

Laughter is good for us

Suzy and I have recently been promoting laughter as a positive choice for health in recent workshops we have run (please see back page), which I would like to add have proved very successful. Although most of us are aware that laughter is good for us there is ample research to prove that it is useful to health in the following ways:

Reduces stress	Rests the brain	Bolsters moral
Decrease anxiety	Inspires creativity	Reduces anger
Stabilises mood	Boosts immunity	Enhances communication
Relieves pain	Maintains hope	

According to a study done by Dr Micheal Titze, a German Psychologist “ in the 1950s people used to laugh 18 minutes a day but today we laugh not more than 6 minutes per day despite huge rises in the standard of living”. Children can laugh up to 300-400 times in a day but when we grow as an adult it comes down to just 15 times a day. To us and our delegates these were shocking facts and made us realise that we actually need to make more of an effort to laugh whenever we can. Another notable fact about laughter is that your brain is not aware if your laughter is fake or real; the health benefits are the same!



With Christmas coming up, for those of us who still believe in Santa, it is the most magical time in the world, but equally for a lot of people Christmas can be the most miserable time of the year. I read a book sometime ago called ‘Join Me’, by Danny Wallace. One of the things Danny was advocating was what he called ‘Good Friday’ where people carry out a ‘random act of kindness’ for someone they don’t know; like buy someone a coffee, pay their parking meter, etc.

So bearing all this in mind, why not improve your own health this Christmas by smiling and laughing lots and encouraging others to do likewise. Let’s be nice to each other this Christmas, take care of each other and above all, take every opportunity to laugh: Remember, laughing is good for your health..

Have a happy and laughable Christmas.

Alex Ollivier

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

Book Review



Our Virtual Book Club here at Health Promotion.

Some time ago, I was given a book to read, on the recommendation that I **WOULD** enjoy it! It's a satirical view of life by one of Alex's favourite authors, Carl Hiaasen, called *Tourist Season*, and after a few attempts, I finally found myself totally gripped by his sense of humour! It is set in Florida and comically highlights the impact that tourism and reclaiming land in the Everglades has had on the environment. He has been described as "a truly funny writer, with a stern moral compass lying beneath his slapstick.." and I have to agree. However, both Alex and I felt it may not be totally appropriate to submit a book review of it, due to it not being totally P.C.! And as it's totally absorbed me, it's the only book I've read recently and it has taken up all my reading time, we thought this would be a great opportunity to tell you about the wonderful Virtual Book Club we have here at Health Promotion.



It was formulated in memory of a former patient of Mount Edgcumbe Hospice, who received such special care from the Hospice that we wanted to do something practical as a way of thanks. So a few of us here bought in a selection of paperbacks, which otherwise only tend to clutter up the book shelves at home, to raise money for this worthy cause. So, if any of us want one of the books, we pay a £1, take it home, read it, then bring it back (if we want to), choose another one, pay a £1 and so on and so on.

Since starting the library, we have raised a grand total of £127! I personally feel this is a great way to raise funds with the added bonus of recycling, reusing etc. The idea could be adapted to all sorts of organisations and venues, i.e. toys could be 'sold' at a playgroup, recipes could be 'sold' at a luncheon club, etc,.. the possibilities are endless!

Whatever you do, make sure you enjoy it!

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 the county.

Healthy Living Forum leads

Penwith:

Dilys Down 01736 330045

Kerrier:

Douglas Polman 01209 614909

Restormel:

Stella Jenkin 01637 893637

Carrick:

Trudy Swann 01872 264882

Caradon:

Liz Webb 01579 348844

North Cornwall:

Jessica Pytel 01208 265624

Isles of Scilly:

Joel Williams 01720 423680

Interlink contacts

Kerrier:

Douglas Polman 01209 614909

Penwith:

Beccy Trehair 01209 614900

Restormel and Carrick:

Alison Mitchelmore 01872 264166

Caradon and North Cornwall:

Lydia Bilson 01208 75799

District council contacts

Each district council has a community team who are in place to support community and voluntary groups within that district.

Penwith:

Kelly Russell 01736 336899

Kerrier:

Josyanne Thatcher
01209 614061

Carrick:

Martin Searle 01872 224428

North Cornwall:

Jessica Pytel 01208 265624

Caradon:

Alison Gibson 01579 341030

Restormel:

Jacqui Pearce 01726 223618

Q & A column

For this edition we have asked a very dear friend, Richard Hocking, Manager of the Kerrier Volunteer Bureau in Redruth, for his inspiring answers to our Question and Answer column. Richard has been championing the voluntary sector for many years and is always such a joy to be around! A real inspiration to anyone who is considering voluntary work.

1 What makes you tick?

Being with people and being busy (I can't stand doing nothing!).

2 How did you get involved in your job?

Following redundancy, I was in the scary position of being out of work as I approached the grand old age of 50! Being involved in some form of volunteering most of my life had brought me so much more satisfaction than the "day job", so I decided to seek a new career in the voluntary sector. At that time I was privileged to be volunteering with the Samaritans – not only as a listening volunteer, but also recruiting and training volunteers. That experience enabled me to get my dream job with Cornwall Centre for Volunteers, as manager of the Kerrier Volunteer Centre, and volunteer recruitment officer for the (then) Kerrier Healthy Living Centre. It's now the West Cornwall Healthy Living Centre, and five years on I still get such a buzz seeing the difference volunteering makes to people's lives!

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

Days when I feel like I have to juggle 15 balls in the air at the same time – but it's very satisfying when you catch most of them on the way down!

4 What do you do to relax?

Watching or taking part in musical theatre (somewhere inside of me there is still the remnant of a desire to be a song and dance man!).

Spending time with friends - especially if wine and food are involved!

Cleaning the car (I know that's sad, but I DO enjoy it!).

5 Which famous person would you like to be?

Charles Wesley

6 What's your motto?

"People matter"

7 What makes you happy?

Finishing a day having achieved what I set out to do.

Cars – especially big ones!

Bright lights (I think I must have lived in Las Vegas in a previous life!)

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

Book: "Tales of the City" (Armistead Maupin).

Film: "Harvey" (James Stewart).

Song: "Somewhere over the rainbow" (Don't groan – everybody has dreams, and I defy anyone to listen to this properly without thinking about theirs!).

Piece of Art: Any painting by Jack Vettriano.

9 Who's your hero or heroine?

My nephew, Justin Richards

10 And why?

We hear so much about famous people, but the world is full of "everyday" heroes. Justin is a teacher who is a hero to so many of his pupils. He cares deeply about their learning, and about making it an enjoyable experience for them. He identifies with them and he inspires them. There can be few achievements more satisfying or important than giving young people the right start in life.

11 What's your idea of a perfect world?

One where everyone respects each other's right to life, lifestyle, and quality of life.

Richard Hocking, Manager
Kerrier Volunteer Centre
Cornwall Centre for Volunteers,
64, West End, Redruth TR15 2SQ
Tel/Fax (01209) 217614



Successful applications for Small Grants in Caradon, Restormel, Penwith and North Cornwall

Here are the groups in Caradon, Restormel, Penwith and North Cornwall who have been successful in their applications for funding in the first round of the Small Grants Scheme for this year.

CARADON

CHYP Young Persons Advice/Support Centre £100
Nick Peel 01579 340141
To Promote Healthy Food Options

Callington Town Band £150
Doreen Blake 01579 384092
Purchase of Instruments

Waterside Colour Circle £120
Janet Evans 01752 811158
'Colour Circle' Project

Siblyback Table Tennis Club £150
C Jago 07974 000553
Table Tennis Table

Children's Saturday Club £100
Mavis Edmonds 01579 350385
Provide Play Equipment

Pound Dean Residents Group £100
Pat McCullum 01579 340610
Communal Garden Project

Landulph Toddler Group £100
Niki Gill 01752 846941
Mirror Aids for Toddlers

Whitsand Bay Surf Life Saving Club £150
John Chadwick 01752 813456
Youth Surf Life Savers Training

Torpoint Youth Project £150
Su Marshall 01752 815361
'Girls just wanna have fun'

Warleggan Jubilee Hall £200
J L Goodair 01208 821223
Warleggan Jubilee Hall History Project

ECHO Eastern Cornwall Handicap Association £174
David Knight 01579 383034
Provision of emergency communications

Dyspraxia Support SE Cornwall £150
Beryl Cole 01752 841875
Dramatherapy Workshops

Barbican Pre-School £200
Mrs Saddler 01503 262948
Healthy Snacktime

Cornwall Wildlife Trust £150
Caroline Vulliamy 01579 370411
Events programme for New Central Tamar Group

Duloe Recreation Ground £150
J S Massey 01503 263496
Duloe Recreation Ground Association

Liskeard Visually Impaired Social Club £100
Rebecca Hunt 07891840181
To promote physical and emotional health

Trengweath Day Centre £130
Sarah Clarke 01209 881660
Social Activity Group

East Cornwall Mining History Association £100
Caroline Vulliamy 01579 370411
"Bramble-Bashing"

ASK (Activities For Special Kids) £150
Theresa Burt 01752 851612
Canadian Canoeing

Torpoint Athletic Youth Football Club £100
Ian Baker MBE 01752 813866
Incoming Team Integration



Health Promotion Service Small Grants Scheme

Liskeard Musical Theatre Company £100
Norman Arthur Pampling 01579 343449
Production of 'High Society'

SWISH £140
Alvina Westlake 01752 843468
School Holiday Break

Menheniot Playgroup £200
Margaret Luckett 01579 345648
Healthy Food Café

Landulph Under 5s £200
Diane Gregory 01752 8454230
Shed For Storage

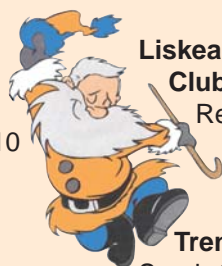
Phoenix Ward £100
Kate Mitchell 01872 253418
Volunteer Conversation Partner Outreach Scheme

Liskerrett Community Centre £200
Rachel Yarrow 01579 340307
Taster Sessions

Tamar Valley Orchards Volunteers Group £200
Caroline Vulliamy 01579 370411
Apple Pressing For Everyone!

K2 Youth Centre £180
Nikki Cole 01752 842586
K2 Drop In Session

Caradon Volunteer Centre £100
Lisa Thomas 01579 344818
'Green Team'



RESTORMEL

Healthy Active Lifestyles Project £200

Maria Moroziuk 07891840630
Healthy Active Lifestyle Project
Street Games

Trenance Children's Centre £300

Carol Matta 01637 862900
Community Café, DIY Community
Enterprise Dice Project

Trenance Children's Centre £300

Carol Matta 01637 862900
Community Food Projects

Age Concern in Cornwall & Isles of Scilly £168.20

Gill Smyth 01872 266388
Sports For All

Forget me Not £150

Jenny Moore 01726 76939
Providing network of support services in Cornwall for Bereaved parents, their family & friends who have experienced the loss of a baby during pregnancy

Playwise £200

Ann Tomkins 01726 821945
St Austell Play Day

Speech & Language Therapy RCHT £150

Margaret Ray 01872 253717
Supported Conversation Volunteer Scheme

Hear Our Voice £300

Shauna Haughian 01872 261989
Self Help Support Group

Children Young People and Families £145.40

Liz Olive 01872 327486
The Happy Fun Club

Young People Cornwall £300

Jamie Spice 01726 810068
Summer Programme

Penwithick Community Hall £300

B U Jeffery 01726 852399
Healthy Eating Seminars

St Austell Family Centre £300

Carol Dunne 01726 74969
St Austell Family Centre Allotment Project

Women's Rape and Sexual Abuse Centre £300

Polly Amos 07877725779
Cos I'm Worth It

St Columb Minor Friendship Luncheon Club £300

M Margaron 01637 873791
Purchase Catering Equipment

PENWITH

Penzance Methodist Church Youth Group £250

Alison Richardson 01736 330988
A Healthy Harvest & Artful Autumn

ME/CFS Support Group £250

Valerie Stagg 01736 361146
A Facilitated Self Help Group

Pendeen Parish Members Institute £160

Tracey Waters 01736 786776
Eating for Health and Well-being

3 Villages Youth Project £248

Julyan Drew 01736 364707
Newlyn Nosh-cooking club for 5-14
year olds and their parents

Hayle Rugby Football Club £249.49

Jamie Hollow
01736 753320
Provision of a more
varied activity
programme

Sancreed Village Hall £180

Kate Goodman 01736 788705
Sancreed Activity Centre

Hayle Town Youth Club £160

Janna Eyre 01736 755675
Brook Graffiti Project

Harbour Light £250

Helen Tanner 01736 756772
Run Creative Workshops

St Ives Over 60's Good Companions Club £250

L H Wright 01736 795691
Talks and entertainment, slide
shows etc

NORTH CORNWALL

2nd Bude Jacobston Scouts £120

D Dowling 01288 352786
Sleeping and cooking tents

1st Launceston Scout Group £150

Morag Dyer 01566 782262
Making game time more fun and
more energetic

Dreadnought £100

Lesley Taylor 01566 776540
Dreadnought Garden Centre

Whitstone Whistler Parish Magazine £150

Richard Horn 01288 341188
Production of Parish Magazine

St Issey & Little Petherick Community Association £250

Michael Simpson 01841 540434
Village Fun Day/Fete

Kinsman Neighbourhood Centre £180

Marion Vickery 01208 269960
Come and Join Us

DASCH £160

Roger Adams 01288 321841
Raising Awareness

Early Intervention Team £180

Sarah Clarke 01209 881660
Social Activity Group

Bude Art Exhibition £250

Gabrielle Goodchild
01288 331379
Journeys through light and dark.

Whitstone Playgroup £250

David Fowler 01288 341346
To produce a consultation document

Lewannick Preschool £116

Julie Ann Milne 01566 779380
Getting Active for the Under 5's



Health Promotion Service
Small Grants Scheme

Landewednack School Kitchen Garden



A recent visit took me to Landewednack School in the Lizard to attend the official opening ceremony of the school kitchen garden. The original conception came from John Ford, of the Retired and Senior Volunteer Programme (RSVP), who worked with children from Landewednack school to create three raised gardens in the grounds of the school. The gardeners have been

very busy with two of the beds being packed full of delicious vegetables and the other one looking so pretty with sunflowers, dahlias and many other beautiful flowers. Not only do the children help to grow the vegetables, but they also help to pick and weigh the vegetables before taking them home to prepare and eat them! So many



valuable lessons to be learnt from this all round approach. It was such a lovely goosebump filled afternoon, especially when Ferdi of Flambards arrived to cut the ribbon! The children were so excited they all clapped and whooped madly!

This project demonstrates quite clearly the many benefits of community involvement in a small isolated area. The long lasting health benefits of children learning about how food is grown and how to prepare and cook it are invaluable. The lessons and respect they have learnt from working alongside the team of RSVP members are priceless. The huge benefits for each one of the volunteers are immeasurable, the self worth and value, the friendships and being able to pass on knowledge to children; these are just a few. And for all involved, some physical activity as well! It's an example to all of us that volunteering is good for your health! John is also very happy to advise any other schools on how to set up a school garden, please contact Suzy for more details on 01209 313419.



EVENTS



International Day of Disabled Persons

03 Dec 2006

The annual observance of the Day aims to increase awareness and understanding of disability issues and trends, and to mobilise support for practical action at all levels, by, with and for persons with disabilities. www.un.org

International Volunteer Day

05 Dec 2006

The annual celebration of the contributions of volunteers to various causes and communities around the world. www.un.org

Carers' Rights Day

08 Dec 2006

Between 40 - 60% of disability benefits go unclaimed, and with many carers unaware of how to access practical help, this campaign is designed to make carers more aware of their entitlements. www.carersuk.org

Sing for your Heart

08 - 15 Dec 2006

Organise a singing event in the run up to Christmas and raise vital funds for Heart Research UK. Everyone across the UK is encouraged to get into the Christmas spirit and organise a Sing for Your Heart event, hosting a range of musical festive activities such as carol singing, holding a sing-song at their Christmas party, karaoke or organising a Christmas concert. www.heartresearch.org.uk

Human Rights Day

10 Dec 2006

10 December marks the date over fifty years ago when the Universal Declaration of Human Rights was proclaimed, with its vision of a world in which all might enjoy rights and freedoms without discrimination. www.un.org

Plain English Day

12 Dec 2006

Organised by the Plain English Campaign, promoting the use of clear language in government departments, local councils and business. www.plainenglish.co.uk

Festival of Winter Walks

26 Dec - 02 Jan 2007

The Festival of Winter Walks is the Ramblers' Association's annual festival of walks open to everyone, with many hundreds of walks happening across England, Scotland and Wales.

www.ramblers.org.uk

Food Intolerance Week

22 - 26 Jan 2007

A campaign to raise awareness about the many people who suffer from food intolerance to ingredients such as wheat, dairy, eggs, and gluten.

www.allergyuk.org

RNLI SOS day

26 Jan 2007

Ditch those uncomfortable stilettos, court shoes, brogues or boots for the day and slip into your friendly old trainers to take part in RNLI SOS day. www.rnli.org.uk/sos

The Big Hush

26 Jan 2007

Join teachers and youth leaders across the UK on Friday 26 January and make silence golden as your pupils get sponsored for every minute they keep quiet. Or they can simply pay a small amount to take part in the event.

www.macmillan.org.uk

National Storytelling Week

27 Jan - 03 Feb 2007

Campaigning to increase public awareness of the art, practice and value of oral storytelling The Society for Storytelling was set up to promote the oldest art form in the world. It is the traditional medium of communication from genera www.sfs.org.uk

Kiss4Life

12 - 25 Feb 2007

Kiss4Life is a fun way to support Lifesavers important work - Save a Baby's Life, Community First Responders and Water Safety. Kiss4Life is a fun event with a serious message: anyone can learn a few simple steps to take action in an emergency and save lives. www.lifesavers.org.uk/kiss4life

Gold Heart Day

14 Feb 2007

Get your Gold Heart for a minimum £1 donation and help The Variety Club Children's Charity to assist thousands of sick, disabled and disadvantaged children throughout the U.K. www.varietyclub.org.uk

National Tinnitus Week

19 - 25 Feb 2007

Raising awareness of this 'neglected condition' Tinnitus is experienced by one in ten people across the UK, but this invisible condition is often neglected. www.tinnitus.org.uk

The Great Daffodil Appeal

01 - 31 Mar 2007

The Great Daffodil Appeal happens every March and is Marie Curie Cancer Care's annual flagship campaign. Marie Curie Cancer Care is working tirelessly for you and your loved-ones by challenging the disease through its work in cancer care and research. www.mariecurie.org.uk

National Bed Month

01 - 31 Mar 2007

The annual month long celebration of beds is designed to remind everyone of the importance of a good bed to a good night's sleep. www.sleepcouncil.com

World Book Day

01 Mar 2007

Encouraging children to explore the pleasures of books and reading by providing them with the opportunity to have a book of their own. www.worldbookday.com

Benefits of laughter



As some of you will know, Alex and I have been busy trying to spread the word about the Healing Powers of Laughter. We have 'performed' various workshops across the county, with various different groups. And I must say, it has been a laugh...! BOOM BOOM!



We have delivered a few workshops with Pentreath Industries on their Roads to Recovery Programme, held in the Restormel district. We have also trained 22 volunteer group leaders from the CHAT (Community Health Around Torpoint) group in Saltash, who will be able to pass on these valuable lessons to all the volunteers they work with. Two

training sessions have also taken place here at the Health Promotion Service, (see picture!) with participants coming from a variety of organisations across Cornwall, from Dreadnought to Rural Community Link Project, including a variety of staff from within the NHS.

I've also been to help with workshops at Richmond House in Penzance, a resource centre for people suffering from mental health problems, which has been a real joy. The house is set in a lovely secluded garden with a trickling water feature, art and pottery rooms and the comfy quiet room where we hold the workshops...not very quiet when I'm around! We've been making stress balls and now the group are learning how to juggle, which is great for concentration and diversion tactics!

Another great benefit of Laughter is that it is such an effective tool to use when trying to engage with people who are socially excluded, isolated or who are suffering from health inequalities.

Alex and I have thoroughly enjoyed the workshops, although it is very tiring, but we've both been very reassured and delighted to meet so many of you who understand the importance and value of laughter!



Here are some quotes to highlight how laughter crosses all sorts of borders, whether they be time, age or culture.

The best of healers is good cheer

the Greek poet Pindar

The whole art of life is in knowing how to transform anxiety into laughter

Psychologist Alan Watts

He deserves Paradise who makes his companions laugh

Koran

You don't stop laughing because you grow old. You grow old because you stop laughing

Michael Pritchard