

A Happy Healthy Christmas

The Christmas holiday can give you the chance to get active with the family. Here are some suggestions for getting exercise into your routine and helping to burn off those mince pies.

Christmas shopping

Don't order all your gifts online or from catalogues. Instead, take a walk around the shops to pick them out. A two-hour shopping spree burns around 420 calories. Carrying a few bags of shopping will tone up your arms as well as your legs and lose a few bonus calories.



Buying the tree

This is fun for all the family. Not only will the family love the ritual of choosing their own tree, but a 30-minute walk to the nearest garden centre and back will burn off around 210 calories.

Ice-skating

Ice-skating is great exercise: just 40 minutes will burn around 400 calories. It's also a great way to de-stress and fun for kids and adults alike.

Fun in the park

If everyone else is in the kitchen cooking lunch, get the kids out from under the cook's

feet by taking them to the park for a kickabout. You can try out any new outdoor Christmas presents. An hour and a half of football in the park will burn off 630 calories as well as letting over-excited children use some energy.

Have a dance

Instead of lazing on the sofa after lunch, why not play a Christmas compilation and get all the family dancing? Your best moves are guaranteed to entertain everyone and you'll burn around 360 calories if you keep it up for an hour.

Go for a walk

A breath of fresh air is a great way to stop the family from getting on each other's nerves, particularly if you have lots of guests in your house.

A walk after lunch will use 105 calories in half an hour. To join an organised walk over the holiday period visit the Ramblers and Natural England websites.

(All calorie burn rates are approximate, and will vary depending on factors such as age, weight and height).

Diane Warren – Community Health Development Assistant Coordinator

So that's where the orange came from!!



According to legend, the custom of hanging up stockings during Christmas began all the way back in the 4th century with St Nicholas. The story told is about a nobleman who was once rich and powerful, but then came into hard times. Whether rich or poor, he was always kindly and generous to his fellow man.

His wife had passed away and he was left with a daughter who he loved very much, but could not provide her with a dowry. Without the dowry, she could not marry, which made them both very sad. Nicholas heard of the troubles of the nobleman and one night, during the Christmas season, Nicholas threw a bag of gold through the man's window. The bag of gold landed in one of the girl's stockings that had been hung up to dry. The gold was just enough to be used as her dowry.

Since then, children have hung their stockings up each Christmas Eve in the hope of finding treasure in them in the morning.

The gold that St Nicholas is known for throwing has been represented by gold balls, therefore making oranges, and even apples, the symbol of the gold.

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Create Art Group - Bude



CREATE have been meeting once a week since September at the Tourist Information Centre in Bude. The group is made up of seven lively ladies, Amanda Thornton Health Trainer for Bude and Beth Mitchell our Community Health Development Worker.

So far the group has enjoyed sessions of sketching, beachcombing to collect pebbles, pebble painting and together they took part in The Big Draw event.



A session delivered by Beth and Amanda was called Handle With Care.

The aim of the session was to encourage self worth and started with a relaxing oil and sugar hand massage, which led onto a manicure and nail art. Some amazing works of nail art were created as you can see from the picture.

Coming up is glass painting and much more besides.

With sessions now planned until February next year, there is a lot more to CREATE in Bude!!

For more info contact Amanda on 07824417555

A Big Welcome to Abbie and Indra

Introducing a new Community Health Development Worker and a new Health Trainer, who are working with our Healthy Neighbourhood partner, BTCV.

Abbie Willatt has recently joined the team as a Community Health Development Worker and will be working with communities in the Parc an Tansys/Pengegon area of Camborne and the Treneere area of Penzance. Abbie tells us about herself.

'My background is in mental health and care

work, working with a wide variety of clients. I am really excited about this new opportunity to work in the local community and am passionate about helping people to achieve their goals'.

We would also like to introduce Indra Herbert who is the new Health Trainer working alongside Lesley Trenchard in the Parc an Tansys Pengegon area of Camborne, helping people to reduce barriers



to living a healthier lifestyle. Indra goes on to say:

'I have a background in integrated health and have been a yoga teacher for eight years. My work for BTCV involves supporting clients in achieving their health goals, be it physical, mental or social



and leading walking groups. I love that every day is different and seeing clients grow in confidence'.

Abbie can be contacted on 07786332359

Indra can be contacted on 07740899599 or either can be contacted through BTCV on 01209 610600.

For further information about the role of a Health Trainer or the Health Trainer Service, please contact Alex Ollivier or Diane Warren 01209 313419



Newquay 'Healthy Walkers'

Newquay Healthy Walkers began in early 2007 after our Health Trainer, Jan Holroyd, had received volunteer walk leader training from Stroll Back the Years (now known as Mobilise!). Jan was keen to put her training into practise and immediately knew that Newquay Boating Lake would be the ideal venue to organise a circular route. The route has lots of positive attributes, like having flat footpaths suitable for walkers, pushchairs and wheelchairs, fabulous scenery and a hospitable café at the end of the route where walkers could rest, refresh and socialise!

The walking group started initially with two walkers and a walk leader, and this has grown over its three year lifespan to anything from four on a rainy day to 15 when brighter. The walkers are from all walks of life, young and young at heart alike, mobile and the not so mobile, dog walkers, mums, grandparents; the



list goes on..... And everybody has gained something from coming along.

Dot says "I have made new

friends and joined other groups as a result of coming here; I have something to do now instead of sitting at home staring out the window".

Tracey says "I feel so much fitter now, I never thought of walking as exercise and now I can walk much further than I used to!"

Tina says "I've made so many new friends, I feel accepted and part of something, I really look forward to Thursdays"

Newquay Healthy Walkers has inspired another volunteer walk leader to start another walk in the Newquay area for the more adventurous walker. Martin and Hilary Roden started a walk in Lusty Glaze that incorporates beautiful sea views that are spectacularly breathtaking!

Newquay Healthy Walkers meets every Thursday at 9.30am at Lakeside Café where we set off for a 40 minute flat circular walk.

For more information contact Jan Holroyd 07825365469

Newquay Lusty Glaze walk meets every Wednesday at 10am at Lusty Glaze Car Park and sets off for a 45 minute walk for the more able walker.

For more information contact Martin Roden 01637 873656.

Poltair Family Fun Day

On Wednesday 27 October, Community Health Development Worker, Nicky Harrison and Health Trainer, Sam Jones from our Step by Step project, attended Poltair Family Fun Day representing the Health Promotion Service. They took the smoothie bike and fruit shy, both of which proved to be very popular and much enjoyed by the 119 parents and 231 children who attended!

The free event, organised by the Parent Support Advisors, was also supported by a number of other agencies including – St Austell College, St Austell

Children's Centre, Fire Service, Family Information Service, Outlook South West, local dance groups, Asda, and the Eden Project, who brought along their Big Green Bus.

Families had the opportunity to try out a range of fun and games, activities, taster sessions, information and advice for parents, children and young people. Activities included dance, martial arts, face painting, carving pumpkins and making Halloween hats.

For more information contact Nicky Harrison 07748920217

12 Days of Christmas

- 1** On the first day of Christmas my true love gave to me a **HEALTH TRAINER WITH A CUP OF TEA**
- 2** On the second Day of Christmas my Health Trainer helped me set **TWO SMART GOALS**
- 3** On the third day of Christmas my **SMART** goals gave to me **THREE ENERGY BOOSTS**
- 4** On the fourth day of Christmas this helped me try **FOUR FUN WALKS**
- 5** On the fifth day of Christmas I started my new pledge **FIVE FRUIT AND VEG**
- 6** On the sixth day of Christmas my healthy trends gave me **SIX NEW FRIENDS**
- 7** On the seventh day of Christmas all my good work at little cost **SEVEN POUNDS LOST**
- 8** On the eighth day of Christmas my Health Trainer gave to me **EIGHT HEALTHY RECIPES**
- 9** On the ninth day of Christmas the weight loss gave me **NINE NEW OUTFITS**
- 10** On the tenth day of Christmas after all the nags **TEN LESS FAGS**
- 11** On the eleventh day of Christmas **ELEVEN TIMES TO VOLUNTEER**
- 12** On twelfth day of Christmas my Health Trainer helped me to be **HEALTHY, HAPPY AND DEPRESSION FREE**

Dawn Sycamore Health Champion



The Community Health Development Team would like to welcome Dawn as a Health Champion.

Dawn, who has three children and lives in the Clay area, was referred to the Health Trainer Service through Ocean Housing and began to see Health Trainer Kate Farley. With Kate's support Dawn attended an Assertiveness and Confidence Building course through ReZolve of Bodmin.

Working towards her goals of employment in a community health related field, and in order to increase her self confidence, Dawn has become a Health Champion. Spending a morning a week volunteering in the office at Claytawc, Dawn has been helping Kate to maintain existing projects and identify new need. Dawn has been integral in creating the Luncheon Club in St Dennis and has assisted Kate to deliver Well Women Workshops.

Dawn -

- 1 What makes you happy?**
My kids make me very happy
- 2 How did you get involved in your job?**
I started as a client and wanted to be more involved
- 3 What's the most challenging part of your job?**
Having to meet lots of new people
- 4 What do you do to relax?**
I enjoy reading
- 5 Which famous person would you like to be?**
Me just rich and famous
- 6 Have you had any embarrassing experiences?**
Yes but not that I want to share here
- 7 What's your favourite food?**
Chinese
- 8 What's your favourite book, film, song or piece of art?**
Somewhere Over the Rainbow and Judy Bloom's, Are You There God? It's me Margaret
- 9 Who's your hero or heroine?**
Jade Goody
- 10 And why?**
She lived every second of her life as much as she could
- 11 What's your idea of a perfect world?**
Where people would be at peace

For further information about Health Champions please contact Zelga Hatton, Health Champion Co-ordinator on 01209 313419.

Health Trainer for the Clay Area, Kate Farley
Telephone 07825365475.



Royal Society For Public Health

RSPH – Understanding Health Improvement Level 2

This is an accredited two day training programme that aims to equip candidates with a knowledge and understanding of the principles surrounding health and wellbeing. The qualification entitles the person to be known as an Associate Health Trainer and is a stepping stone towards the full Health Trainer Level 3 qualification.

Health care is changing. The emphasis is shifting from just treating illness to promoting good health and individuals taking responsibility for their own health and wellbeing – whether it be quitting smoking, doing more exercise, losing weight, drinking alcohol wisely or eating five fruit or vegetables a day.

This course is suitable for organisations who wish to upskill their workforce and individuals of all types in the public, not-for-profit and voluntary sectors. There are some free places available for those from the community and voluntary sector, and those who are unemployed.

To book a place for Monday 17 and Tuesday 18 January 2011, or to register an interest for future dates, telephone our Admin Department 01209 313419 or download a booking form from:
www.healthpromcornwall.org/training



The Only Way is Up

Sam Jones is a Health Trainer working in various locations throughout Cornwall on our Step By Step Project.

Sam has worked with Stuart Ralphson since June. Stuart has mild learning disabilities and identified his main goal as to enter adult education; he wanted to do a NVQ level 2 in Health and Social Care. After an initial call to Truro College Sam found that Stuart needed a work placement of up to 10 hours a week; an assessor from the college would come to see him on his work placement. This course is all about being out in the work environment experiencing 'hands on' rather than attending lectures at college.

It was difficult to find an employer who would accept work placements and had a space for Stuart. Eventually Sam found United Response and Stuart and Sam went to a meeting with them. He completed the application form and provided a reference, and will be starting very soon.

They both then had a meeting with the course co-ordinator at Truro College to see if they thought Stuart would be able to do the course and what funding would be available. Truro College thought he was fully able to do the course and Sam received a phone call to say they have got Stuart full funding, which is great news. Sam accompanied him to his induction on 10 November.

Stuart also wanted to understand more about healthy eating and achieved his goals such as less snacking, eating smaller portions and drinking more water.

Sam, reflecting on her work with Stuart, says that has been a pleasure to work with.

The Health Trainer Service has Health Trainers based from Bude to Penzance

Amanda Thornton

Bude Tel: 078244175555

Marcia Henning

Saltash and Torpoint Tel: 07795496623

Bill Davies

Liskeard Tel: 07825365478

Jan Holroyd

Newquay Tel: 07825365469

Kate Farley

The Clay Areas Tel: 07825365475

Indra Herbert

Parc An Tansys/Pengegon, Camborne Tel: 07740899599

Liz Denning

Kinsman and Berryfields, Bodmin Tel: 07500885331

Terence Bourton

Malpas and Trelander, Truro Tel: 0785091557

Angela Johns

Redruth Tel: 07799340885

Lesley Trenchard

Parc An Tansys/Pengegon, Camborne Tel: 07825056580

Barbara Tooze

Treeneere, Penzance Tel: 07825056581

Sam Jones

Step By Step Tel: mobile 07795451568

Health Trainer Office Telephone 01209 313419

New round for Small Grants Scheme 2010-11

We are pleased to be able to announce that we are able to have another funding round of the Community Health Development Small Grants Scheme. We are inviting groups to apply for our third round of funding for 2010-11. We don't insist that a group has a constitution but we do insist that the group has a bank account or they have permission to pay into another organisation's account. For example this may be your local parish council.

We recognise that the community is able to achieve a great deal itself, if given the opportunity and support needed. The Small Grants Scheme is a way for the Community Health Development Team to give the communities of Cornwall and the Isles of Scilly the opportunity to effectively deal with their own identified needs. Therefore, we want to support applications coming from the community for the community, highlighting how they will be able to make a difference to the health of their population. We also want to be able to support projects which can wholly be achieved through the Small Grants Scheme (does not need any additional funding), provides an opportunity to try out something new, maybe looking at problems and issues creatively, and encourages more people to take responsibility for their own health and that of their community.

Small Grants of up to £300.00 are available and applications will be taken up to 17 December 2010. To enable groups to forward plan, we aim to let projects know if they were successful by mid January. We are looking to ensure that this fund is able to support a wide number of groups within Cornwall and the Isles of Scilly and therefore we wish to support projects that promote social inclusion through projects which:

- Support community health development through community involvement and participation;
- Support community involvement in active recreation and environmental projects;
- Promote arts for health within the community (all forms).

If you feel that your group or community could make a big difference with a little bit of funding, contact Diane Warren for further information on 01209 313419. Alternatively a Small Grant Application form and Guidance Notes can be downloaded from: http://www.healthpromcornwall.org/index_HL_Grants.asp



The Oasis Centre in St Columb

The Oasis Centre has evolved over the past four years, according to Mrs Pat Walton, a member of the Oasis Centre Management Committee.

'At the beginning, it was really a case of church people being trained to offer care to other church people who may be ill, housebound, bereaved, stressed, suffering from mild to moderate mental health problems, lonely etc. A lot of work was being done, but there was no on-going training, follow-up or support. However, it was always recognised that there were many other people wanting to help as well as many others needing help. Our first 12 week training programme, looking at care issues, ran in January 2009. At least half the people who came were from the community, with half from the local churches. It worked very well and we now have over 30 people volunteering in different ways in the community'.

Now a constituted, registered charity with an active management committee and premises in St Columb, the Oasis Centre is going from strength to strength. Local churches and the community have made financial donations, and the group are actively fundraising for other costs. Situated at 26 Fore Street St Columb, the centre has a front office, quiet space and a meeting room. The Health Promotion Service Small Grants Scheme was pleased to be able to fund the office furniture to enable the community to make the best use of the premises.

For more information about the work of the Oasis Centre, contact Mrs Pat Walton 01637 880252



Small Grants Scheme 2010 – 11 2nd Round Successful Awards

Organisation/Project	Title/Summary	Project Town	Amount
PEAT - Penwith Community Development Trust	Waterproof clothing for a gardening project	Penzance	£300.00
Shallal Dance Theatre - Redruth	Open house creative dance and theatre for people with LD or disabilities	Redruth	£300.00
Shallal Dance Theatre - Penzance	Open house creative dance and theatre for people with LD or disabilities	Penzance	£300.00
Trythall C.P. School	Development of a school garden and wildlife pond	Penzance	£300.00
Helston Youth Centre	Be Young, Be Creative, Be Happy	Helston	£300.00
St Mary's Gig Club	Contribution towards the cost of new gig paddles	IOS	£300.00
Cornwall Care Leavers	Musical activities and stage performance for young people leaving care	St Austell	£250.00
Mounts Bay Pilot Gig Club	New lightweight oars for young rowers	Penzance	£300.00
Tywardreath Village Hall	Wall heaters for a village hall	St Austell	£300.00
Newstart	Gardening equipment for an allotment for people aiming to move into independent living	Truro	£300.00
Penzamba Community Samba Band	Instruments for band to allow those who are less active to take part	Penzance	£300.00
Exercising for Mobility	Musical equipment and T shirts for an exercise class	Bude	£300.00
Cornwall Blind Association	Art sessions and gallery visit for the visually impaired	Penzance	£245.00
The Sustainable Trust	Digital camera to prepare, record and update information in the restoration an ancient monument	Camborne	£300.00
Kernow Positive Support	An organic food plot to be used as a retreat for those affected by HIV or AIDS	Bodmin	£139.92
Camborne Produce Assoc	A computer for the allotment holders	Camborne	£300.00
Hayle Youth Project	Dream Girls is aimed at raising confidence and self esteem of young women 14-16	Hayle	£280.00
Strawberry Lane Residents	A social evening for the elderly with music	Redruth	£160.00
Newquay Netball Club	Assisting new netball players	Newquay	£300.00
Cornwall Care Ltd	Providing creative stimulation through music and movement for those with dementia	Redruth	£300.00
All Saints Community Centre	The setting up of a new table tennis club	Camborne	£300.00
St Neot Art Group	Drawing skills in a community art group	Liskeard	£300.00
WILD Young Parents Project	Promoting outdoor activity for young mums in need	Bodmin	£290.00
Brook Cornwall	Shaving and personal hygiene sessions for young men	Redruth	£260.00
Ketryin Chi Residents	Art project to raise self esteem	Penzance	£249.31
Age Concern St Neot	Provision of book shelving	Liskeard	£51.50
Age Concern Cornwall	Dance with music and singing for the elderly	Falmouth	£300.00
Calstock Rowing Club	Extra life jackets for a gig club	Gunnislake	£300.00
St Mewan Under Fives	Waterproof outdoor play clothing	St Austell	£292.40
The Oasis Centre	Office furniture helping vulnerable and those in need	St Columb	£298.00
Circus di Ciel	Make a circus show for disadvantaged youngsters	Penzance	£300.00
Shallal	Dance theatre workshops for vulnerable children and adults	Falmouth	£300.00
VisAbility, CCVS	Bowls winter challenge for the visually impaired	Camborne	£300.00
Little Acorns Pre-school	Self service healthy snack bar for pre-school children	Camborne	£193.00
Cornwall Care	Tea dance with a difference for the elderly	St Ives	£300.00
Liskeard and SE Breathers	A treadmill to aid exercise	Liskeard	£300.00
Looe Breathers Group	The cost of a course of instructors fees	Looe	£300.00
Crossover Community Project	Enabling children aged 2 to 6 to cook with their parents	Camborne	£300.00
Crossover Community Project	Enabling children aged 2 to 6 to learn football skills	Camborne	£300.00

Interlink Providing Help In Cornwall

Inter-Link Cornwall is a project which supports voluntary organisations and community groups in Cornwall to build their capacity, capability, confidence and awareness so that they can contribute to improving the quality of life of Cornwall's people.

Inter-Link Cornwall provides a network for community groups and voluntary organisations, statutory agencies and individuals. It encourages working together and an opportunity for groups to talk about their common issues, exchange information and communicate with others. The Inter-Link Cornwall project and the officers are there to support voluntary and community organisations, if they cannot help, they will do their best to signpost you to someone who can!

So do not hesitate, if your group is in need of information, advice or support contact Inter-Link Cornwall today! For further information on Inter-Link Cornwall, contact your local Inter-Link Development Officer:

West Cornwall –

Doug Polman 01736 334670

Mid Cornwall –

Ffion Stanton 01726 821904

East Cornwall –

Grayburn Owen 01208 832763

or visit the Interlink Website:

<http://cornwallinterlink.org.uk/joomla/>

Health Quotes

Snowflakes are one of nature's most fragile things, but just look what they do when they stick together.

- Verna M. Kelly

Useful Contacts

The following is a list of useful contacts who are available to provide funding advice, help and support to community and voluntary groups across Cornwall & the Isles of Scilly.

Penzance Area:

Dilys Down 01736 330198

Camborne, Redruth, Helston:

Douglas Polman 01209 614909

Restormel:

Stella Jenkin 01637 893637

Truro:

Trudy Swann 01872 264882

South East Cornwall:

Becky Lingard 01752 823251

North Cornwall:

Anna Hoyle 01208 832763

Isles of Scilly:

Helen McGuinness 01720 423680

Funding Advisors

West Cornwall:

Suzy Messenger 01736 334668

Mid Cornwall:

Alison Mitchelmore 01726 821904

East Cornwall:

Tina Robinson 01208 832763

Cornwall Council Contacts

Cornwall Council has a localism area managers team who are in place to support community and voluntary groups within their district.

Localism Area Managers:-

East - Steve Besford-Foster
01579 341460

Central - Rob Andrew
01872 224239

West - Matthew Barton
01209 614362

Healthy Living Network News is the Health Promotion Service Newsletter for those involved in community health development. Editor: Alex Ollivier, Tel: (01209) 313419. Queries to Healthy Living Network 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

Deadline for next newsletter 18 February 2011

