

Health Promotion News

*The newsletter of
the Health Promotion
Service for those
involved in
Health Promotion*

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Health Promotion News is the Health Promotion Service Newsletter for those involved in health promotion. Editor: Nigel Ellis Tel: (01209) 313419. Queries to Health Promotion News, Health Promotion Service, The Kernow Building, Wilson Way, Pool, Redruth, Cornwall TR15 3QE. The opinions expressed in this newsletter are those of the contributors and may not necessarily reflect those of the Health Promotion Service. The editor reserves the right to refuse or edit articles submitted.

**The Health Promotion Service
provides services on behalf of
Cornwall & Isles of Scilly Health
Community**

Schools Cast a Spell at Eden



Children from various schools making healthy pizzas at the Cornwall Healthy Schools Conference at the Eden Project in November.

The Annual Healthy Schools Conference was held at the Eden Project on 8 November. This year the event focussed on giving young people (and adults!) an opportunity to try something new. See page two for further information on this very special day!

Health and Well Being Strategy

The Health and Well Being Board was set up in 2006 to promote and improve the health and well being of the people of Cornwall and the Isles of Scilly and to reduce local inequalities in health.

The Board has produced a draft strategy, setting out the long term vision for how the NHS, local authorities and communities can work together to improve the health and wellbeing of the population. They would like to know what you think of the plans and would welcome comments. The Strategy is out for consultation until the end of December, with plans for a launch early in 2008.

The strategy covers health related issues such as: Healthy Workplace; Smoking; Benefits; Getting into Work; Leisure and Recreation; Warm, Affordable, Safe Housing; Food; Emotional Health and Well Being; Reducing Infant Deaths; Safe Strong Communities; Better Access to Services; Sex, Drugs and Alcohol and Environment.

You can find a copy of the strategy, and respond by going to the PCT's website at: www.cornwall.nhs.uk/ciospct.



Healthy Schools took over Eden on 8 November and the only word for it was Magical.

Around 500 guests attended the celebration for the 136 schools in Cornwall and the Five Islands School on the Isles of Scilly who have achieved National Healthy Schools status in the last year.

The incredible hard work of my colleagues in the Healthy Schools team, and the fabulous support we had from Eden and Fifteen meant that everyone who came including the many mayors from around Cornwall, Cornish Pirate Stan, honoured guests from the PCT and Cornwall County Council, Health Promotion colleagues and many more (not forgetting the most important guests of all – the children) had a great time.

There was so much to see and do including potion making which really caught my attention. I made a Healthy Schools potion full of all the good things that make Healthy Schools so special – including all the hard work and commitment of the schools themselves.

Children took part in fencing demonstrations, Massage in Schools, went skating (and played in the snow!) heard stories, tried their hand at knitting, pasty crimping and attempted, with the help of Fifteen, to make the longest piece of pasta in the world! To cap it all Eden laid on a fabulous feast which was brought to a rousing conclusion by the amazing drumming band “The Big Green Beat”.

Feedback has been tremendous children told their teachers and us that it had been “the best school trip ever!” We also heard from teachers how motivated they felt to carry on with the Healthy Schools challenge.

I have so many wonderful images and moments in mind that it will stay with me for long, long time. Again all I say to sum up the day is Magical.

Thank you to everyone who made it happen, who came and supported and who continue to support and contribute to the success of Healthy Schools in Cornwall and the Isles of Scilly!

Kate Pordage

Healthy Schools Co-ordinator

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Telephone: 01209 310061

Hi Kate

I felt I must write to say well done to you and all the team for organising such a wonderful event at Eden yesterday. It was fantastic and the children loved it. The two I brought both said that it was the best day they had ever had!

Very well done.

(E mail from headteacher)

EEFO Programme Shortlisted For Prestigious National Awards



The EEFO Programme has been shortlisted for two award categories in the Children and Young People's Services Awards 2007. The EEFO Programme has been short-listed in the Best Use of Information Systems category and the Advice and Guidance Award category. The Awards Ceremony will take place in London on 22 November when the winners will be announced.

The Children and Young People's Services Awards, in association with the Children's Workforce Development Council, are a celebration and recognition of achievements of the sector across the UK which exemplifies the principles enshrined in Every Child Matters, the Children's Act 2004 and the Youth Matters Green Paper. The

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or telephone 01209 313419.

entries were judged by an adult panel of experts from the sector and a second panel of young judges identified by the Children and Young People Now Magazine.

Emily Thomas, EEFO Programme Co-ordinator said "I am delighted that the EEFO Programme has been shortlisted by the judging panel for providing excellent advice and guidance to young people on the quality services that are available to them locally via the EEFO website."

To keep up to date on whether the EEFO Programme wins an award, please check the EEFO website (www.eefo.net) in the current affairs section or the Health Promotion website (www.healthpromcornwall.org) in the news section at the end of November.

Weight Matters

Nearly a quarter of people in England are now obese. This is a disease which requires interagency partnership working to tackle this growing epidemic. Together we need to be identifying ways to effectively support individuals to take back control of their weight.

- Being overweight or obese increases the risk of a wide range of diseases and illness.
- Obesity reduces life expectancy on average by nine years.
- Obesity is responsible for 9,000 premature deaths a year.
- The economic costs of obesity are estimated at over £3.3 billion per year.

I am a Weight Management Support Worker and would be interested in supporting staff in GP practices or other settings to facilitate "Shape Up" groups. These structured self help programmes help people to manage their weight, through making small sustainable changes.

An effective group should to be made up of about 12 participants. There is an introductory session which aims to identify people's readiness to change. Once formed the groups meet for eight weekly sessions, each of which lasts approximately one and a half hours. This should be followed by weight maintenance support to ensure the long-term gains are maintained.

If you have a group who you believe would benefit from "Shape Up" and you would like support to facilitate this group, contact Mary Williamson, Weight Management Support Worker, telephone 01209 313419 or email mary.williamson@ciospct.cornwall.nhs.uk

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Smokefree England - 3 month report



The latest statistics published by the Department of Health shows that 97 per cent of premises inspected in the South West are now smokefree as required by law.

These figures coincide with the publication of a national report which marks the three month point from the introduction of the smokefree regulations and summarises the positive effects that a smokefree England has had on the public and businesses in the region.

Research found high levels of support for smokefree by both the general public and from businesses. Three quarters of adults support the

law and 79 per cent believe it will have a positive effect on public health. A greater proportion of smokers (47 per cent) support the new law than oppose it (37 per cent).

The Stop Smoking Service has been busy with people wishing to stop smoking. They anticipate that this will continue as the weather changes when people will not be so keen to smoke outside.

If you want to talk about stopping smoking or try using Nicotine Replacement Therapy (NRT) to help you stop please contact the Cornwall and Isles of Scilly Stop Smoking Service 01209 215666

Eatsome News

Volunteering

The Health Champions scheme is now up and running. Health Champions (volunteers) work alongside the Eatsome team and are offered the opportunity to work with community groups to assist in practical cooking sessions and healthy eating workshops.

If you require any support from our volunteers who may be able to help you run your healthy eating projects or are interested in becoming an Eatsome Health Champion to support cooking and healthy eating sessions please contact Mary Dawe on 01209 216967 or email mary.dawe@ciospct.cornwall.nhs.uk

Free Drop in Cooking Sessions

We are continuing to run free cooking sessions in Camborne, Redruth and Penzance, as part of the Neighbourhood Renewal Funded Slimming on Referral programme.

The sessions are aimed at those who are trying to lose weight, cooking a variety of low cost, low-fat meals.

Sessions run as follows:

Redruth – Mondays 2 pm - 3.30 pm, Redruth Community Centre

Penzance – Mondays 5 pm - 6.30 pm, Lescudjack Sure Start Centre

Camborne – Tuesday's 12 noon - 1.30 pm, Camborne Community Centre

If you are interested in coming along it is best to book your place on 01209 313419, as sessions are filled on a first come first served basis.

Successful funding for Children's Centre cooking clubs

A joint bid between the Health Promotion Service, Family Learning and Children's Centres was put forward for regional funding around healthy eating. The bid, called Energy for Life, was successful and we are now able to roll out the project.

There are three aspects to the project. The first is to run "Why Weight" sessions designed to support families who are struggling with their weight.

The second is to develop a healthy setting for under 5s provision, based on the Healthy Schools model.

The third is to run cooking sessions in Children's Centres. We are carrying out an audit to ascertain where cooking sessions are, or planning to be held so that we can advertise sessions, promote the good work already happening in Children's Centres and ascertain where support from Family Learning tutors or the Eatsome team may be needed in order to get sessions up and running.

Our final goal is to be able to offer cooking sessions in all Children's Centres so parents across the county can easily access them.

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Top Tips for a Slim Christmas Dinner!

Turkey is great for diets as it is lower in fat and calories than many other meats. Don't smother the turkey with oil, butter, margarine or lard when you cook it. Use a pastry brush or spray to add a light covering of oil rather than pouring it over.

Use less fat to roast your potatoes and parsnips. Parboil them first, then spray or brush lightly with oil rather than pouring straight from the bottle. Then place them into a hot oven and you should have tasty, crispy roast potatoes that aren't laden in oil. Keeping them in large pieces reduces the amount of fat they absorb.

Eat lots of traditional seasonal vegetables such as Brussels sprouts, red cabbage, cauliflower, carrots, and Swede. The more colours you have on your plate, the greater the variety of nutrients. Remember - don't serve them covered in butter.

Use low-fat chipolata sausages and lean back bacon to make the sausage and bacon rolls that are traditionally served with turkey

Beware of all the extras such as cranberry sauce, bread sauce and white sauce. They add calories!

If you can't resist the Christmas pudding, have just a small serving.

Don't forget how many calories are in alcohol!

Get Cooking

The Get Cooking courses, which provide training in running a cooking club, including an accredited food hygiene course, are continuing to be popular.

The following courses are still available:

Newquay Children's Centre, Newquay
17 and 18 January 2008

Health Promotion Service, Pool
6 and 7 March 2008

Please note we will have to put a small fee on the future Get Cooking courses running after March 2008.

A Date for Your Diary!
22 February 2008:
Eatsome is holding their annual conference. This year we will be looking at food through the different life stages – more details to follow!

FREE Leisure Activities for the 50+ in Restormel

If you are aged 50+ and want to get more active, this scheme is just for you! The Over 50s Leisure Week will take place at venues throughout the Borough of Restormel from Monday 10 to Sunday 16 March 2008.

The week offers a great opportunity to explore new places on walks and cycle rides, to try new activities, brush up on something that perhaps you haven't done for a while and at the same time make some new friends, take exercise and get healthy.

The Over 50s Leisure Week is organised by a partnership between the NHS project, LEAPActive, Restormel District Council and the Health and Older People's Sub Group of the Local Strategic Partnership. Booking lines will open from Monday 18 to Friday 22 February 2008, 9 am until 5 pm. Booking is

essential as places are limited.

Tracey Barter of LEAPActive said: "if you would like to try a variety of activities then now is your chance. All activities are free for anyone aged fifty or over. We are arranging these sessions in hope that some people may continue with an activity on a regular basis. The health benefits of regular activity are well proven. We know that taking part in physical activity can help improve health and fitness; it can also help to relieve anxiety and depression and improve self-esteem. This could also be an opportunity to get out and meet new friends."

Register your details NOW! To receive a timetable of activities please contact Tracey Barter at LEAPActive on 01209 310062.

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Keep Warm Keep Well

"Keep Warm Keep Well" is a joint annual campaign run by the Department of Health in partnership with Age Concern, the Department of Work and Pensions, the Department for Environment, Food and Rural Affairs, Help The Aged, NEA (National Energy Action), Energywatch, and the WRVS. It aims to provide useful advice on how to stay healthy in the winter months, together with information about financial and practical help that is available.

The "Keep Warm Keep Well" campaign aims to provide useful advice on how to stay healthy in the winter months, together with information about financial and practical help that is available. The campaign is particularly aimed at older people, and those who have chronic illness or who are vulnerable to illness due to disability.

To order copies of this year's new Keep Warm Keep Well booklet and poster contact the Health Promotion Information Centre on 01209 313218. These campaign materials will also soon be available on the website at www.dh.gov.uk/keepwarmkeepwell

Contraception and Sexual Health 2007

The Office for National Statistics has produced a report on Contraception and Sexual Health, It finds that knowledge of Chlamydia increased sharply between 2000/01 and 2006/07 84 per cent of men in 2006/07 recognised that chlamydia is a sexually transmitted infection (STI), compared with 35 per cent in 2000/01. For women, the figures were 92 per cent and 65 per cent respectively.

The report can be found at:

www.statistics.gov.uk/downloads/theme_health/contraception2006-07.pdf

Library and Information Service

Telephone 01209 313218 or visit

Below is just a sample of some of the new resources we have put on the system in the last quarter.

Leaflets

30 mins a day any way

Physical activity advice leaflet for people over 50 years of age.

30 ways to get your 30 a day

Exercise advice leaflet for older people.

Family Origin Questionnaire

Part of the Antenatal and Newborn Programme

6 Having a Mid-pregnancy Ultrasound Scan?

This booklet gives you some information about the purpose of a scan in mid-pregnancy.

Hib (Does your child need a Hib Booster Immunisation?)

Leaflet covers information on why it is needed, which children need the booster, side effects etc.

Keep Warm Keep Well 2007/2008

Advice on keeping warm and healthy, home improvements grants, help with the bills, heating your home.

Ovarian Cancer

Leaflet containing information on early detection, family history, testing for ovarian cancer and helplines.

Screening for Down's Syndrome in Multiple Pregnancy

Contains advice on expecting twins, triplets or more.

Wish you knew the signs of cancer (Male)

Information for men on the systems of various cancers, getting to know what is normal for them and spotting changes, common questions and advice.

Wish you knew the signs of cancer (Female)

Information for women on various cancers, possible cancer symptoms, common questions, get to know what is normal for you and look out for any changes.

Poster

Keep Warm Keep Well 2007/2008

Advice on keeping warm and healthy, home improvements grants, help with the bills, heating your home.

Exhibition

Above and below the belt

Set of 11 laminated posters and one header poster covering the subjects of men and women's sexual health, sexually transmitted infections, breast self-examination, cervical screening, penis and testicular self-examination and awareness.

Recommended Websites

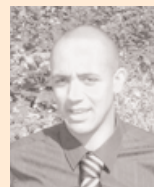
National Library for Health

The new National Library for Health has completed its first stage of development. Resources on Obesity, Tobacco and Alcohol are now available, and other topic areas will be developed over the next few months.
www.library.nhs.uk/publichealth/

World Aids Day

HIV: Let's Get Talking

Break the silence about HIV in the UK. Help us get everyone talking about HIV on World AIDS Day, 1 December 2007.
www.worldaidsday.org/index.org/



New Face in the Library

Abdu Sabu
Administration and
Information Officer

Resources escaped from the Library

During the transition period going over to our new online booking system there appears to have been a number of resources that have escaped. If you come across them could you please contact the Health Promotion Information Centre on 01209 313218.

TV/Video Combi 41.0001J

Model of uterus in nine month of pregnancy 40.0001

Set of Marler Haley Panels 43.0020

Our new online booking system can be accessed via the Health Promotion website at www.healthpromcornwall.org then click on the virtual library link

Two New Sexual Health Education DVDs for the Deaf Community

"Sex Education for Young Deaf People" This is a short DVD (30 mins) and can be viewed by anyone from 12 onwards either on their own or with their parents. It is a good way to engage your children in conversations about sex & relationships. Topics covered include – puberty – coping with peer pressure – your first time – what if.....? - contraception – safe sex – what if I'm pregnant? and the facts which deal with the things children worry about with their developing bodies. At the end of the DVD there is a selection of true/false questions to test what has been learnt from the program. This resource also has the advantage of having captions.

"Signs for Life" is in BSL but without captions. It is aimed at the 15+ age group. This resource covers many topics of which sex education is just one. The other topics covered include – education and training in college – getting a job – what to do in an interview – starting your own business – additional information such as useful web addresses.

Both resources can be viewed by either sex alone or in mixed groups and do not contain any graphic images that may offend.

Tackling Homophobic Bullying in Schools

New resources aimed at schools around the issues of homophobic bullying including how to identify the different forms it takes as well as what to do about it and how to include it in their bullying policies as recent research has shown that less than a quarter of primary and secondary schools currently include issues of homosexuality in any policy.

The new DVD and posters which can be displayed on student notice boards and in staff rooms are designed to remind everyone that this form of bullying is unacceptable and to encourage students to report any incidents they are involved in to staff knowing the complaint will be taken seriously and action taken against any students involved. The resources also aim to encourage schools to improve their bullying policies.

The DVD is titled "Out There" it can be used in SRE/PHSE lessons to raise awareness of LGBT issues and comes with a teacher's resource booklet for ideas on activities to do with the students.

We also have posters available in A3 and A4 size developed by EACH (Educational Action Challenging Homophobia) as well as post cards which advertise a national telephone help line for anyone being bullied at school or at work.

Health Events

December

Dec 1 - World AIDS Day

National AIDS Trust
Ph: 020 7814 6767 Fax: 020 7216 0111
Email: info@nat.org.uk www.worldAIDSday.org

Dec 3 - International Day of Disabled Persons UN

www.un.org

Dec 10 - International Human Rights Day UN

www.un.org

2008

January

Jan 1 to Jan 31 – Giving Up Smoking; A New Year's Resolution

www.gosmokefree.co.uk/extranet and
www.gosmokefree.co.uk

Jan 31 – Bug Busting Day – Head Lice Beware

www.nits.net/bugbusting

February

Feb 1 to 28 - WellBeing of Women's Gynaecological Cancer Awareness Campaign Month

www.wellbeingofwomen.org.uk
www.cancerresearchuk.org/

February 11-18 - Contraception Awareness Week

www.fpa.org.uk
and www.condomessentialwear.co.uk

March

March 1 to 31 - WellBeing of Women's Ovarian Cancer Awareness Campaign month

www.wellbeingofwomen.org.uk
and www.cancerresearchuk.org/

March 12 - No Smoking Day

www.gosmokefree.co.uk/extranet and
www.gosmokefree.co.uk
and www.nosmokingday.org.uk

TBC - Obesity Awareness Week

<http://www.toast-uk.org.uk>
and www.nhsdirect.nhs.uk and [/www.dh.gov.uk](http://www.dh.gov.uk)

Get your Mind and Body moving

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Being active promotes more activity and inactivity breeds inactivity. Out levels of energy are often a reflection of our mental state and the circle of inactivity can be difficult to break. Often we are sedentary because we feel negative either about ourselves or aspects of our life. This negativity increases our inactivity and so the cycle goes on! You must know from previous articles that regular exercise can keep us healthy and maintain our weight and prevent illness. It can make us feel more positive, happier and confident and give your mental health a boost. Clinical research is increasingly reporting on the beneficial relationship between exercise and mental wellbeing. Physical activity alters the chemistry of the brain by increasing the production of certain chemicals including serotonin, dopamine and endorphins. They affect a whole range of the body's functions including sleep and waking patterns,

Psychological Benefits of Exercise

- Improved appetite (desire for more healthy foods)
 - Improved sleep pattern
 - Increased libido
 - Increased energy
 - Increased mental alertness
- Alleviation of mild depression
 - Increased confidence
 - Increased self-esteem
 - Feeling more relaxed
 - Reduced stress levels
 - Reduced anxiety
 - Reduced pain sensations
 - Reduced levels of anger
 - Reduced physical tension
- Increased feeling of well-being

libido, appetite, mood and pain. Exercise and physical activity can reduce anger, decrease the stress response and tension in the body and actually help the body to relax. It is the natural "anti-depressant"! Regular exercise can help us cope with the present and it can prevent us developing low moods and poor energy levels or reduce the intensity of mood swings and drops in energy levels. As we go through life circumstances change and these changes

bring with them a variety of demands that can challenge us. Being physically active

can help us cope with these changes more easily, helping us to overcome anxiety and confidently meet the demands of change.

Taking the first step is the hardest but small changes can make a big difference. So why not try this simple technique!

Stand up. Step onto your right foot. Then move your left foot in front of your right foot. Then keep going – that's all there is to it!

For further information contact:
Angela Royle,
Senior Health
Promotion Officer on
01209 313419

Numbers for Health Promotion

Main Reception	01209 313419
Fax	01209 314491

Direct Lines

Information Service (Resources)	01209 313218
Eatsome Project	01209 216967
Stop Smoking Service	01209 215666
LEAP	01209 310062
Healthy Schools	01209 310061