

## The Health Trainer Presentations



Left is a picture showing the brand new Health Trainers proudly displaying their certificates ... From left to right, Steve Moore, Acting Chief Executive of the PCT; Ruth Thompson Health Trainer; Sam Jones, Health Trainer; Micheala Dudley, Health Champion; Emily Beech, Health Trainer Administrator; Liz Denning, Health Trainer; Andrew Williamson, Chairman of the PCT and Len Newman, Health Champion. Centre picture is Alex Ollivier, Health Trainer Coordinator and Zelga Hatton, Health Champion Coordinator.

Throughout the dark days of winter our latest cohort of Health Trainers, Health Champions and our Health Trainer Service Admin Worker all worked busily completing their City & Guilds Level III Health Trainer Certificate. I am extremely proud to say that everyone who took the qualification passed with flying colours. In fact, feedback from the tutors included that they were a great bunch of people (we knew that already!), and much of the work was at a much higher standard than was required for the qualification. I also know that the cohort spoke very highly of their main tutor, provided through Truro & Penwith College, Sarah Forbes, who was not only incredibly supportive, but also made the course engaging, interesting and fun.

Zelga Hatton, Health Champion Coordinator said: 'It was fantastic that we were in a position to get three NHS Health Champions trained up as Health Trainers by completing the City and Guilds Level III Health Trainer Certificate, with the help of the training team

from Volunteer Cornwall. I'm "proud as punch" that they have completed the certificate with flying colours and it would be great to see this achievement helping them for the future.

*"I was delighted to be able to present the Health Trainers with their certificates at the Board meeting last month. It is always a pleasure for the Board to meet staff who make such a contribution to the Health Service for the people of Cornwall and Isles of Scilly."*

Andrew Williamson, Chairman of NHS Cornwall and Isles of Scilly

Congratulations Alannah, Micheala and Len, you've made me proud!

At the NHS Cornwall and Isles of Scilly Board meeting in July 2010, everyone was congratulated by Acting Chief Executive,

Steve Moore and presented with their certificates by the Trust Chairman, Andrew Williamson. I sat in the audience as proud as a mother hen with her chicks, and I am thrilled that as our Health Trainer Service continues to develop and grow and that we continue to be

*"Health Trainers are important in helping people to improve their health. They work with the individual, dealing with issues important to that person. It is fantastic that we now have more people qualified as Health Trainers in Cornwall."*

Lynda Quee, Health Promotion Service Manager

able to train the very best Health Trainers in the country. Congratulations to you all including Health Champion Alannah Rohan-Wild who was unable to be at the ceremony.

**Alex Ollivier, Coordinator for the Community Health Development Team and the Health Trainer Service in Cornwall**

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

### Contents

Health Trainer News	2-5
Small Grant News	6-7
Streetgames	8

# Health Trainer News

## 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

### Brenda Byrne

Kinsman and Berryfields, Bodmin Tel: 07837028485

### Liz Denning

Kinsman and Berryfields, Bodmin Tel: 07500885331

### Terence Bourton

Malpas and Trelander, Truro Tel: 0785091557

### Angela Johns

Redruth Tel: 07799340885

### Lesley Trenchard

Park An Tansys/Pengegon, Camborne Tel: 07825056580

### Barbara Tooze

Treneere, Penzance Tel: 07825056581

### Sam Jones

Step By Step Tel: mobile 07795451568

**Health Trainer Office Telephone 01209 313419**

## News from Amanda Thornton in Bude

On Tuesday 6 July a group of seven ladies enjoyed a horse trek on Efford Downs, Bude. The ladies, from the Susie Project Group and the Bude Women's Group enjoyed a tranquil hour in the saddle enjoying the stunning views of the rugged North Cornish coastline towards Lundy Island. The weather was perfect, the horses were all well behaved and the company was great. The group were so excited at the start of the trek and they were not disappointed, and are keen to go again next month. It was lovely to see the participants form a trusting partnership with their mounts and to see their confidence blossom. A big thank you to Efford Down Stables, and Beth Mitchell, Community Health Development Worker, for organising the ride.



To find out more about what is happening in Bude, contact Beth Mitchell 07881827461 or Amanda Thornton 078244175555

## Style for Life

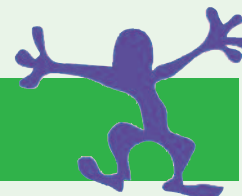
Nicky Harrison, Community Health Development Worker (NHS/Step by Step) and Beth Mitchell Community Health Development Worker (NHS), in partnership with Cornwall College, created an introductory course called 'Style for Life'. The course was made up of three, two hour sessions which were held in Launceston, Saltash and Torpoint. Participants were taught a number of new skills to help them revamp their looks using cheap and easily accessible materials and through learning some basic skills.

The first session covered what colours suit your skin tones and hair colourings and their complimentary colours. The second session taught the participants how to make paper beads, and jewellery. And the final session 'Revamping Your Wardrobe' showed participants how to change an old and unused clothing item into something fashionable and wearable through cutting, sewing and embellishing.

Feedback from this course was very positive, and Nicky and Beth are now working on creating a 'Creative Workshops' toolkit which will be used to run creative workshops in the communities in which they work. The first courses are likely to be run in September 2010.

If you would like more information on the Creative Workshops or would like one of these courses to be delivered in your local area, please contact Nicky Harrison 07748920217, Beth Mitchell on 0788 1827461 or the office on 01209 313419.





# Goodbye to Ruth and Hello to Terence

We would like to welcome Terence Bourton of Cornwall Neighbourhoods 4 Change, who has taken over as the Health Trainer in Truro from Ruth Thompson. We are very sad to see Ruth go but, at the same time, we are all very envious of her new life in Australia, and we wish her great success and happiness. The Health Trainer Service's loss is Australia's gain.

As well as working as a Health Trainer, Terence is also employed as a Health Engagement Worker and is going to be covering both posts for a while. Being as nosy as we are, we thought it would be nice to welcome Terence and also to find out a little about him, so this is what Terence has told us:

## 1 What makes you happy?

The sun shining, good food and drink (in moderation of course).

## 2 How did you get involved in your job?

Position came up in company.

## 3 What's the most challenging part of your job?

Keeping control and on top my work for this and my current role as a Health Engagement Worker.

## 4 What do you do to relax?

Surf, head to the beach, watch films or visit the local.

## 5 Which famous person would you like to be?

Will Smith – there's no end to his talent!

## 6 Have you had any embarrassing experiences?

Yes – getting heckled at groups!

## 7 What's your favourite food?

Asian

## 8 What's your favourite book, film, song or piece of art?

Current song is BoB- airplanes ft Hayley Williams

## 9 Who's your hero or heroine?

BA Baracus

## 10 And why?

His sayings and haircut will never go out of date!

## 11 What's your idea of a perfect world?

No recession! Or wars.

**Terence's contact number is 0785091557**



Ruth at her big send off. Seen here with blow up kangaroo.



Terence Bourton of Cornwall Neighbourhoods 4 Change the new Health Trainer in Truro.

*As this is being written, Health Trainer Ruth Thompson is jetting off to Australia. Since she began she has proved herself to be a dedicated and passionate worker and a lovely person. Being such a well loved and respected colleague, everyone that knew her and worked with her was intent on giving her a big send off. A meal and a night out in Truro was planned and the theme... AUSTRALIA!!!! Ruth sat royally at the head of the table with her blow up kangaroo, her Aussie cork hat ('The corks came from my parents house not mine!' she said) her Australian flag bottle cooler and her lifeguard Speedos! Never one to hog all the limelight, Ruth decreed that it was only right that since Terence was taking over the mantle of Health Trainer he*

*should wear the Speedos. At one point we had three generations of Truro Health Trainers around the table with Ruth's predecessor, Ian Banks, who has worked closely with Ruth, turning up to wish her bon voyage.*

*It was a wonderful evening that I am told carried on long after I went home to my mug of cocoa. There were speeches and presents given, and a good time had by all. Although there was a sadness that we were saying goodbye to Ruth there was also excitement at the journey and the adventure she is now on. We wish her all the best and thank her for all the hard work.*

Emily Beech  
Healthy Living and Health  
Trainer Administrator

## Picnic in the Park



each other to a siren competition, which was well received by the children. The children also had a lot of fun with the Health Promotion Service's 'Fruit Shy' which helped them to understand the importance of getting our '5 a day'. All of the children who took part won a medal!

The community got together for the Five-a-Side game with ages ranging from three years to 30+. The winning team were awarded a Picnic in the Park certificate. Prizes were also won for a fancy dress competition with outfits including police, firemen and princesses.

The Trefusis Road 'Picnic in the Park' was developed from the Eden Project's Big Lunch and was coordinated by Katie Hall, our Information and Administration Officer who lives in the area and Angela Johns our Redruth Health Trainer.

The Big Lunch's philosophy is to encourage neighbours to get together and share a lunch to help a sense of community. The picnic also helped to raise funds for the NSPCC through a raffle, tombola and cake stall. The raffle was supported by both

Tesco and Redruth Rugby Club which donated prizes.

The event was attended by the Fire Brigade and Police, who challenged

The weather was kind and the event was well received by those who attended, which raised over £150 for the NSPCC.

---

For help or advice in putting on your own healthy community event contact Diane Warren 01209 313419 [diane.warren@ciospct.cornwall.nhs.uk](mailto:diane.warren@ciospct.cornwall.nhs.uk)



## Helping Hands Fun Day

The Redruth Helping Hands Fun Day on 24 July was a fantastic opportunity to be able to receive healthy eating messages and gain a bit of exercise. Children and parents learnt about their 5 a day and also learnt that the faster you pedal the Smoothie Bike the more smooth and delicious the smoothie.

Helen Davies and Ann Marie Mills from Cardrew Health Centre joined us and offered blood pressure checks to adults on the day. PCSO Harold Richards is seen on the Smoothie Bike, showing just how it's done along with Helen, Angela Johns (Health Trainer) and Di Warren (Banana Woman).



## Lopsided Update

In previous issues of the Healthy Living Newsletter, we have introduced you to the football team, managed by our Liskeard Health Trainer Bill Davies, with the wonderful name of LOPsided. Bill has been busy building a football team with young men who have had more than their share of problems. Four of these young men live in Hendra Lodge, Liskeard, a supported home run by Devon and Cornwall Housing Association. The team is sponsored by the Local Opportunities Partnership (LOPS), an European Social Fund project which provided a holistic approach to joblessness by addressing the social, economic and domestic problems that can become a barrier to moving on to training or work.

The team had attended their first ever tournament in Plymouth in October and had so impressed the tournament organisers with their enthusiasm and sense of fair play that they were invited to play, in the Devon Football Association Cup. On the 3 December 2009 the team not only took part, but won the Devon Football Association Cup at the Riverside Leisure Centre, Exeter.

On 21 July LOPsided recently entered an Ability Counts Football Festival at Bodmin. Over 80 players from 12 teams took part with teams entering from as far away as London, Exeter, Plymouth and Camborne. The event was won by " It's a Goal " Plymouth, with LOPsided coming an honourable third. In Bill's opinion the real winners were all the players, supporters and staff who were lucky enough to be involved in such a fun, honest and sporting event, where every player played with real endeavour and always in the spirit of fair play.

An update on the progress of some of the guys who have worn the pink shirts of LOPsided: Tom Furnell the first captain has moved out of Hendra Lodge and has re-established a relationship with his family and is now living in Southend. He has a full time job as a caretaker at a local school. Matt Desmond, Scott Francis and Selwyn Alexander have all gone into full time employment and Chris Quick and Matt Collins are now both at college. LOPsided cannot take credit for these events but maybe, we helped a little along the way.

LOPsided is now averaging 14 players per session and Bill is meeting with Ann Rialton from the Youth Service, who is keen for some of her young men to get involved. This all bodes well for the long term future of LOPsided. If you would like to find out more about LOPsided, contact Liskeard Health, Trainer Bill Davies, on 07825365478



## Cooking with guys!

Jan Holroyd, our Health Trainer in Newquay, has been running a cooking group for men in the town, provided a healthy eating message with a little extra! seven gentlemen turned up each week to create a healthy meal on a budget. ninety percent of the group were not in employment, education or training (NEET) and all, but one, lived in supported housing.

The menu changed each week, but the message was always the same "you can eat healthily on a budget", and this soon became the catchphrase as 'dinner was served'. The 'little extra' came in the form of a 15 minute time slot whilst the food was cooking, for outside agencies to come in and chat to the guys. There were chats about different projects happening in the area; they discussed the pitfalls of drugs and alcohol (greatly aided by the resources from the Health Promotion Information Service). Caroline Macrea from Sunsafe came and raised awareness about moles and skin health, whilst Bill Davies, Health Trainer, chatted about testicular and prostate cancer, helping to make the subjects less of a taboo!!

The feedback from the group has been really positive, with them wanting to get together again and try other recipes; they even started discussing a Christmas menu! The participants all agreed that they could now cook healthy meals on a budget and showed great enthusiasm in trying something new.

If you would like to find out more about cooking on a budget contact the Health Promotion Service on 01209 313419.

For further Health Trainer information contact:-  
Alex Ollivier or Di Warren 01209 313419

## Community Health Development Small Grant Scheme

**CAN YOUR GROUP OR ORGANISATION DO SOMETHING REALLY WORTHWHILE FOR YOUR COMMUNITY WITH £300.00?**



We are pleased to be able to announce that we have secured the funding to continue to run the Community Health Development Small Grant Scheme. We are inviting groups to apply for our second round of funding for 2010-11. We do not insist that a group has a constitution, but we do need the group to have a bank account or permission to pay into another organisation's account. For example this may be through 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 deal effectively with their own identified needs. Therefore, we want to support applications coming from the community for community, highlighting how they will be able to make a difference to the improvement of health of their community. 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), which provide 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 are available and applications will be taken up to 1 October 2010. To enable groups to forward plan, we aim to let projects know if they were successful by the end of October 2010. 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](http://www.healthpromcornwall.org/index_HL_Grants.asp)

### Help a Heart Grant



#### What is it and who benefits?

The BHF Help a Heart Programme is for groups of heart patients, carers and people at high risk of developing heart disease in local communities. They award grants of up to £2000 to organisations and groups across the UK who will make a real difference to the heart health of their community. It can be used for projects that would help to improve the quality of life for heart patients and their carers, or that would help promote healthier lifestyles. Projects such as sports sessions to boost children's fitness or promoting healthier eating habits are examples of some of the ways in which these grants have been used.

#### How to find out more?

For more information please contact the team coordinator on 02075540426 and ask for the Help a Heart Team.

### Charities Are Able To Get Freebies

A number of schemes are now operating giving voluntary and community sector groups access to free supplies of much-needed goods – everything from fabric and clothing to IT equipment. The schemes encourage businesses to donate surplus stock and equipment rather than sending it to landfill. Why not take a look and see if you can get the equipment you need?

For more details visit The Voluntary Sector Forum's website at <http://cornwallvsf.org>

## Small Grant Scheme 2010-11 1st Round Successful Awards

The Community Health Development Team are pleased to announce that 27 groups have been successful in our 1st round of funding. This round had a closing date of 25th June 2010 and the successful projects are as follows:

Organisation/Project	Title/Summary	Town	Whole Amount
Coastline Housing	More fun, no falls, a gentle exercise programme for the elderly	Camborne	£298.25
Mencap	Purchase of polycarbonate sheets for greenhouse	St Mawes	£300.00
Action For Children	Disabled young people's break/street dancing and music making workshops	Bodmin	£295.00
St Dominic Park Residents' Association	To provide the set up costs for a new residents' association/project group	Callington	£233.33
St Cleer Parish Carnival and Parades	A carnival that is being relaunched in St Cleer	Liskeard	£155.00
The Dracaena Centre	A cooking project for 11 to 19 year olds who attend the centre	Falmouth	£300.00
The Friends of Thanckes Park	The regeneration of Thanckes Park, Torpoint and Rame Peninsula	Torpoint	£300.00
Upfront Saltash (breastfeeding support group)	Promoting the benefits of breastfeeding by education and training and providing nursing bras	Saltash	£300.00
The Sycamore's Residents' Association	To provide light exercise equipment for the residents of supported living accommodation	St Austell	£300.00
Camborne and Redruth Live at Home Scheme	To continue to offer support, friendship and exercise to the elderly in Camborne/Redruth	Camborne	£150.00
St Hilary Parish Church Schoolroom Restoration	The restoration of St Hilary Old School for community use	Penzance	£290.00
Turnaround Project	Outdoor activity weekend for disadvantaged young people who are residents at the project	Newquay	£300.00
Richmond House Mental Health Resource Centre	Producing an album of music, poetry, comedy, art and photography by people with mental health issues	Penzance	£300.00
Kessenyan Singers	Publicity and new sheet music for Kessenyan Singers	Torpoint	£295.50
Rame Peninsula Male Voice Choir	To purchase a keyboard bench and sheet music for the Rame Peninsula Male Voice Choir	Torpoint	£232.15
Cornwall Community Volunteer Services	Dance sessions for the visually impaired	Camborne	£300.00
Sunshine Café (Memory Club)	Outings for members and their carers who are living with Demensia	Helston	£296.00
Treviscoe Community Centre	To provide new chairs for the Treviscoe Community Centre	St Austell	£300.00
Young People Cornwall	The Fit Pit is youth café to encourage conversations around alcohol and drug misuse, sexual health	Truro	£80.00
Rural Community Link Project	An eight week arts and craft group directed to but not exclusively for people with mental health issues	Newquay	£254.00
Upfront Breast Feeding Support Group	To provide breastfeeding information and books	Launceston	£290.00
Get Messy	To provide a selection of graffiti workshops in both Falmouth and Helston	Helston	£147.50
The Sanctuary	To combine the care of the land with the care of people by building a straw bale roundhouse	Penzance	£280.00
Torpoint Chamber of Commerce	Installation of an LED screen for community events in Torpoint	Torpoint	£275.00
Community Health Around Torpoint (CHAT)	Equipment for a monthly walking group and transport costs	Torpoint	£300.00
Padstow Over 60s Chair-based Exercise Class	Payment for a weekly chair exercise class instructor and room hire	Padstow	£300.00
Cornwall Council	East Pool Park 'get on your bike event'	Redruth	£300.00

**If you require any information about our Small Grant Scheme please contact:  
Diane Warren on 01209 313419**

## Streetgames, Threemilestone, Truro



Nicky Harrison, Community Health Development Worker (Step by Step) in partnership with Claire Boyd, LEAP, both from Health Promotion, have set up a series of Streetgames sessions for the children in the community of Threemilestone in Truro.

The sessions are being run at Threemilestone Playing Field (next to Threemilestone Primary School) on Friday evenings from 4.15pm to 5.15pm. The sessions are aimed at eight-16 year old boys and girls, and are free to attend.

The first session (Friday 9 July 2010) proved very successful with 12 children attending. All the children wanted to play football; however other options are available if other children would like to attend but did not want to play football. Other options include: cricket, rounders, tag rugby, netball, hockey or anything else the children would like to play.

If you would like more information on Streetgames, please contact Claire on 01209 313419

### Did you know:

Laughter reduces the level of stress hormones, such as cortisol, epinephrine, adrenaline, dopamine, and growth hormones. At the same time it increases the level of healthy hormones like endorphins and neurotransmitters.

Humour and laughter create the balance we need to get through the turbulence of life comfortably.

## 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

### Interlink Contacts

#### West Cornwall:

Douglas Polman 01736 334670

#### Mid Cornwall:

Alison Mitchelmore 01726 821904

#### East Cornwall:

Grayburn Owen 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 16 November 2010**