

Stepping Forward

The Step by Step Conference, 'Stepping Forward' was held on Friday 18 March 2011 at the Royal Cornwall Showground, Wadebridge. The event was a great success with over 100 people attending and proved a good opportunity for networking.



The focus of the day was to showcase the work of the BIG Lottery funded Step By Step project, celebrate its success and learn how it feeds into and adds to the Health Trainer Service as a whole.

Delegates heard about the work of the Step by Step project, which has now come to an end, and how the community development and Health Trainer work, carried out by Nicky Harrison and Sam Jones, lives on in a different form in Helston. This is now mainstreamed through the Health Trainer Service as a whole.

An overview of the day was given by the Step By Step and Health Trainer Service Coordinator, Alex Ollivier and was followed by some highly entertaining presentations. There was opportunity during the morning to learn about the role of our Health Trainers and how they are supported by Health Champion volunteers. The work of our partner organisations, BTCV and Cornwall Neighbourhoods 4 Change, was included as was a presentation by University of the West of England who had completed a high level evaluation of the portfolio project as a whole.

The afternoon gave delegates the opportunity to sample one of the many taster sessions on offer including – 'Creativity Matters' creativity to boost self-esteem; a Healthy Eating Cook Off; Understanding Confusing Food; and a Zumba dance workshop.

The evaluation elicited a 62% response rate and it was clear that the delegates overwhelmingly enjoyed hearing the stories from the clients who have used the service, as well as gaining knowledge of what the Health Trainers have to offer. The feedback also appreciated learning about the work of our partners. We felt that it was important to learn from this event and where we could improve in the future. We have taken on board all your comments and will action them where we can.

Sam Jones, formerly the Step By Step Health Trainer, is now the Health Trainer for Helston. Sam works Monday, Tuesday and Wednesday and is based at the Mustard Seed, Wendron Street, Helston. Tel: 07795451568.

Nicky Harrison is the Community Health Development Worker for Helston. Tel 07748920217

If you wish to make a referral to the Health Trainer Service telephone 01209 310066 or email healthtrainers@ciospct.cornwall.nhs.uk

Comments regarding the best bits from the conference

Each part of the day were special but questions & answers was very good

The 'real' people – client's stories

The fun way all the information has been delivered & workshops

The enthusiasm of everyone involved

Hearings people's stories of change.

The Health Trainer Service

Health Trainers are specifically employed through the NHS. Some work within the Primary Care Trust and some work within our partner organisations Cornwall Neighbourhoods 4 Change and BTCV. All support people in the geographical areas of higher health inequalities and help clients to identify their barriers to living a healthier lifestyle. For some it may be the traditional health related subjects of healthier diet, weight loss, increased activity or smoking cessation where they need the support. For others it may include support in other areas which have a negative impact on health.

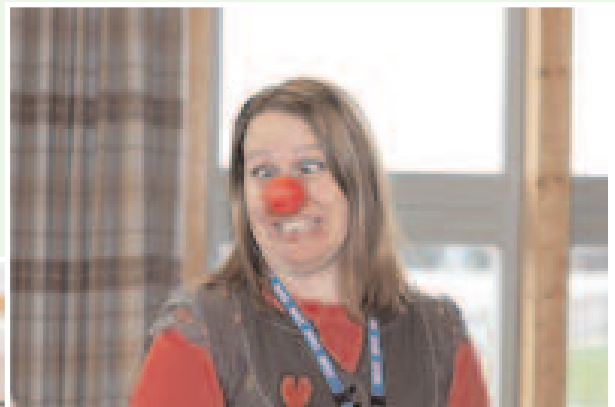
The Health Trainer allows the client to identify where they need help and support. To ensure that the client is empowered and sees the achievements they have made, between them they set SMART goals. SMART goals are Specific, Measurable, Achievable, Realistic and Time-limited. The Health Trainer and the client regularly review these goals to ensure the support is given in the most appropriate way and gains made.

Health Trainers are not clinically trained and are not there to take over the role of a nurse, dietician or social worker. What they can do is to work in partnership with other professionals to provide a value added service.

All of the Health Trainers are supported by Community Health Development Workers who work with the wider communities in the areas of higher health inequalities.

If you would like one of us to come to talk to you about having the support of a Health Trainer, contact Alex Ollivier or Diane Warren 01209 31006.

Stepping Forward Conference Pictures





Tales from Liskeard

Health Trainer Bill Davies tells two client stories from opposing ends of the age scale and information on one of his groups.

1. Ray, who Bill takes swimming, recently celebrated his 50th wedding anniversary to his lovely wife Cilla and the surprise guests at the party were Ray's parents who in June are celebrating their 70th wedding anniversary. Top that!!
2. Andy and Ceali a young couple who are both clients of Bill, have had a double celebration. Bill was able to support them through the move from their top floor flat in Liskeard to a two bedroom house in Looe. They moved in mid March and on March 31st Ceali gave birth to Max, a bonny, healthy boy and Bill now has a surrogate nephew. All three are flourishing in their new home and enjoying having a garden and a stunning view over Kilminorth Woods.

Chronic Fatigue Syndrome or ME?

Chronic Fatigue Syndrome causes long-term tiredness (fatigue) that affects everyday life. It does not go away with sleep or rest. It is also known as ME, which stands for Myalgic Encephalomyelitis. Myalgia means muscle pain and encephalomyelitis means inflammation of the brain and spinal cord. Both terms are commonly used. Chronic fatigue syndrome (CFS) is the term often used and preferred by doctors, because, in most cases, the main symptom is chronic fatigue. ME is often the preferred term of people who have CFS, this is because they feel 'fatigue' is too general, and does not reflect the severity and different types of fatigue. They also feel that even though fatigue occurs in most cases, it is not the only symptom people experience. Jane Swann from MESH, the ME Support group was

looking for a venue in Liskeard and came to see our Health Trainer, Bill Davies. Jane liked the venue and got on so well with Bill that she asked him if he would facilitate the group from his office. MESH Cornwall designed a poster which Bill distributed and MESH Liskeard was born. The group has been running for over a year and meets every other month. They have significantly increased their numbers and quickly outgrew Bill's office. The group currently meet at St Martin's Church, Liskeard and have a mailing list of 34, with at least one new member at each meeting. The last guest speaker was Sally Martin, a Nutritional Therapist, and the speaker for the next meeting will be from the Well Being Centre in Liskeard.

Bill Davies can be contacted on 07825365478 or email: william.davies@ciospct.cornwall.nhs.uk

If you live in West Cornwall and are experiencing ME, go along to a friendly self support group at BTCV, Tuckingmill Valley Park, Camborne. The group meet on the first Tuesday of every other month with the next meeting Tuesday 5th July 2011, 1.00 – 3.00pm. Why not go along and have a chat and a cuppa and share your experiences with other people. For the West Cornwall ME group contact Abbie on 01209 610600.

For more information about Chronic Fatigue Syndrome or ME visit the NHS website:

<http://www.nhs.uk/conditions/chronic-fatigue-syndrome/pages/introduction.aspx>

or MESH Cornwall:

<http://www.meshcornwall.org/MESH-Homepage.htm>

Walking and Foraging with BTCV



Abbie Willatt is a Community Health Development Worker for our partner organisation BTCV. Abbie put on a Wild Walk foraging session with wild food expert Rachel Lambert, for Camborne and Penzance clients on 17 May. This was a great day out to Marazion and was thoroughly enjoyed by everyone. It involved learning to identify and use wild edible

plants. Rachel was fantastic at facilitating this and everyone was surprised to learn just what you can eat from all around us in our natural environment. Come and join BTCV's Wild Walks and discover the health benefits of walking, free transport and refreshments are provided. Please book as places are limited.

BTCV also run a regular short walk on Thursday afternoons at Tuckingmill Valley Park starting from the Conservation Centre office. These are fortnightly on Thursdays from 1.30 pm to 3.00pm.

If you are interested in attending future Wild Walks please call Health Trainer Lesley Trenchard or Abbie Willatt: 01209 610600.

For foraging information contact Rachel Lambert Tel: 01736 369719 or mobile: 07903412014

Tales from Newquay

Violets



Bariatrics is the branch of medicine concerned with obesity. Violets is a friendly support group for bariatric patients. The group meets weekly in a local café to help each other with the issues they face around the ups and downs of having bariatric surgery. The group is open to all who may have had the surgery, those who are on the waiting list and even for those who are considering bariatric surgery but haven't made up their mind.

The great thing about Violets is that, as it is attended by those that have already had surgery, they can pass on their knowledge, allay fears of those who are pre-operation and they can encourage one another to try new things.

The group is supported by the local Health Trainer Jan Holroyd, who is on hand to promote healthy eating, healthy walks and community engagement. The group

has had people just 'drop in' to find out information and some have stayed for a cuppa and returned again and again.

Mari had a gastric band fitted in January and realised that there wasn't anywhere she could get information on the things she could eat after surgery. The group was able to tell Mari about their experiences and this helped Mari make good choices for her new eating regime. Mari has happily lost four stone and now has a healthier approach to foods as a result of being able to talk to others.

Zaneta Jones, who runs COSPA (Cornwall Obesity Surgery Patients Association), attends the group and said "We look forward to our weekly meetings at The Source Café, Newquay. We chat with others who understand, as they are on the same life changing journey. No one judges you so you feel safe; if you are struggling, one of

the others may just be able to help you find the answer."

If you are interested in coming along to Violets, it's on Thursdays at 11.00am at The Source

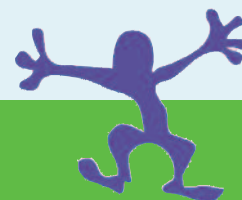
Café, Marcus Hill, Newquay. The group is open to people from all areas so come along!! Contact Jan Holroyd 07825365469 for more details.

Never too late to learn

Sometimes a referral for one activity can turn into something different and result in changes that will last a lifetime. A lady we will call Joan was referred by a Diabetic Nurse to Jan Holroyd who is the Health Trainer in Newquay. The nurse thought that Joan would benefit from attending a 'healthy walkers' group run by Jan. When Jan visited she found that Joan was unable to attend 'healthy walkers' but was interested in learning more about healthy eating. With Jan's help Joan began working through her Weight Matters manual and soon got her husband Harry involved. Harry also became a client and since then they have both made significant changes to their diets, resulting in gradual weight loss. Joan and Harry are both elderly people and have embraced new ideas and often remark that 'you're never too old to learn new things' (their words). One of the areas they felt most challenged with was the traffic light system on packaging. Jan was able to explain this to them and they now delight in telling Jan (and sometimes showing her) that they now buy mostly green labelled products and have cut out pastries as these are mainly 'red labelled'! Joan and Harry have been enlightening and charming and Jan says she'll be sad to sign them off when the time comes.

To contact Jan, telephone 07825365469 or email: Jan.Holroyd@CIOSPCT.cornwall.nhs.uk

For further information about the role of a Health Trainer or the Health Trainer Service, please contact Alex Ollivier or Diane Warren 01209 310066/313419



Emergency First Aid for Walk Leaders

The emergency first aid course was provided by Health Promotion Service's Mobilise to give volunteer walk leaders the opportunity to upskill and to 'be prepared' when delivering walks. The course covered a wide variety of scenarios that the Health Trainers and Health Champions could encounter whilst out and about. Health Champions are volunteers who work with different projects at Health Promotion Service. The group learned how to carry out CPR on the model and how to put their 'buddies' into the recovery position, as well as learning a range of bandaging and wound dressing.

Two of the Health Champions who attended were Sue Simkiss and Tracey Parkyn from Newquay Healthy Walkers, where they both volunteer as walk leaders. Sue and Tracey have been supporting their Health Trainer, Jan Holroyd by aiding in the delivery of "Walk and Weigh", a walking group with a Weight Matters theme, that meet at Newquay Boating Lake 10.00 am on Thursday mornings. Sue also facilitates Powerhour, a fast walkers group for those that like to raise the heart rate a little. Powerhour meet at Newquay Boating Lake, 5.30 pm on a Thursday evening.

Jan goes on to say 'knowing that the Health Champions are trained reassures me that I have a fully effective team and also empowers the Health Champions into being the best that they can be!'

For more information on Walks in Cornwall or Walk Leader training contact Mobilise on 01209 310062

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

Amanda Thornton

Bude Tel: 07824417555

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 Berryfield's, Bodmin
Tel: 07500885331

Shelagh Callaghan

Malpas, Trelander and Malabar, Truro
Tel: 07817014713

Angela Johns

Redruth Tel: 07799340885

Lesley Trenchard

Parc An Tansys/Pengegon, Camborne
Tel: 07825056580

Barbara Tooze

Treneere, Penzance Tel: 07825056581

Sam Jones

Helston, Tel: mobile 07795451568

**Health Trainer Office Telephone
01209 310066**

Funding for the Small Grants Scheme Withdrawn

We have been fortunate over the past few years to be able to support many community groups with our Small Grant Scheme. This has given the groups the opportunity to provide an activity or to purchase equipment , bringing people together and enhancing community development.

At the end of June we were able to provide support for 26 groups across Cornwall. We were hoping to hold a second round of grants later this year. Unfortunately, owing to financial constraints, we are unable to run the second round of Small Grants in 2011. We understand that this will come as a disappointment to many groups, as it does to us. We will continue to explore opportunities for Small Grant Scheme funding in the future.

We would suggest that if you are looking for funding for you group, that you visit the Awards For All website. They have grants from £300 - £10,000. Visit: <http://www.awards-forall.org.uk/> or contact your local Funding Advisor.



Padstow Over 60s Chair Based Exercise Group

Promoting activity and providing fun and good company. The group say that they have all increased their mobility and confidence helped by a small grant to provide them with an instructor.

For more information about the group contact Joan Carlise 01841 532672

Saltash Get Cooking

A few thoughts from a member of the Saltash Cooking Group, who received a Health Promotion Small Grant.

‘It is a comforting thought that a cooking group can not only provide good company, but a fresh look at what are some really healthy and different ways of taking our essential fruit and vegetable intake. Some people in the group are competent in their kitchens but for others of us the grating of cheese to perfection is an achievement’.



If you would like to find out more about what’s available in Saltash, contact the Health Trainer Marcia Henning 07795496623

St Hilary Old School Restoration Project

This Grade 2-listed building adjoining St Hilary Church near Penzance, has just been rescued from dereliction to become a community venue and a small Heritage Centre. Project costs, totalling just over £100,000, have been mostly met by a combination of grants, gifts and local fund-raising. Larger funders included the Heritage Lottery Fund who awarded £40,700 and West Cornwall Local Action Group who made a grant of £10,231 for furnishings and equipping of the Heritage Centre.



Normally the Health Promotion Small Grants Scheme does not put its funding into a larger pot, but in this case the funding for the kitchen equipment of two kettles, a fridge and some doormats, which are so important when trying to bring communities together, was missing. The Small Grants Scheme was pleased to be able to help the project by funding these items for the community and I was pleased to be there for the grand opening on 16 April 2011.



A little bit of history:

The parish of St Hilary lacked a community meeting space and, in common with many scattered populations, for many people isolation was a problem. The Church of St Hilary is also much visited on account of its colourful history and the remarkable examples of works by the Newlyn School artists of the 1920s and 30s. By giving local people a

place to celebrate their rich history and culture, and to share this new hall with the wider community, it is encouraging people to hold a variety of functions and social activities there. There are plans for new activities, the first of which – a Local History Group – is already up and running, with a membership of about 25 so far. There will be talks, workshops, visits and in house ‘research sessions’, alongside the development of the Heritage Centre and the staging of exhibitions and lectures.

It is hoped that, after a great deal of hard work by all of those involved, this new facility will greatly increase the scope of local social activity and contribute to an improved quality of life for local residents.

If you would like more information about the St Hilary Restoration Project or hall hire, contact Lesley Mitchell 01736 710229

Shallal Penryn

Shallal's new Improvisation and Performance Group, at the Zed Shed, Jubilee Wharf in Penryn, successfully applied to the Small Grant Scheme to enhance their own fundraising and provide dance theatre workshops for vulnerable people and others in the community.

This group grew out of a highly successful Healthy Living initiative, run by Debbie O'Nyons (Health Promotion Liaison Nurse for People with a Learning Disability). The Healthy Living group used dance as an accessible form of exercise. Some of the members of the group wanted to extend their dance experience and performance possibilities, and so the new Improvisation and Performance Group was started.

The group attracts a wide range of people with ages from three-50 years old and is open to anyone to come and try. The sessions are



fun, playful and exploratory, introducing the initial building blocks to Shallal's style of dance theatre improvisation. Some of the many benefits from participation are: social inclusion, improved health and fitness, self confidence and decision making.

For more information contact Jo Willis 01326 375867 or visit www.shallal.org.uk

Memory Cafés

Experiencing memory loss can be scary, but the good news is that it can be treated, even though there is no cure — as yet. People with memory loss can still enjoy themselves, learn new skills and functions often with less help than is thought.

In Cornwall there are now 21 Memory Cafés where people with memory loss and their family or carers can socialise, take part in meaningful activities, and enjoy home made cakes and refreshments.

Memory Cafés can help refresh and reweave the relationships between people with memory loss and their carers, and also build mutual support. Knowing that others really understand makes a difference, and this can grow into a support network that exists outside the café.



The Health Promotion Service has been pleased to be able to support a number of the Memory Cafés with a Small Grant for a variety of initiatives. This helps those with memory loss and their families to try new things and reduce the risk of isolation.

The photograph is of the happy band of members and helpers at St Ives and Carbis Bay Memory Café. For more information contact - Margaret Ford on 07974 728435



Robert Owen Communities

Offering Opportunities to People with Learning Disabilities

Boscawen Farm near Blackwater, is run by Robert Owen Communities as a day opportunities site for people with learning disabilities. A grant of £200 from the Health Promotion Service’s Small Grant Scheme has allowed them to purchase some special tools so that people with mobility impairments can join in with the gardening activities of planting and growing crops.

Manager, Debbie Evans, was delighted with the new tools. She says, “Many of the people who work at the farm have mobility difficulties or problems with holding conventional tools. These assistive tools have easy grip handles and some are long reach which means that they can be used from a standing position or from a wheelchair.

“We are using them as part of a larger project to develop a fully accessible fruit and vegetable growing area to include a ‘Pick Your Own’ section in raised beds. Once complete, this area will also be open to visiting groups from other organisations and local residential homes.”

The group at Boscawen Farm is now fundraising for a potting shed and the materials to build raised beds in the vegetable garden. If you can help, or for more details of the work of Robert Owen Communities, please call 01872 560530 or email boscawen@roc-uk.org.

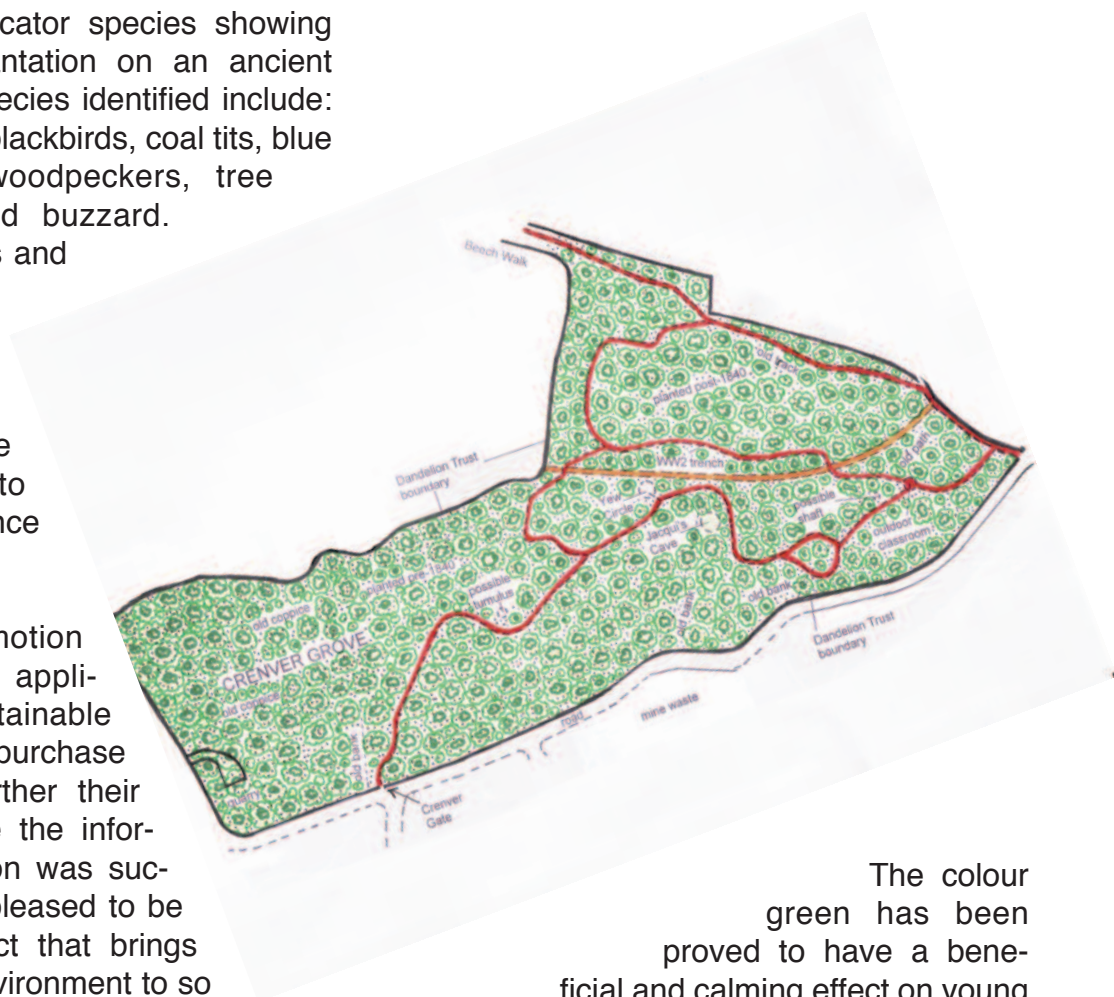
History and Nature for Everyone

Crenver Grove is a 14 hectare, Cornwall Nature Conversation site situated just outside Praze-an-Beeble near Camborne. It formed part of the historic Clowance Estate, with havens of semi-natural habitat containing a wide diversity of Cornwall's plants, animals and other wildlife. The Grove contains nine ancient woodland indicator species showing that it may be a plantation on an ancient woodland site. Bird species identified include: wood pigeons, rooks, blackbirds, coal tits, blue tits, finches, jays, woodpeckers, tree creepers, cuckoo and buzzard. barn owls, tawny owls and little owls have been heard on several occasions. Sites like Crenver Grove are an important part of the network necessary to ensure the maintenance of local biodiversity.

The Health Promotion Service received an application from the Sustainable Trust for the funds to purchase a new camera to further their promotion and update the information. This application was successful and we were pleased to be involved with a project that brings healthy activity and environment to so many people. The camera has helped the Trust submit and win a bid to mend the walls on the road, keeping woodland users and their pets safer.

The site is managed sensitively by the Sustainable Trust achieved charitable status nine years ago and centre their work around

education for all and nature conservation. Crenver Grove is used by many groups such as the Woodcraft Folk, the Forest Schools, Education Out of School, the Woodland Initiative Group and is open to all members of the public.



The colour green has been proved to have a beneficial and calming effect on young people with Attention Deficit and Hyperactivity Disorder. Pip, and the members of the Trust love to meet children on whom a few hours in the woods have had a beneficial effect.

Currently the Sustainable Trust are clearing felled rhododendron in Fox Grove, the larger,



less accessible of the historic groves on the old Clowance Estate. This is to help arrest the spread of 'Sudden Oak Death' in the Duchy. They usually leave this grove undisturbed for otters, deer and more easily startled wildlife, but volunteers are more than welcome to join in for a few hours on Fridays, building bonfires and pulling up the new growth. They meet on the corner of the Praze and the Drym roads at 9.20am and walk into Fox Grove from there.

For more information about Crenver Grove, Fox Grove and the work of the Sustainable Trust contact Pip Richards 01209 831718, email sustrust@aol.com or visit the website www.sustrust.co.uk

Dream Girls



The Hayle Youth Project designed the Dream Girls programme after consultation with local secondary and short stay schools. A need was identified to support vulnerable young women, with the aim to reduce risk taking behaviours, to improve confidence and self esteem and to raise awareness of health and wellbeing.

The programme was a great success. The young women had a good time whilst looking at important issues around sexual health, healthy eating, personal hygiene and positive relationships. Visits from Brook, Health Promotion and YZUP were interspersed with exciting and challenging activities aimed at raising confidence and self esteem. Climbing, abseiling and zip wiring at BF Adventure was followed by two surf sessions funded by our Health Promotion Small Grants Scheme and was led by Jess of Sirens Surf School.

For more information about the Hayle Youth Project go to www.hayle-youth-project.org.uk or call Heidi Row 01736 755790.

Comments from some of the participants of the Dream Girls from Hayle Youth Project

"I've cut down on smoking and I'm more outgoing and confident"

"I've stopped drinking completely"

"I'm exercising more and eating more fruit and vegetables"

"I am more confident doing new things"

"Myself and my friends look after our bodies properly now"

"I have really enjoyed being part of the Dream Girls Programme"

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 well being. 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. The tuition for this course is free and the only charge is £20.00 for examination fee.

To book a place on: Monday 25 and Tuesday 26 July 2011 or 19 and 20 September 2011, telephone our Admin Department 01209 313419 or download a booking form from www.healthprom-cornwall.org/training



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 01736 334670

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

Mid Cornwall:

Alison Mitchelmore 01726 821904

East Cornwall:

Tina Robinson 01208 832763

Cornwall Council Contacts

Cornwall Council has a localism area manager who is in place to support community and voluntary groups .

Localism Area Manager:-

Steve Besford-Foster 01579 341460

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 August 2011

Healthy Living Network News

