

HELPING COMMUNITIES IN SCOTLAND LIVE HEALTHIER LIVES

HEALTH DEFENCE SCOTLAND



A much-needed project in the heart of Maryhill.

The existing health of people living in North West Glasgow highlights the need for a project focused on primary and secondary prevention for chest heart and stroke conditions.

WHY HERE?

Glasgow's disease prevalence and incidence rates for chest heart and stroke conditions are all higher than the rest of Scotland.

OUR ANSWER

Proactive prevention is key.

Our Health Defence project is a codesigned community based health and wellbeing project that aims to support people with what matters to them.

The Health Defence project in Maryhill is focused on increasing access and inclusion through understanding, breaking down barriers and through the development of innovative partnerships to optimise reach. Working in partnership with the local community the Health Defence team empower people to make realistic changes to enable a healthier life.

WHAT THE COMMUNITY TOLD US?

Through our ongoing community engagement which has included; community health surveys, focus groups, stakeholder engagement days and of course one to one conversations in the community, the people in Maryhill and the surrounding areas have told us that they want:

- Conversations about their health/circumstances
- Accessible health checks
- Advice/support about healthy eating
- Physical Activity – what to do and where to do it?
- General wellbeing/lifestyle support
- Flexible approaches to follow up
- Connections with the people supporting them
- A virtual offer – either due to covid restrictions or personal situations in relation to mobility/vulnerability.

ROBERT'S STORY

Robert McCartney is 70 and lives in Glasgow. After a heart attack and triple bypass in 2017, he suffered a stroke and has been left with mobility issues on his left side. He joined our physical fitness session in Maryhill to improve his mobility.

"Since my stroke, my left leg has been causing me all sorts of problems. I had no idea the hub was there until someone locally suggested it to me. Now I go every Tuesday and it's made a real difference to my health and my recovery.

Its also good to meet other people in the same situation so you don't feel you are struggling alone and you can get the support you need to make things better. I know I will never run a marathon but I'm still able to move and CHSS are helping me to keep active in the best way possible."



Link between income deprivation & health deprivation



THE STORY SO FAR

<p>Summer 19 PILOT Health Defence 1.0 Inception and Initial Launch in Drumchapel.</p>	<p>Spring 20 PAUSE Programme paused due to Covid & staff furloughed. Then funding announced through Glasgow Communities Fund to expand programme into Maryhill.</p>	<p>Spring/Summer 21 EVALUATION Rocketscience 1.0 Evaluation: highlighting key areas for development for Health Defence 2.0 including key themes around space, community involvement, service design.</p>	<p>Summer 21 ENGAGEMENT Community Engagement and Locality Research.</p>	<p>Autumn/Winter 21/22 CO-DESIGN Co-design of Health Defence 2.0.</p>	<p>Spring 22 LAUNCH Re-launch of Health Defence 2.0 and the return of face-to-face delivery at our new home in Maryhill Hub.</p>	<p>Ongoing until at least Spring 23 EXPANSION Expansion of team, increased community engagement, develop volunteers, ramp up service delivery and commence evaluation of Health Defence 2.0.</p>
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ACTIVITY IN THE FIRST 6 MONTHS

42	18	10	5
new walkers	new physical activity clients	health checks per week	volunteers so far...

COMMUNITY ENGAGEMENT IN THE FIRST 6 MONTHS

22 new partners

- Maryhill Together Network
- Glasgow Life
- Dept Work & Pensions
- H&SC Partnership
- Scottish Canals
- And many more...