and those who use the main centre in Sandyford Place will have noticed the new contemporary look to the main reception and the general upgrading of many of the clinical rooms throughout the building. The picture on the right conveys the modern feel of the Family Planning reception.

Sandyford’s services in community Hubs are continuing to open, providing a wider range of sexual, reproductive and emotional health care across NHS Greater Glasgow and Clyde. Since the last Star we have opened Sandyford Renfrewshire in the Russell Institute in Paisley and satellite services in the Renfrewshire area are being set up to support the main service.

Unfortunately plans to open the new West Dunbartonshire Hub at the Vale of Leven hospital site were delayed because of the C.difficil issue, and it is hoped that we will be able to open early this year. An interim young people’s service opened in October at the new Hub site, whilst we wait for the complete service to be available.

Although the Star contains a lot of information, if you would like to know more about Sandyford, we have just finished our first fully integrated Annual Report and Clinical Governance Report that sets out full detail of the work and activities of 2007 – 2008. If you would like a copy by email or in CD or paper form, please contact Jan Irving on 0141 232 8417 or email jan.irving@ggc.scot.nhs.uk.

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And Lots More......
Not sleeping well, stressed, depressed?

Sandyford Library has a great new range of mental health information leaflets from the Royal College of Psychiatrists, and the West Glasgow CHCP, which can help you along the road to feeling better.

The RCP has produced a series called “Help is at Hand”, and these cover a range of topics including

- Post natal depression,
- Eating disorders
- Depression
- Post traumatic stress disorder
- Men and depression
- Sleeping well

The leaflets are easy to read and also contain information on help lines, websites etc.

The West Glasgow CHCP has also recently brought out a series of self help guides on similar topics, as well as others on

- Controlling anger
- Panic
- Stress & anxiety
- Bereavement
- Obsessions & compulsions

These are full of helpful information, and are aimed at helping people understand their feelings, with useful advice on taking positive steps to feeling better. The library staff are happy to help point you in the right direction of other leaflets, books, journals, self-help groups etc.

Sandyford Hubs
As you know, there are great information resources and free public internet access in each Hub - we will be visiting all the Hubs over the next few months to review the library and information resources on display, and to assess what new or additional resources are required to improve access to health information, and to encourage uptake of public library services in the vicinity of each Hub.

Great new reads
We have lots of exciting new health & wellbeing books just waiting for you to come in and take home – we also have fiction, biographies, cookery, bestsellers, healthy lifestyles, and much more. The library is freely available to everyone – it’s easy to join. If you already have a membership from Glasgow Community Libraries, you can use your library card here! Contact the library for more information - 0141 211 6717.

Opposite are a few samples of what Sandyford Library has on offer

The library is open:

Monday and Tuesday
10.00 – 12.30 and 1.30 – 7.00
Wednesday to Friday
10.00 – 12.30 and 1.30 – 4.00

Doreen Rhodes / Fiona Walker
Library and Information Services Manager,
0141 211 6717

Sandyfordlib@ggc.scot.nhs.uk
www.sandyford.org
Bonding with your bump: How to begin parenting in pregnancy
By Miriam Stoppard

Families and how to survive them: By Robin Skynner & John Cleese

In the Shadows of the Net by Patrick Carnes

Selling Olga Stories of Human Trafficking

Don’t Stop Me Now Jeremy Clarkson

The Sugar Addicts Total Recovery Programme
Maureen Kennedy, Lead Nurse Homeless Service, is a member of the Children's Panel and is supported in this by Sandyford Management. I was delighted to accept an award at a ceremony in Glasgow City Chambers acknowledging the work of panel members and the support Sandyford gives Maureen to undertake this important work.

Scotland’s Children’s Hearings System is incorporated in the Children (Scotland) Act 1995 and there are many reasons why a child or young person may be called before a hearing and include that the child:

- is beyond the control of parents or carers
- is at risk of moral danger
- is or has been the victim of an offence, including physical injury or sexual abuse
- is likely to suffer serious harm to health or development through lack of care
- is misusing drugs, alcohol or solvents or has committed an offence
- is not attending school regularly without a reasonable excuse
- is subject to an antisocial behaviour order and the Sheriff requires the case to be referred to a children’s hearing.

The Children’s Panel is a group of people from the community who come from a wide range of backgrounds. Panel members are unpaid and give their services voluntarily, but are carefully selected and highly trained and are appointed by Scottish Ministers. Maureen has utilised the knowledge and experience she has gained from this voluntary work to complement her work with Homeless young people.

Further information on the Children’s Hearings System can be found on the Scottish Government website at www.chscotland.gov.uk.

Lorraine Forster

Clinical Effectiveness Unit joins Sandyford

The Clinical Effectiveness Unit of the Faculty of Sexual & Reproductive Healthcare, previously based in Aberdeen, have relocated to Sandyford. The team, Louise Melvin, Director, Julie Craik, Researcher and Janice Paterson, Administrator are based in Claremont House and can be contacted on 0141 232 8459 or email ceu.members@ggc.scot.nhs.uk.

Guidance documents and other information is available on the FSRH website www.fsrh.org.uk.
A short reminder that the Alcohol Brief Intervention Clinic is available Monday, Tuesday and Thursday from 11am – 12noon and 2.30pm, with 30min appointments available. There are no age restrictions and the clinic is open to all health practitioners.

Brief Interventions help to reduce the risk of harm resulting from excessive drinking, can identify real or potential problems and help motivate the client to do something about it. BI’s target people who are drinking heavily and those regularly involved in binge drinking but who are not yet experiencing major problems.

The intervention will offer simple advice on safe and sensible drinking, alcohol health information, encouragement and support to reduce consumption. Self help information will be given in the form of drink diaries, unit calculators and information leaflets. Referral information on local addiction teams for further support will be offered if requested or assessed appropriate.

There are two methods of arranging appointments for the clinic.

1. Contact me via email with client details or
2. Contact me by phone on 0141 232 8447, leave client contact details and I will arrange the brief intervention.

Patricia Keogh

Patricia.Keogh@ggc.scot.nhs.uk
Tel 0141 232 8447

Brief interventions are not designed for dependant drinkers

‘Ideas in Action’ is a new initiative introduced to recognise and highlight good ideas and practice across NHS Greater Glasgow and Clyde. Patricia Keogh (young person’s alcohol and drug support worker) has won an award for the successful project: “Alcohol screening and brief intervention pilot in a young people’s sexual health service”.

The study involved incorporating alcohol screening and brief intervention support into the Place young people’s sexual and reproductive health service at Sandyford. Trish is keen to stress that the project was a collaborative effort. Duncan MacFarlane (clinical effectiveness team) played a crucial role in developing the database and processing and analysing the study data. The pilot would not have been possible without the help and support of all the Place clinic staff including Pauline McGough (consultant for young people).

On 19th August Patricia and other winners attended Dalian House where she received a framed certificate presented by chairman Andrew Robertson. A photograph and details of the pilot was featured in the Staff Newsletter and posted on the ‘Ideas in Action’ section of Staff Net.
Between the 1st of April and the 30th of September 2007 the number of requests for Interpreters at Sandyford was analysed to get a sense of the language requirements of service users over that period:

Over 6 months there were a total of 406 requests for interpreters recorded (this is all Sandyford Central requests and as many hub requests as could be pulled together). The most common requests were for Slovakian (16.3%), Mandarin (11%) and Polish (10%). The majority of requests were for female users (82.5%). Men constituted 17% of the requests.

In relation to requests from women, just under 20% requested a Slovakian interpreter with the next biggest requests being for Mandarin (12.3%); Polish (9.7%); French (7.9%); Arabic (7.6%) and Turkish (7.3%). Where the Sandyford service requested was recorded, the majority of women visited family planning (69.4%), with 14.9% visiting GUM (sexual health) services.

In relation to requests from men, Russian interpreters were requested most often (13%), with the next most common requests being for Urdu (10%), Farsi (10%), and Polish (9%). Where the Sandyford service requested was recorded, the majority of men visited GUM (sexual health) (74.2%) with 10% visiting Family Planning and 8.1% attending for psychosexual reasons.

We will continue to monitor the uptake of interpreters at Sandyford.

Health Adviser staff will soon be inputting to Glasgow Interpreting Service training for new interpreters. This work at Sandyford can bring additional sensitivities that may be absent when interpreting in many other healthcare settings.

Pride was held in Glasgow on Saturday 30th August. A stall promoting all Sandyford Services was located in the main market place. Staff promoted the work of Sandyford centrally and across Glasgow & Clyde. They answered queries from a large number of the LGBT community who attended as well as being able to network with other agencies.

For the first time the Place had a stall in the Youth Zone with our colleagues from LGBT Youth. This allowed us to promote young people’s services to young LGBT attendees as part of our work towards securing the LGBT Youth Charter Mark.
DIPLOMA OF THE FACULTY OF SEXUAL & REPRODUCTIVE HEALTHCARE (DFSRH COURSE)  
(Modules 1 – 6 of DFSRH includes STIF qualification)  
Campanile Hotel, Glasgow  
3rd & 4th March and 10th & 11th March 2009  
2nd & 3rd June and 9th & 10th June 2009  
1st & 2nd Sept and 6th & 7th October 2009  
4 day course open to medical postgraduate professionals  
- May be completed in a modular way throughout the year -  
COST: £100 per day (including lunch)  

SEXUALLY TRANSMITTED INFECTION FOUNDATION COURSE  
(STIF Course)  
(Modules 5 & 6 of DFSRH)  
Campanile Hotel, Glasgow  
3rd & 4th March 2009  
2nd & 3rd June 2009  
1st & 2nd September 2009  
- Multidisciplinary course open to medical, nursing and other health professionals –  
COST: £100 per day (including lunch)  

UPDATE IN SEXUAL HEALTH FOR NURSES  
Information day for nursing staff working within general practice  
FP, GU Medicine and other interested specialties  
Campanile Hotel, Glasgow  
21st April 2009  
Cost - £100  

PSYCHOSEXUAL BASIC MEDICINE SEMINARS  
(In conjunction with Institute of Psychosexual Medicine. London)  
Open to relevant professionals who wishes to expand their basic knowledge in sexual problems and sexuality.  
Requires commitment to one afternoon per month January – March / April – June / Sept – Dec 2009  
Held within Sandyford Initiative, Glasgow.  
Fees payable to IPM.  

SSM COURSE - MENOPAUSE TRAINING  
2 day special study module course due to be held in early 2009  
Campanile Hotel, Glasgow  
Date to be arranged  
Cost - £300  

LETTER OF COMPETANCE IN MEDICAL EDUCATION (LoC Med)  
Applications are invited from accredited Diplomates of the Faculty of Sexual & Reproductive Healthcare who are actively involved in sexual & reproductive health care, working equivalent to 100 sessions in past year  
Campanile Hotel, Glasgow  
7th & 8th May 2009 (2 day course)  
Cost - £300  

EDUCATION DAY FOR COUSELLORS  
Education on the physical and emotional aspect of client’s problems  
Campanile Hotel, Glasgow  
Date to be confirmed for 2009  

ANNUAL WOS SEXUAL & REPRODUCTIVE HEALTHCARE REGISTERED TRAINERS MEETING  
24th November 2009  
(Half day afternoon meeting for Registered Trainers working in the West of Scotland)  
Campanile Hotel, Glasgow  

UPDATE IN CONTRACEPTION & SEXUAL HEALTH  
Open to all members of Primary and Acute Care staff interested in Sexual & Reproductive Healthcare issues  
Campanile Hotel, Glasgow  
Beg November 2009  

FOR FURTHER INFORMATION REGARDING THE TRAINING COURSES AVAILABLE NEXT YEAR PLEASE CONTACT  
EILEEN ELDER, TRAINING CO-ORDINATOR SANDYFORD -  
0141 211 8653  
E-mail address: - eileen.elder@ggc.scot.nhs.uk  

DATES MAY BE SUBJECT TO CHANGE
Sandyford East Open Day, 5 August 2008, was judged a great success by the 33 staff from a variety of East Glasgow agencies who attended. Hosted by Sandyford East in partnership with Glasgow East CHCP staff from the Health Improvement Team, including H4U Teen Health Project and Sandyford Outreach the event showcased the work carried out in the area.

Visitors were given a tour of the facility by Pauline Caulfield, Lead Nurse, who explained how the service met the sexual, reproductive and emotional health needs of the local community. The service welcomes both men and women and there is a youth priority service which is delivered in partnership with H4U. Following the tour visitors were given an opportunity to meet with members of the East Health Improvement Team who described the work they are involved in within sexual health improvement locally. Resources used in outreach groupwork were available and visitors were given information on the Sandyford outreach programme on sexual wellbeing for young people which is delivered by Carol Wiseman, Outreach Coordinator for Young People’s Services at Sandyford.

Contact details for this hub are:
Lead Nurse - Rosie McCluskey
0141 314 0726

Please send your comments to:
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