



Your News



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Did You Know?



***Half of all residents from East Dunbartonshire report eating 5+ fruit and veg portions per day.**

*East Dunbartonshire Health and Well-being Survey 2018

The HSCP and PSUC group

We are delighted to welcome you to the first issue of the East Dunbartonshire Public, Service User and Carer (PSUC) representatives group newsletter.

We plan to produce a newsletter on a quarterly basis (4 times a year), highlighting local and regional health and social care developments. In this issue we will describe who we are, who the East Dunbartonshire Health and Social Care Partnership (HSCP) is, and introduce a member of the PSUC group.

HSCP's are the organisations formed in 2014 as part of the integration of services provided by Health Boards and Councils in Scotland. The East Dunbartonshire HSCP is jointly run by NHS Greater Glasgow and Clyde and East Dunbartonshire Council and manages all community health, social care and home care services for children and adults.

The PSUC representatives group work alongside our health and social care professionals and provide the people of East Dunbartonshire with a voice in the planning, development and review of health and social care services.

If you require further info on the PSUC group, please email:

- EDPSUC@ggc.scot.nhs.uk

HSCP Chief Officer thanks the PSUC members

Susan Manion, Chief Officer of East Dunbartonshire Health and Social Care Partnership (HSCP) attended the recent PSUC group meeting to present volunteering awards. Susan also extended her personal thanks to all of the members who have helped shape local health and social care services.

Speaking on behalf of the HSCP senior management team Susan stated:

"the whole team are truly appreciative of the volunteers of the PSUC group who dedicate their time to helping plan, shape and review the services provided by the partnership".



**Susan Manion,
HSCP Chief Officer**

Susan added, that *"at times, as a volunteer, you may question the extent of the impact that your time and efforts have had, however, the results of your efforts, especially in projects such as the hospital discharge report and the creation of the discharge leaflet, show that your labours are often far-reaching and cross-generational even if they never appear evident to you personally".*



Spotlight on the PSUC Group: Gordon Cox (Chair)

As a service user I have found the PSUC group provides a real insight into the workings of the Health and Social Care Partnership (HSCP). I feel I can bring a real life perspective to the various discussions and be a critical friend to the professionals in their work. My family have been well served by the NHS in both good and bad times and so I'm glad to be able to play a part in shaping the future of the new integrated service.

HSCP participation and involvement

Involving carers, service users, the public and local communities is an important part of improving the quality of services provided by the HSCP. Effective participation and involvement can:

- help the HSCP to improve local services and ensure they are person centred and strengthen local knowledge and confidence of carer and service user experiences with the HSCP, and;
- help the HSCP to shape or redesign local health and social care services

If you want to join the PSUC group or just require more information, the please email:

- EDPSUC@ggc.scot.nhs.uk

Did you know?



East Dunbartonshire has the highest life expectancy in Scotland at **83.5yrs** for females and **80.5yrs** for males.* However life expectancy is lower if you live in a deprived area, with life expectancy for woman at **78.6yrs** and **74.6yrs** for men.

*East Dunbartonshire health and well-being survey 2018

Useful Information - Out of Hours Service

- Call **NHS 24** on **111** to access NHS Greater Glasgow and Clyde **out-of-hours (OOH)** service. **NHS 24** provides GP services to all practices in East Dunbartonshire (when your doctor's surgery is closed). Call **NHS 24** on **111** if you are unwell and need to talk to someone before your GP or dental practices reopens.

If you require this newsletter in an accessible format, such as large print or braille or in a community language, please email:

- EDPSUC@ggc.scot.nhs.uk