

SCPHRP

Scottish Collaboration for
Public Health Research and Policy

SPRING MAGAZINE 2016



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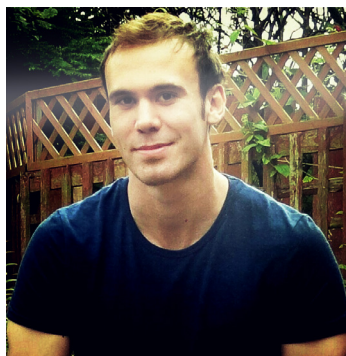
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A note from the Editor



Stephen Malden joined SCPHRP in 2015 to assist with a review of Scotland's obesity research that will contribute to planned ORM revisions, and to assist on other projects.

Read more about Stephen at www.scpgrp.ac.uk/people

Welcome to this year's spring edition of the SCPHRP magazine, even if the weather still appears to think that its winter.

Our last magazine issue saw us bid farewell to the former Working age/Adult lives working group lead Tony Robertson as he left us to take a post at the University of Stirling just before Christmas. Early 2016 saw us also say goodbye to another two members of the SCPHRP team, as Farr research fellow Andrew Williams secured a position at the University of Exeter, while Catherine Bromley completed her PhD and was subsequently offered a position at NHS Health Scotland. While we here at SCPHRP were sad to see them leave, we wish them all the very best in their new roles, and look forward to working with them again in the future!

As usual, there has been plenty of interesting work going on at SCPHRP within the last few months, and there is sure to be something to interest all our readers in this latest Magazine issue. We highlight the exciting work that is currently taking place within the three active working groups (Early Years, Adolescence/Young Adulthood, and Later Years) such as the development of the CARE intervention and our work on the Daily Mile initiative, in addition to projects from some of our collaborators.

We hope you find this issue interesting, informative and most importantly enjoyable!

Stephen



Getting school children in Scotland physically active: The Daily Mile Initiative

by Larry Doi

image courtesy of Paci77

Children's weight is a reflection of their general development and physical health. Ideally, it would be great if all children could maintain a healthy weight. Sadly, in the real world the story is different. Childhood obesity has remained high in Scotland for some time now and efforts to reduce this have now become even more important. It is on this note that an initiative that's attempting to achieve this is receiving so much recognition both in Scotland and other parts of the world. The Daily Mile programme is an innovative whole-school physical activity initiative that allows class time to be taken to get all pupils to walk or run for 15 minutes every day, when school is in session. This is done on top of their usual PE classes.

The initiative was first introduced by Elaine Wyllie, a Head teacher of St Ninian's School in Stirling. Elaine has since won the *Pride of Britain Teacher of the Year* award for the initiative. She believes that the "*children who take part in the programme are fit and healthy and they come into school energised and ready to learn*". A growing body of research suggests that there are numerous benefits to school-based physical activity, including enhanced cognitive function, perceptual skills, attention, concentration, classroom behaviour, self-esteem, emotional wellbeing, spirituality, future expectations, school attendance and academic performance.

The potential benefits of the Daily Mile programme have

attracted some attention from Education Scotland and the Scottish Government as a programme that has the potential to become part of the Curriculum for Excellence. Currently, Local Authorities are being encouraged to implement the initiative across schools in Scotland and to date many of them have done so.

Some critics have questioned whether teachers and children will not eventually feel bored and find it difficult to sustain the programme over a longer period. Albeit, giving children the opportunity to be more physically active has the potential to set them up with life-long exercise habits.

Indeed, the popularity of the initiative will be enhanced if the anecdotal benefits of the programme can be substantiated by research. A research group is currently planning to evaluate the programme in Stirling and we at SCPHRP have also secured some funds to examine the transferability of the programme. Most public health programmes such as the Daily Mile initiative are context-specific and their transferability between localities or settings require careful consideration. This means that how the programme works in schools in Stirling may be different from how it works in another school, for example in Edinburgh, or how it works in schools in areas of low socioeconomic status versus areas of high socioeconomic status. Therefore, we feel that it will be useful for local decision makers or schools to understand the factors that facilitate or act as barriers to transferring the initiative to other settings.

For further information please contact SCPHRPs Early Years Working Group Lead, [Larry Doi](mailto:larry.doi@ed.ac.uk) at larry.doi@ed.ac.uk.



LATER LIFE WORKING GROUP:update



It has been a busy start to the year for SCPHRP's Later Life Working Group Fellow, [Daryll Archibald](#). Daryll is currently leading a wide-ranging scoping review project with colleagues in the Primary Palliative Care Research Group (University of Edinburgh), The Scottish Partnership for Palliative Care, St Columba's Hospice and NHS Lothian. The scoping review aims to map the Progress and Impacts of Community Engagement in End-of-Life-Care. Community engagement in end-of-life care is an umbrella term for a process which enables communities and services to work together to understand, build capacity and address issues to improve their experience of end-of-life and bereavement and their related well-being. In recent years, approaches to community engagement in end-of-life care have attracted interest and gradually gained momentum within UK health practice and policy, and among those who are part of and responsible for palliative care services. There is general consensus that community engagement in end-of-life care can complement and go beyond the scope of formal service models of palliative care. However, there is not widespread clarity about how these approaches can be undertaken in practice or how evidence can be gathered relating to the effectiveness of these approaches. No previous work has been done to systematically map and categorise the wide variety of activities and programmes that could be classified under the umbrella term 'community engagement in end-of-life care', to understand the potentially wide-ranging impact of these activities, or to explore ways in which impact has been or might be measured, thus the scoping review will address this shortfall in knowledge. A protocol for the project is currently under review at BMJ Open and the project is due for completion in October 2016.

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Daryll's collaborative work with The Conservation Volunteers (TCV) involving the implementation and evaluation of a pilot Green Gym facility and programme for older people in Maryhill, Glasgow is also moving ahead. The Green Gym programme allowed participants to 'work out' in the open air through local, practical gardening and environmental work and has been highly successful. Data collection for this project has been completed and Daryll is currently working on the final analyses of that data. Daryll has had an abstract accepted to present the findings of this work at the World Congress of Active Ageing in Melbourne, Australia this coming June and has been awarded an Usher Institute of Population Health Sciences and Informatics Travel Grant to attend the conference. Daryll and TCV are currently working on an ap-

plication to the Big Lottery Fund to increase the scope of the Green Gym project.

Daryll is also working on the development of further projects with Later Life Working Group colleagues. These include a collaborative project with HIV Scotland's Rik Hodgson and Anthropologist Mihirini Sirisena that will focus on the topic of ageing with HIV, specifically investigating the readiness of residential care homes in Scotland to welcome older people living with HIV. A further project Daryll is working on with colleagues at Aston University (Birmingham) is an evaluation of a walking football programme for older adults. Daryll is also planning an event for later in the year that will look to gauge Edinburgh's progress as a World Health Organisation – designated Age Friendly City'.

Away from the Later Life Working Group, Daryll has been working with Dr Andrew Murray from the University of Edinburgh's Physical Activity for Health Research Centre (PAHRC) on a scoping review investigating the relationship and effects of golf on mental and physical health. Daryll has, this semester been lecturing (for the second year) on qualitative evidence synthesis on the Masters of Public Health Introduction to Systematic Reviews course. In addition, Daryll hosted an undergraduate intern from the University of Sunderland from November 2015 to January 2016. Alison Rennie, who is in the final year of a BSc(hons) in Public Health made a significant contribution to Daryll's work on the Green Gym evaluation mentioned above during her internship and will continue to work with Daryll on the project to its completion.

photos courtesy of The Conservation Volunteers (TCV)



Visit The Conservation Volunteers (TCV) at www.tcv.org.uk

For further information about any of the Later Life projects please contact Daryll at Daryll.Archibald@ed.ac.uk

A PARENTING SUPPORT PROGRAMME FOR KINSHIP CARERS WHO LOOK AFTER TEENAGERS



In January 2015, SCPHRP's Jane Hartley & John McAteer were funded by the Robertson Trust to develop an intervention for parents with teenage children. Through a process of stakeholder consultation, they identified kinship carers who look after teenagers as being a group who are in most need of support.



image courtesy of DrAfter123

They interviewed kinship carers to find out what issues they were facing and how they might best help.

Four main themes emerged:

No 1 Kinship carers often find themselves in the caring role as a result of family bereavement, addiction, negative peer influence, disability, and medical complications and ill health – or some combination of these.

No 2 Without exception the teenagers being cared for by kinship carers are in need of extra emotional, behavioural and learning support. The teenage years can be challenging, but for these teenagers, their difficult circumstances have exacerbated their problems. Often their issues are interlinked; and, in terms of 'parenting', can cause problems with connectedness, conflict and behaviour control for the kinship carer.

No 3 Kinship carers are dealing with wider family issues such as difficult relationships with the birth-parents of the children they care for, and/or with other in-laws.

No 4 Due to the range of difficult circumstances highlighted above, kinship carers experience higher than usual levels of stress.

A previous review Jane and John had conducted indicated that effective parenting interventions consist of components targeting parent-child connectedness and behaviour control. They developed their intervention to consist of these components in addition to tailored components identified through their interviews, primarily a self-care component designed to help carers manage stress. They

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presented their intervention at an 'away day', where kinship carers also worked with a local holistic health consultant, Jamie Robson, who designed tailored relaxation and conflict management techniques.

They refined the intervention and piloted the content with two groups - in Leith and Musselburgh. The programme was delivered by a trained Family Support Worker, Belen Moreno. They then conducted focus groups to explore potential impact and to seek feedback on programme content. Feedback was both useful in terms of refining the content of the programme, and was very positive.

Jane and John will be co-hosting *an event on 26th May 2016* with *The Robertson Trust*, to share their work with interested parties and identify how to take the intervention forward in terms of dissemination and evaluation. If you are interested in attending this event, or in learning more about the research and their plans to expand this

programme to other groups of parents or carers, then go to www.scphrp.ac.uk/CARE Whilst the intervention has been designed with kinship carers in mind, the content is very much applicable to parents across the board.

CARE is a five-week parenting support programme for kinship carers looking after teenagers. It provides teenager-based parenting skills around **connectedness, conflict management** and **behaviour control**. To encourage maximum learning, it utilises a four-part learning process: **self-awareness; learning; self-monitoring; and reflection**. The programme consists of a novel core component: a **'Please Look After Yourself' (PLAY) module**, which prioritises the well-being of the carer using tailored relaxation techniques. New parenting skills are more likely to be successfully implemented and maintained if the carer has energy, strength and clarity of mind - qualities cultivated by the PLAY techniques.

For more information about the CARE project, please contact jane.hartley@ed.ac.uk or john.mcateer@ed.ac.uk



COLLABORATING WITH ACADEMICS:

An Evidence for Success supplementary guide

If someone had told me ten years ago that I would be now working in the third sector I wouldn't have believed it! Reflecting back to when I was an academic I can think of two reasons for this:

Reason #1: In April 2006 I was getting ready to submit my PhD thesis in Chemistry. Back then I was a 'pure academic' and my world revolved only around scientific data.

Reason #2: Like many academics working in physical sciences I was unaware that there was a 'third sector' (*yes, I now ask myself 'how could you not know?'*). The idea of researchers outside academia or industry had never crossed my mind. In 2006 I was well established in my very comfortable 'ivory tower' and, to be honest, I didn't want to leave.

Some people know from an early age what they'd like to do when they grow up. Not me. All I knew was that I loved finding answers to problems and questions like 'why' and 'how'. I guess this drove me to an academic career, starting with a PhD and following with two Postdoctoral Research Fellow positions in climate change at the University of Edinburgh.

The uncertainty of the economic climate in 2009 led me to question my well established academic career and a visit to a career advisor quickly opened my mind to lots of other possibilities. That was the first conversation I ever had about what a career in public sector or third sector could look like. All of a sudden I felt free (*and a bit scared of the unknown but excited nonetheless!*). After considering my options, I secured a Policy Officer position at the Scottish

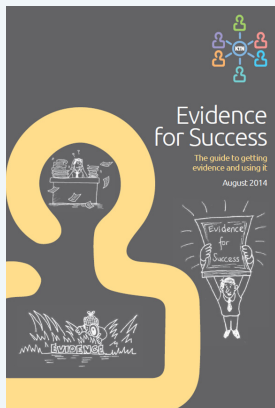
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Government working in community care policy. I loved it! I didn't know that I had so many transferable skills and I quickly realised that academia was actually not the best fit for me; 'social policy' was – it better fed my desire to help improve outcomes for people and communities in Scotland.

In 2011 I started working at Evaluation Support Scotland, a small charity that works with other third sector organisations and funders so that they can measure and report on their impact. My role involves facilitating networks of people across all sectors to share learning and evidence of 'what works' to influence policy and practice.

I guess the reflections aforementioned explain why I have such a strong desire to bring down barriers to collaboration across sectors, particularly between the third sector and academia. I've seen the beauty of research in both sectors and I see multiple benefits to collaboration.

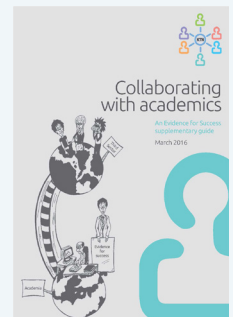
If my personal experience doesn't convince you, let me tell you about findings from the research that the [Knowledge Translation Network \(KTN\)](#)¹ carried out on the back of the [Evidence for Success guide](#)² in 2014. The KTN identified a need amongst third sector organisations for guidance on how to collaborate with academics to generate and use evidence. This was reinforced in



conversations held at various events to broker academia/third sector relationships ran by the [Scottish Third Sector Research Forum \(TSRF\)](#)³ and the Scottish Collaboration for Public Health Research and Policy in 2014 and 2015.

But the KTN are on the case, so don't worry!

The KTN recently launched its latest resource, Collaborating with academics: An Evidence for Success supplementary guide, to provide practical advice to TSOs on how to set up useful and effective links with academics to generate and use evidence to influence policy and practice.



Participants' feedback from the launch event hosted by the Centre for Research on Families and Relationships in Edinburgh encourages its use across sectors:

“Helpful opportunity to discuss collaboration and useful resources to encourage collaboration. It is great that ESS is encouraging this”.

“I plan to use sections of this resource to build capacity within my Team”.



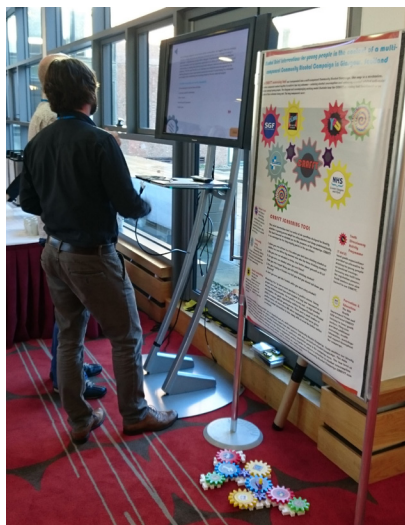
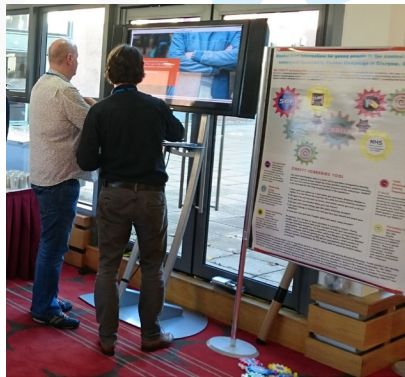
If you're interested in or curious about how to set up third sector/academia collaborations but don't know how to go about it download the Collaborating with academics at: <http://www.evaluationsupportscotland.org.uk/resources/340/> for practical advice.

¹ The KTN aims to facilitate and share learning about effective knowledge translation and dissemination activities. <http://www.evaluationsupportscotland.org.uk/our-work-partners/knowledge-translation-network/>

² <http://www.evaluationsupportscotland.org.uk/resources/270/>

³ The TSRF is a collaborative initiative to champion the use of evidence from/about the third sector. <http://www.evaluationsupportscotland.org.uk/our-work-partners/scottish-third-sector-research-forum/>

THE COMMUNITY ALCOHOL CAMPAIGN



photos courtesy of Sam Bain

Lee presenting the epub at the UK Clinical Research Centres Collaboration, Public Health Centres of Excellence Conference in Edinburgh in November 2015.

SCPHRP has been working with Lee Craig, a Health Improvement Senior at Glasgow Health and Social Care Partnership, to develop a novel interactive epub* resource and educational tool for the Community Alcohol Campaign, led by NHS Greater Glasgow and Clyde.

Public health interventions that aim to change behaviour are typically complex. This Community Alcohol Campaign is an excellent example of a complex intervention, in that it consists of a number of separate elements, working together to produce an intended effect. Such interventions are challenging to understand, due to their often multi-level nature, e.g. community (*licensing*) and individual (*screening*) level components.

It is crucial – for training and education – that we identify methods to present such information in an engaging and understandable way. Standard methods of presenting information (*PowerPoint slides, plain written text*) are arguably not fit for purpose.

We therefore need to explore newer, creative methods, and this project represents an important step towards achieving this.

The epub is a comprehensive, novel, interactive resource that has the potential to be used as a:

- Training tool for staff
- Educational tool for those interested in learning about complex interventions (e.g. students, decision makers, intervention developers)
- Dissemination tool for conferences, public engagement, etc

The epub resource is partially complete, and Lee presented the work at the UK Clinical Research Centres Collaboration, Public Health Centres of Excellence Conference in Edinburgh in November 2015. There was a great deal of interest in both the Community Alcohol Campaign and the resource itself as an engaging method of presenting information. We believe that this tool is an extremely valuable resource.

➔ You can view the epub at www.scphrp.ac.uk/Communityalcoholcampaign - please note that the epub contains certain elements that are for example purposes only and not relevant to the project i.e video.



For further information about the Community Alcohol Campaign, email Lee Craig at Lee.Craig@ggc.scot.nhs.uk and for more information about the epub, please email Sam Bain at samantha.bain@ed.ac.uk

Everyday Life and Older People's Well-being in Local Town Centres in Edinburgh.



meeting the challenges of an ageing population has generated debate on the types of supportive environments needed to enable older adults to retain a sense of independence and well-being in their everyday life. **Luca Brunelli** from Heriot-Watt University *tells us more..*



Cont..

Meeting the challenges of an ageing population has generated debate on the types of supportive environments needed to enable older adults to retain a sense of independence and well-being in their everyday life. Ageing-successfully-in-place goes beyond achieving a person-environment fit between housing characteristics and personal needs. For many older people it means the chance to be connected to the community, the ability to access services and facilities and to participate in local civic and social life.

In Edinburgh local Town Centres have traditionally been at the core of everyday life, contributing to a vibrant public realm and supporting sustainable patterns of local mobility and consumption. According to research carried out by Edinburgh City Council in 2013 more than 40% of the population of Edinburgh live within 800 meters of a local Town Centre where many retail, leisure, commercial and community services are clustered. The proposed *Local Development Plan (LDP)* defines local Town Centres as “a focal point for their local communities providing a diverse mix of shopping facilities and other commercial and community services”¹ which are also locations easily accessed by walking, cycling or public transport. The popularity of local Town Centres is under pressure by changing shopping habits, vacancy rates and empty homes, anti-social behaviour, increasing volumes of traffic, and poor maintenance of the streetscape. Following the *National Review of Town Centres in 2013* the Scottish Government acknowledged the need for a revitalisation strategy which could realign policies and resources to ensure these locales become more vibrant places². However despite the demographic imperative there has been little attempt to understand the importance of local town centres in the everyday lives of older adults and how they can be designed and managed to offer material and social opportunities for improving the well-being of older people ageing in place.

Our research adopted an ethnographic approach involving more than 80 retired people, between 61 and 97 years old, exploring how everyday practices in local town centres support older adults’ well-being. Several dimensions of well-being emerged from the findings. Going ‘out and about’ in the local town centre can be an enjoyable everyday activity tapping into positive emotions and happiness,

and leading to feelings of attachment and belonging. From fleeting to more intimate social interactions, these settings may provide places and opportunities for reducing isolation and provide a restorative experience away from the home. As “community-hubs”, local town centres provide opportunities that support participation and role fulfilment in old age. Finally, they can support personal autonomy and independence, fostering a sense of control and allowing for completion of activities of everyday living.

The research revealed aspects of local town centres that can be improved to enhance well-being in later life. A new agenda for age-friendly streets should include at least three main areas of intervention which broaden those proposed by the *Scottish Government Town Centres Action Plan*. Affordable retirement housing provision, in close proximity and co-located next to high streets may support personal autonomy and independence, drawing on local existing infrastructure, facilities and services, whilst increasing footfall on the high street. A new culture of pedestrian friendly and walkable environments should be encouraged, considering how sensory and cognitive changes can be integrated into transport infrastructure, streetscapes, and premises. Land uses and business improvements should consider business rate discretionary relief and other incentives in order to achieve adequate clustering of mixed uses, including public services, community spaces and a variety of informal settings e.g. cafes and other spaces for social interaction.

Finally, all the above cannot be achieved without providing spaces for civic engagement to take advantage of older people’s capabilities and experience, establishing a positive loop between positive experiences of well-being and their engagement with the design of the community. Investment in our town centres is needed to ensure they remain vibrant places a supportive environment for older adults, and as such an inclusive and enjoyable place for all.

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Heriot-Watt University, Edinburgh
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¹ Edinburgh Council, 2014, *Second Proposed Local Development Plan*, p. 29. Available at: <http://www.edinburgh.gov.uk/localdevelopmentplan>. ² Scottish Government, 2013, *Town Centre Action Plan*. Available at: <http://www.gov.scot/Publications/2013/11/6415>

STREET FIT SCOTLAND:

Helping people cope with homelessness

By SCPHRPs Stephen Malden



photos courtesy of Suzanne R Livingstone photography

Over the last few months, I have been undertaking an evaluation of Street Fit Scotland, a social enterprise which involves both fitness classes and health & wellbeing workshops specifically for people who have been affected by homelessness. In order to learn more about how the programme is impacting on the health and wellbeing of the participants, I have been attending both the fitness classes and the workshops to observe the programme and conduct interviews with the participants.

On my first day of attending Street Fit I was made to feel welcome by all the participants who are a great bunch of people, some of whom have had extremely difficult lives. I was really impressed with the resilience they showed throughout the challenging fitness classes. The classes were led by Edinburgh Leisure gym instructors and lasted

one hour consisting of a mixture of cardiovascular exercise and resistance training. The participants are then provided with a free lunch before taking part in the workshops which consist of a mix of general discussions about various aspects of health and wellbeing, and peer support training.

We interviewed ten Street Fit participants to find out what impacts coming to street fit may be having on their general health and wellbeing. Numerous beneficial effects were reported by the participants including improvements in mood/self-confidence, increased participation in physical activity and increased positive social interaction. *(a full report of the findings will be available on SCPHRPs website and from Street Fit Scotland, within the next couple of months).*

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Homelessness is a serious issue in Scotland and one which is often overlooked. While more needs to be done to address the inequalities which cause homelessness in the first place, programmes like Street Fit are invaluable for addressing the issues that face those who do find themselves homeless, such as social isolation, low self-esteem and a lack of opportunities to be physically active.

What also makes interventions such as Street Fit Scotland exciting is that they have grown organically from a need that has been identified-and addressed- by practitioners who work directly with the target population. In this case, the founder of Street Fit Scotland Michelle Reilly, in her role as a project worker noticed an opportunity to address issues such as a lack of physical activity, social isolation and destructive health behaviours among hostel users by providing weekly exercise classes and health and wellbeing workshops, which eventually led to the development of Street Fit Scotland. As public health researchers, we should be looking to support grassroots community-based interventions such as street fit, whether it be through helping to evaluate effectiveness/collect useful data or assisting with further intervention development and expansion.

If you would like more information about Street Fit Scotland please contact Michelle Reilly, at: Streetfitscotland@hotmail.co.uk or Stephen Malden at smalden@exseed.ed.ac.uk



photos courtesy of Suzanne R Livingstone photography



3RD ANNUAL YOUNG STAND AWARDS

SCPHRP was delighted to host the 3rd annual Young STAND (Scots Tackling Alcohol and Drugs) award ceremony at the UKCRC Centres of Excellence for Public Health conference here in Edinburgh in November 2015. STAND was set up by Mentor (Heather McVeigh & Ben Thurman) and SCPHRP (John McAteer, Ruth Jepson, Sam Bain & Renee Ingram) to provide a forum for sharing practice, promote a culture of research and evaluation and to develop a collaborative network across alcohol and substance misuse prevention projects with young people in Scotland. The ceremony was attended by our two finalists: The Klub and Boost, and World of Wonka, our conference delegates and the Minister for Public Health Maureen Watt.

The winner of the award was World of Wonka. Both projects received a certificate and cash prize courtesy of Mentor. We would like to thank all those who have contributed to the success of STAND over the past three years, including all the projects who have applied to the scheme, and the members of our selection panel who have generously given their time to help us select our finalists, including Alison Hardie (Young Scot), Emma Hogg (NHS Health Scotland), and Garth Reid (NHS Health Scotland).

World of Wonka

World of Wonka, based in Dumfries, aims to address the health and welfare risks associated with a range of issues and raise awareness of topics such as drugs and alcohol, using participatory drama and youth work methods. Using the theme of World of Wonka, the project offers experiential learning during a journey which takes the young people through different themed zones e.g. Charlie (poverty), Augustus (body Image), Violet (legal Highs), Veronica (bullying), Mike (domestic abuse), Wonka (diversity & equality).

The Klub and Boost

Klub and Boost is a Dundee based project that aims to support and train young people to become young educators in their local community. The project aims to enhance knowledge and understanding of youth issues including; alcohol and drugs, communication and facilitation skills, healthy lifestyles, resilience skills, coping strategies and goal setting. Young people create key messages around alcohol and share these within the school and local community.

Back issues of SCPHRP magazines can be found at www.scphrp.ac.uk/publications.
If you would like to contribute to our next SCPHRP magazine please get in touch with Sam Bain at samantha.bain@ed.ac.uk.

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SPRING IS NATURE'S WAY OF SAYING..

LET'S PARTY!!