

"She's brilliant, she's positive. She can be pushing but in a good way - I can use a motivating."

"She's a source of information, she's my encyclopedia."

"She's my rock, I can fall on the wingside but she's always there..."

"Maybe like a life line - I reckon I wouldn't be here today if it wasn't for them..."



Community based service professionals

"It's hard to get registered, they're in short demand, and a lot are going private... Their prices are dear... The government needs to supply more dentists on the NHS."



Dentists

"I got very nervous when I'm visiting professionals, I worry I'm wasting their time. When you walk into a place and there's one scowling at you, she's a smiley, positive person. She says 'I'm no happy until you're happy.'"

"Training about disabilities and mental health would be good. They should have the information that health professionals have."



Teachers

"Treat pupils with respect. Treat all pupils the same - show an interest in all pupils, not just the ones that's brighter."

"They sent a sheet home that gives rewards for healthy eating, my son asked me for a salad - and he's the worst eater!"

The Fife Regeneration Health and Wellbeing Study

This session is about

health and happiness: how can i help?

"There is less trouble when they're about. Feel better and happier."

"They help clean up the area which makes people feel better because it looks nicer."



Community Wardens

"They are soon going to be supervising football... helping young people to exercise and have something to do. Parents feel happier knowing that their children are playing in a safe environment."



Health visitors

"I'd be lost without her. I feel like I can talk to her about anything because she's been there through so many stages - separation, moving house, the babies getting bigger."

"In most cases social workers help families by keeping them safe, help families financially and to support emotionally. However sometimes they can intervene."

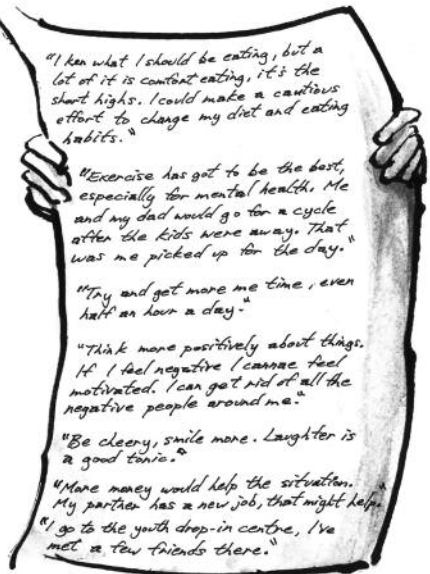


Social Workers

"Try and keep the same social worker rather than have four or five to support a person throughout their life."

"Make people feel safe and cared for."

"Being optimistic will encourage their clients."



Me

"I know what I should be eating, but a lot of it is comfort eating, it's the short highs. I could make a cautious effort to change my diet and eating habits."

"Exercise has got to be the best, especially for mental health. Me and my dad would go for a cycle after the kids were away. That was me picked up for the day."

"Try and get more me time, even half an hour a day."

"Think more positively about things. If I feel negative I cannot feel motivated. I can get rid of all the negative people around me."

"Be cheery, smile more. Laughter is a good tonic."

"More money would help the situation. My partner has a new job, that might help."

"I go to the youth drop-in centre, I've met a few friends there."

"It was a real disappointment not to get my usual doctor. It's important to know patients, to be consistent."

"He should say 'I don't know the answer but I know somebody that does.'"

"When I tell her something she digests it, she offers practical solutions - not always medication."



G.P.s

"I've got more and more appointments available."

"They could listen a bit more, they don't give enough time."

"My doctor has a nice manner about her - she actually listens to what you're saying - you don't feel rushed. She's getting to know me as a person."

"It's hard to convince them about mental illness, about depression."

"I learn how to be with other people, they can help me to be part of the community."

"If there was ever a problem she always had needed someone to talk to."

"Be approachable. They should not judge and they should make you feel safe."



Youth specialist professionals

"They encourage people to learn from each other."

"How can parents visit psychiatric hospitals? We used to travel for four hours at least once a week for four years while they tried out different medications with our son."



Mental health professionals

"He didn't tell you about drug side effects... I thought they were worse than the cure. So I flaked the tablet."

"They made me feel relaxed and I know what I'm saying is confidential."

"She understands what it is to have bipolar disorder because she has the illness. So I can identify with her."



Police Officers

"Work with young people to redirect their energies, & their boredom."

"Build relationships with the community."

"They come out on the beat, they walk around areas that are more trouble."

"They should be more confidential when coming to the doors - sometimes they don't ask you on the phone if you want them to come to your door."

"Having events involving the community with the church can help, write to the community."



Priests

"Being involved with the church can make a person feel spiritually fulfilled - a happier person."

"A priest - or other religious person - can visit local & that's home, let only when they're sick. Showing an interest in you is beneficial to your mental and health."



Professionals who support people in their homes

"They help me with the bills and forms. They take time to get to know you and your needs."

about this report

In this session local people in regeneration areas talked about what professional workers can do to help with health and happiness in their neighbourhood - and what they can do themselves. This poster shows a selection of quotes taken from the full report at www.healthyhappyfife.org

The full report makes recommendations in the form of questions posed to the agencies managing regeneration in Fife.