

Activity and Health

"There are few public health initiatives that have greater potential for improving health and wellbeing than increasing the activity levels of the population of England"

Chief Medical Officer, Department of Health, 2004

Even though it's getting colder and the thought of being outside isn't the most appealing, there's still benefit to be gained from getting fresh air during the autumn and winter months. A regular dose of fresh air is especially important in the winter as being inside with the heating on can dry you out and actually weaken the immune system.

We all naturally spend more time indoors when it's cold outside, which means more germs are circulating in crowded, dry rooms. A good way to combat this is to ensure you get outside for an invigorating walk once a day.

The key is that you aim to do at least 30 minutes of moderate intensity activity on five or more days of the week. The signs that you're doing moderate intensity activity are:

- an increase in your breathing rate
- an increase in your heart rate to a point where you can feel your pulse
- feeling warm

You should still be able to talk without panting in between your words.

Living somewhere like Cornwall, where you have access to green spaces, may help you to live longer according to a study in the Journal of Epidemiology and Community Health. If you've got access to a park, woods, or the beach make the most of it, even in the winter.

It's always so much easier to motivate yourself to do something if you know about the benefits. So if you are ever feeling as if you can't be bothered to go for that walk, just remember some of these health benefits. Physical activity can:-

- increase levels of HDL or "good" cholesterol;
- lower high blood pressure;
- help improve body composition by burning fat;
- promote healthy blood sugar levels;
- promote bone density;
- boost the immune system;
- improve mood and reduce the chance of depression;
- decrease the risk of coronary heart disease, stroke and diabetes, and the associated risk factors such as hypertension and obesity;
- have a role in preventing falls among older people.

The Health Promotion Service encourages people to keep physically active as the basis for a healthier lifestyle.

So, how about going for that walk now?!

Diane Warren

Community Health Development Assistant
Coordinator

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Getting the Kids Involved



Keeping the garden going over the winter could be one way to ensure you stay active and get some fresh air. Encouraging children to be active and help with the gardening, can carry additional benefits too; children involved with gardening ate more vegetables, and scored about 12% higher on academic tests, compared with those who didn't. According to the British Heart Foundation (BHF), only one in eight youngsters is getting the recommended 60 minutes of physical activity a day. It surveyed more than 1,000 children aged eight to 15 in July and August, and the survey found that a third of the children did less than an hour of exercise a week, and 20% thought you only needed to do it if you were fat.

Being physically active as a child may also lead to improved health status in adulthood. The National Association for Sport and Physical Education suggest that if young people emerge from their school years feeling confident about their ability to participate in physical activities, this may result in them being more physically active throughout adulthood. There is currently limited evidence on the tracking of physical activity from childhood to adulthood. However, children who are inactive are very likely to become inactive adults.

Researchers have confirmed what parents have long believed - running around in the day means your child may well fall asleep faster at night. Experts from Monash University in Melbourne and the University of Auckland looked at 519 seven-year-olds and found that for every hour a child sat, they needed on average an extra three minutes to fall asleep. Those active children who fell asleep faster also tended to sleep for longer.

There has been much discussion about the impact of reduced sleep duration on children. The researchers wrote that "As short sleep duration is associated with obesity and lower cognitive performance, emphasis on the importance of promoting healthy sleep in children is vitally important".

Community Health Around Torpoint (CHAT)



CHAT began in 1991, to serve the people of Torpoint. CHAT now actively covers Torpoint, the Rame Peninsula, Craffhole, Shevioc, Polbathic and St Germans. The peninsula is surrounded on three sides by water and is served only by an infrequent bus service to Plymouth and Liskeard, and no link to its neighbouring town of Saltash.

The Community Shop opened in 1999 and is staffed by volunteers. The shop provides an invaluable service to a community that is ranked third for deprivation on the Caradon Local Summary of Local Authority Scores in National and Local Rank 2007. CHAT works to promote the quality of clothes available at affordable prices by holding events including a fashion show which attracted ages between 15 and 80+.

Local community groups and individuals can also apply to the shop for grants up to £300.

When CHAT began, the obvious need within the community was for services to be brought to Torpoint. CHATLINK Information Bureau was set up in 2000 and agencies including the Citizens Advice Bureau (CAB) and the Benefits Agency were recruited by highlighting the need for their service and the provision of free office space. Eight years later, the CAB now hold two weekly sessions, Benefits Agency one and the three rooms available are regularly booked to capacity with several agencies needing to expand to additional days but limited to timetabled space. Marcia Henning, the Saltash and Torpoint Health Trainer is available at CHATLINK on Thursdays and Fridays.

CHAT facilitates a number of groups including 'Healthy Eating' cooking groups in partnership with the Health Promotion Service's Eatsome Project and 'Relaxation for Life' courses for people suffering with mild anxiety and low mood in partnership with the CC and Health Promotion's Community Health Development Team and the local GPs and health visitors.

CHAT's success and sustainability is recognised, and has fuelled other towns to set up similar projects. CHIK (Community Health In Keyham) is a project resulting directly from visits to CHAT, which is now funded by the Plymouth Community NHS Trust and Plymouth City Council. Support groups, including healthy eating and stress management, need to be expanded and funding needs to be found to retain the Project Coordinator. The need for the following new groups has been identified - cancer support, pain management and healthy eating. A Health Action Group has been highlighted as a need by CHAT and has been backed by the local GPs. This would pull together the whole Peninsula to identify common needs and strengthen ability to succeed in addressing them.

The Government recognises the importance of the Voluntary Sector (3rd Sector), for delivering many of its objectives and filling the gaps left by the public and private sectors. CHAT has been at the forefront of this way of thinking since its inception in 1991 and continues to be a grass rooted organisation within the Cornwall community.

If you would like to become involved in CHAT contact Becky Lingard on 01752 823251

The Health Champion Scheme offers the opportunity for volunteers to work with NHS projects that support the health of Cornwall and the Isles of Scilly communities. We would like to introduce you to one of our Health Champions, Micheala Dudley who has been volunteering with the Community Health Development Team.



"The best thing about being a health champ is that I get to meet loads of different people and do lots of weird and wonderful things. From just talking and cooking to getting a bunch of over 60s playing balloon tennis which isn't a bad way to spend your day."

"After being unemployed for a long period, with Zelga's guidance, being a Health Champion has given me confidence and training opportunities that are helping me prepare for returning to work."

1 What makes you happy?

A microwave wheat bag and a cuppa.

2 How did you get involved in your job?

I read an advert in the paper asking for Health Champions and decided to have a go as I was already teaching chair exercises.

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

Sometimes if you don't feel good in yourself it's hard to try and be positive for others.

4 What do you do to relax?

Watch a funny film or the Dave channel.

5 Which famous person would you like to be?

I wouldn't, I'm me and I'm notorious in my home town which is like being famous.

6 Have you had any embarrassing experiences?

Too many to mention.

7 What's your favourite food?

Pickled onion Monster Munch.

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

Ghost Busters, I'm a big Bill Murray fan.

9 Who's your hero or heroine?

Superman.

10 And why?

He wears his pants on the outside and gets away with it.

11 What's your idea of a perfect world?

My idea of a perfect world is the one where I have central heating - and of course world peace!!!

**If you would like to find out more about joining the Health Champion scheme, contact:
Zelga Hatton on 01209 313419**

Courses at Truro College

Certificates and National Vocational Qualifications (NVQs) in the management of volunteers and community development are currently being delivered by Truro College in venues across Cornwall. You can access course funding if you are a volunteer or work for a voluntary and community organisation. Evening and daytime courses are available.

The certificates and NVQs in Community Development are based on the National Occupational Standards and will enable the learner to:

- Understand the values and principles of community development work;
- Develop working relationships with individuals, groups and organisations;
- Understand the benefits of pooling resources and how to encourage and enable working with, and learning from, others;
- Learn how to plan for change;
- Understand group dynamics;
- Learn what makes an effective community group or network;
- Learn how to write a funding bid;
- Learn how to develop and use frameworks for fundraising and evaluation;
- Understand social justice and power imbalances;
- Develop skills to challenge discrimination and oppression;
- Learn how to develop a sustainable community group.

Certificates are available at level 2 and 3 and the NVQ is available at level 2, 3 and 4, (NVQ level is dependant upon the learners job role).

The Management of Volunteers Programme (Level 3 VRQ and Level 3 or 4 NVQ) is suited to volunteer managers working in a volunteer supervisor or middle manager role who want to develop their skills in the context of a programme of continuing professional development.

The programme is a Certificate in Managing Voluntary and Community Organisations (Volunteer Management Pathway), which aims to provide learners with the skills relating to the selection and professional development of voluntary workers, an understanding of planning, policy, equality and diversity together with the value base and legal context of voluntary and community organisations. The certificate dovetails with a NVQ in Management to provide two nationally recognised qualifications on successful completion of the programme.

Please contact Polly Talmage on 01872 267155 or email pollyt@truro-penwith.ac.uk



Party in the Park



Newquay's Mayfield Party in the Park event came about after the Easter Community Treasure Challenge. A multi agency event, it involved the NHS Health Trainer Service, CN4C, the Police, Ocean Housing and local residents. The event for the local community, raised £750 and was shared between Newquay Hospital X-ray Fund, the Air Ambulance and Joe Way, Precious Lives Appeal (see the photo of the cheque presentation). There was a BBQ provided by RAF St Mawgan, a local magician performing tricks, local singing talent and a male voice choir who performed for the evening event.

From the Party in the Park, a residents' group is now forming and they plan to recreate the fun by holding another similar event next year.

Walking Groups

Newquay Big Walk in August had over 40 people turn up from Saltash, Liskeard and Newquay walking groups. A great morning was had by all despite the drizzle!!

Following on from this was the joined up walk at Cardinham Woods on the 29 September, involving BTCV's walking group plus the Saltash, Liskeard and Newquay groups. Approximately 60 people attended and had a fantastic morning, some stayed onto picnic together and walk a bit more!!

Next joined up walk is a Woolly Hat Walk planned for the 1 Dec. For more information contact Sarah Shuffel BTCV 01209 610600 or Beth Mitchell 07881827461

Join in the Singing

Beth Mitchell Community Health Development Worker with Health Promotion and Dani Yates Community Development Worker for CN4C are promoting:

'Singing Across the Ages'

Taking place in Newquay at Trenance Cottages Christmas Fair on the 5 December at 2pm. Those involved include local school children, parents and grandparents plus older people from residential homes and supported accommodation, the Police and many others. Arts for Health are supporting them with a voice coach, so come along and join in the singing of Little Donkey and Jingle Bells.

For more information contact Beth Mitchell on 07881827461



Not So LOP Sided

Bill Davies our Health Trainer in Liskeard has been busy building a football team with seven keen 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), a 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.

What's in a team name you may ask, well these guys came up with something that was not only original and unforgettable but raised a few laughs into the bargain – LOP Sided.

On Wednesday 14 October LOP Sided went up to Plymouth for a five game tournament put on by Plymouth Argyle and Rethink, where 12 teams of players were split into two groups of six. They certainly showed perseverance

Game 1 lost 5 - 0
Game 2 lost 2 - 1
Game 3 lost 2 - 1
Game 4 Credible 0 - 0 draw
Game 5 Against Glenbourne Supported House Plymouth LOP Sided won by four goals.

LOP Sided's enthusiasm and sense of fair play impressed the organisers to such an extent that they have been invited to play again at a tournament in Exeter on 3 December and a representative of Devon FA is coming to visit the team in training.

If you would like to know more about the team, practice is on Monday evenings 6 -7.30 pm at Lux Park Liskeard.

Health Walks in Liskeard

Every Monday at 1.30pm a health walk leaves Lux Park in Liskeard, there are five different walks all of which are geared to the individual's ability. Why not join Bill and the others on the walk and enjoy a social visit to the café after.

Bill can be contacted on 07825365478

The Step By Step Project

will be working in:

St Austell - Wadebridge - Falmouth - Malabar (Truro)
Launceston - Callington

As our other Health Trainers work in specific geographical locations, the Step By Step project was set up to overcome the problem of someone being outside of these locations but wanting the support of a Health Trainer to improve their health.

For further information contact Emily Beech on 01209 313419 or e-mail emily.beech@ciospct.cornwall.nhs.uk



Increasing Confidence & Weight Loss

A lady we will call Mary, was referred by her Support Worker to Ruth Thompson, the Health Trainer who works in the Malpas and Trelander areas of Truro. Mary had been suffering from long term anxiety and stress and, as a result, her health had deteriorated. She was the sole carer for her two adult children who lived at home and who both suffered from mental health conditions. Due to her situation Mary had become socially isolated, having little other adult contact. She would become anxious if she had to go out because she was concerned for the safety of her children, in particular her daughter.

She had expressed an interest with her support worker in having help with becoming more active and to address her weight, as she had lost all enthusiasm and motivation for a healthy diet.

Ruth initially supported Mary through home visits where they discussed her concerns and aspirations for the future. Slowly Mary felt more confident about setting herself small goals related to her food and her activity and felt comfortable leaving the house for short walks. Ruth and Mary started going for short 20-30 minute walks. During these meetings Mary became less anxious about leaving her daughter at home alone. During this time Mary's daughter was also going through a change in her medication, which meant she was spending less time in bed and was able to start managing everyday tasks herself. This had taken some of the worry and pressure away from Mary which, in turn, supported her own progress.

Mary was very interested in art, and she and Ruth investigated several art groups together. Mary had a new found confidence to join a group and was really proud of the work she has done during the sessions.

Ruth suggested the 'Be Kind To Yourself Group' that meets at Trelander Community Centre would be a great way for Mary to meet other people her age and to add a variety of activity into her lifestyle.

Mary came along to her first session and really enjoyed the chair exercises, she was surprised to find that she knew a few people there and this gave her more confidence to continue to attend. Mary also enjoys

having a role in the group and often makes the teas and coffees for everyone. She now feels she has gained her motivation back, has reduced anxiety, reduced isolation and a healthier lifestyle for her family.

Other groups supported by Ruth in the Malpas and Trelander areas of Truro:

- Trelander 'Be Kind To Yourself Group' - Chair Yoga and Tai Chi.
- Asian Women's Group in Truro - Developing their resources and services, offering six weeks of activity and training for individuals to run their own activity classes. Finishes 10 December 2009.

If you would like any further information on the Health Trainer role in Truro, contact Ruth Thompson or Caroline Gayle 01209 721500

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

Caroline Gayle –

Kinsmen and Berrifields, Bodmin Tel: 07866536995

Ruth Thompson –

Malpas and Trelander, Truro Tel: 07817014743

Angela Johns –

Redruth Tel: 07799340885

Lesley Trenchard –

Park and Tansys/Pengegon, Camborne Tel: 07825056580

Bethany Sheldon–Fenten –

Park and Tansys/Pengegon, Camborne Tel: 07740899599

Michelle Nicholson –

Treneere, Penzance Tel: 07825056581

Sam Jones –

Step By Step Tel: mobile 07795451568

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



Activities for Special Kids (ASK)

The Health Promotion Service were pleased to be able to provide funding to ASK through our Small Grants Scheme for a day at Churchtown Farm. During the summer, families and disabled youngsters were able to experience climbing, archery, abseiling and the challenge course.

ASK was set up in 2000 by parents of disabled youngsters and their main aims are to provide activities, support and information to families with a disabled child or young person.

They currently have about 35 families who are members with their children ranging from 10-25 years and with an extremely wide range of abilities. Whole families are encouraged to take part in the activities and it is a great way for people to socialise, share experiences and make new friends.

The list of opportunities that ASK provide is very extensive and ranges from bowling to ice skating, horse riding to snow tubing as well as trips on boats and trains, visits to the theatre, pub meals and canoeing down the Tamar! In fact they will try anything that the youngsters and their families want to do. Eight families recently enjoyed a trip to EuroDisney and 15 families had a fun weekend at Hendra. This year for the first time, ASK organised a water skiing week which they opened up to anyone with a disability and this was enjoyed by 150 people.

Most of all ASK are about having fun and spending time with others who understand what life with a disabled child is all about.

For more information about ASK contact Teresa Burt 01752851612

We have been inviting any community group in Cornwall and Isles of Scilly to apply for one of our Community Health Development Small grants of up to £300. These grants are awarded with view to enabling the projects to promote health and wellbeing in it's broadest sense.

The second round of Grant Scheme for 2009 has just come to a close as this newsletter was going to print. In the next issue we will bring you the news of successful projects from this latest round of funding. In the meantime we are very pleased to show you some of the wonderful things that can be done with just a little funding.

For further information about the Small Grant Scheme, contact Diane Warren 01209 313419.



Kingsand Bowls

I recently visited a lovely group of people who meet every Tuesday at Kingsand Community Hall to play Short Mat Bowls. The group started in 1991 originally playing whist but decided what they really wanted to do was to play bowls. They were given a start up grant by the Lion's Club and have since gone from strength to strength. The Community Health Development Small Grants Scheme were very pleased to be able to fund the purchase of a new bowling mat for the group.

Founder member, Frank Duke, who has just celebrated his 90th birthday told me that there are three L's in bowling, lines, length and luck, the greatest of which is luck. It was hard to see where luck came into it, watching the skill of the players. Cups of tea were made by June Sinden the group's 'Catering Manager' and her invaluable 'Chief Cook and Bottlwasher' Betty Shimmel. I asked the

group, 'what were the best bits of Kingsand Bowls', everyone agreed that it was the friendship, the company and the exercise. It appeared however that the bottle of wine that was brought along when it was someone's birthday came just about top of the list.

Looking at this group of people most of whom were in their 80s, I began to think that either there must be something in the water in Kingsand or they really are proof that moderate exercise and being amongst friends is the secret to a long and healthy life. Looking around at this group of happy, smiling people and couldn't see a walking frame or stick between them.

If you would like to find out more about Kingsand Bowls, contact Peter Lavers 01752 822796 or email ronaldpeter@btinternet.com

The British Transplant Games 2009

Our Community Health Development Small Grants Scheme were pleased to be able to support the Transplant Team with a grant of £200 towards the cost of attending the British Transplant Games in which 11 gold, six silver, three bronze medals and one trophy were collected by seven competitors.

Following months of intensive training, the seven competitors, most of whom are from Cornwall, and all recipients of kidney transplants from the South West Transplant Centre, travelled to Coventry to compete in the annual games. Stuart House, Jean Howard-Jones, Janet Jenkins, Emily Kidd, Michael McCullough, Sarah Roberts and Terry Wright collected the medals after competing in a number of events including swimming, track and field and ten-pin bowling.

Claire West, Research Nurse at Plymouth Hospitals NHS Trust and Team Manager for Team Plymouth, said: "I am so proud of the team for what they have achieved this year. These transplant athletes are an inspiration to us all and demonstrate the importance of the organ donor register and its potential to save lives. If it were not for the generosity and kindness of the people and their families who donated lifesaving organs the Transplant Games would simply not happen."

The British Transplant Games is an annual event and is held in major cities across Britain. This year's event took place over four days in Coventry, from 30 July to 2 August.

The aim of the event is to publicly and visibly demonstrate the benefits of a successful organ transplant, whilst promoting the full rehabilitation and wellbeing of its participants and members. By illustrating the power of the gift of life, the games strive to encourage people to sign the organ donor register and help save the lives of the 9,000 people in the UK currently on the transplant waiting list.

Willow Day with the Friends of Gwithian Green

The Willow Day was about utilising willow to make dragonflies and pond nets, and with help from the Community Health Development Small Grants Scheme, it was hoped to engage the local community in learning about their local nature reserve through offering a fun and informal activity day.

This project was inspired by Sally Foster who participated in a willow workshop making Dragonflies at the BTCV 50th birthday celebration at the Lost Gardens of Heligan. Sally thought this was an excellent way to inspire local people to get more involved with nature conservation work at Gwithian Green Local Nature Reserve.

The Willow Day went really well thanks to lovely weather. There was a great mix of ages from toddlers to senior citizens, some people from the village had never met before! Mainly local people attended but one or two came from a little further afield with new people joining the 'Friends of Gwithian' group.

Melinda Hubbard and her assistant were the willow experts. Both of them were excellent with all and especially good with



the children. Everyone was delighted with their various pieces of art! As well as making exciting things with willow, pond dipping and botanical walks were available. Also on hand were wildlife experts who found various water invertebrates including some large dragonfly nymphs which the kids loved. An elver and caddisflies were found and inspected by everyone before being gently returned to the ponds and stream. A charcoal maker also joined in the fun and showed everyone how to make charcoal.



The reserve has a large area of willow that requires annual management and it is important for the group to manage the Green with sustainability. A day in the winter is planned for local residents to coppice willow for bean poles rather than buying canes from garden centres.

For more information about coppicing and The Friends of Gwithian Green, contact Dick Goodere, Coordinator, or Sally Foster on 01736 753259

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 veg per 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 on:
Monday 18 and
Tuesday 19 January 2010
Telephone Diane Warren 01209 313419 or
download a booking form from
www.healthpromcornwall.org/training**

HEALTHY HEART

Cabbages, cauliflower, crisp crunchy swedes, Peppers and parsnips and melon with seeds, Red things are yummy, and green things are fun. Keep your heart healthy and fill up your tum!

By Eleanor Rose Hendicott

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.

Penwith:

Dilys Down 01736 330198

Kerrier:

Douglas Polman 01209 614909

Restormel:

Stella Jenkin 01637 893637

Carrick:

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

Kerrier and Penwith:

Douglas Polman 01736 334670

Restormel and Carrick:

Alison Mitchelmore 01726 821904

South East Cornwall and North Cornwall:

Mary Groves 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 - Seve Beresford-Foster
01579 341405

Central - Rob Andrew
01872 224239

West - Matthew Barton
01736 336880

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 12 February 2010

