

Health Promotion News

*The newsletter of
the Health Promotion
Service for those
involved in
Health Promotion*

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

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Testicular Cancer Rugby Exhibition Match



On Sunday 4 October 2009 Cornwall and Isles of Scilly NHS, in conjunction with Pacesetters South West, launched a Testicular Cancer Awareness Project for young men aged 15-25 yrs. The project aims to increase awareness around testicular cancer in young men, by running workshops, raising awareness of testicular cancer, learning how to undertake a self-examination, listening to an individual's personal experience of having the illness and developing a resource that can be used by secondary schools and colleges, leisure centres and the Rugby Football Union in Cornwall and the Isles of Scilly.

The launch of the project was an exhibition rugby match with young men involved in the project from Wadebridge Camels Rugby Club playing the Cornish All Blacks, Launceston Rugby Club. The gates opened at 12.30pm at Camels Rugby Ground. Camels Committee members helped to park people and take donations of £2 for the National Charity Orchid; fighting male cancer. Health exhibition stands of men's health, sun safety, Stop Smoking Service, Eatsome and Public Health were displayed in one of the two marquees, and were a great success with the general public.

At 2.15pm the children's tag rugby match with under 8s coming from Wadebridge and Launceston, kicked off. It was a fun tag game with a mixture of boys and girls participating. At 3.00pm the main match between Camels and the Cornish All Blacks kicked off. It was a fantastic match with Camels succeeding in winning the game 70-5. What made the match so special was that, ordinarily, Camels would never have the opportunity to play Launceston as they are several leagues above them and one of the top Cornish Rugby Teams.

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We were thrilled to have taken part in the first ever celebration event to recognise some of the astounding work undertaken by volunteers across Cornwall. This event was organised by Volunteer Cornwall, and attended by various organisations such as Age Concern, Truro College, Cornwall Council, Devon & Cornwall Police and more, with Lady Mary Holborow, Lord Lieutenant of Cornwall, presenting the successful volunteers with their awards.

We would like to say congratulations to all the nominees and winners, but particularly to Dennis and Bernard, our very own Health Champions who went on to win their respective categories:

Dennis

– *Community Volunteer of the Year*

Bernard

– *Vulnerable Adult Volunteer of the Year*

Huge congratulations must also go to Bernard who went

Volunteering Oscars!

on to win the prestigious Volunteer of the Year 2009 award!

This is an amazing achievement, and just reward for all the hard work they do.

Volunteers help play a vital role within the Health Promotion Service, and throughout the NHS, so thanks to all of our volunteers who have given up time to help out. Your help has made a difference to our projects and this is greatly appreciated by us all.

If you're interested in volunteering for Health Promotion, please contact Zelga Hatton, Health Champion Co-ordinator on 01209 313419 for more information.

"I was delighted to hear that Bernard and Dennis have received awards from Volunteer Cornwall. What a fantastic contribution they have made as Health Champions in the true sense of the word. They have both faced great adversity but have given selflessly to improve opportunities for others. What fantastic volunteers they are and what an amazing example they set. Volunteer Cornwall have chosen two splendid people to make much of as an example to others about how important volunteering can be".

Felicity Owen, Director of Public Health NHS Cornwall & Isles of Scilly

10 Ways to Unwind After Work

Simple ways to ease the transition from work to home and leisure time!

1. Leave work at the office. Make a resolution not bring work home in the evening (or limit it to two nights a week if absolutely necessary).
2. Make a list of priorities. About two hours before you leave work, make a list of what you need to accomplish before you go and what you'll tackle tomorrow. This will leave you with time to complete your tasks and you can leave feeling that you have been productive and you will not have the "after-work worry".
3. Stash your workbag. Buy a large basket or wooden box to place near your door at home. Immediately stash your briefcase or work bag there when you walk in the door; don't pick it up again until the next morning!
4. Take a few deep breaths. Before you begin your evening meal or head to the gym or pick up your kids, take three to five minutes to close your eyes and breathe deeply. Imagine drawing air right down into your lungs and exhaling fully. This allows you to clear your mind and empty out the workday stress.
5. Write it down. If a particularly difficult situation/incident at work has made it nearly impossible to relax once you're home, grab a pen and a piece of paper. Write about it for three minutes - without lifting your pen from the paper. When you have done, tear up the sheet and throw it away – leave it.
6. Establish a ritual. Having a routine that you follow every day can help you switch your mind from work to home. Talk about your family's day as you sit around the kitchen table, or get out to play with the children and pets – schedule in something you can look forward to every day as the "official" start of your evening.
7. Reduce clutter. A cluttered home can be overwhelming, make you feel as if you're out of control, and magnify the stresses of the day. Take five minutes before bed each night to straighten up, so you'll have a pleasantly tidy house to come home to tomorrow.
8. Tune into music. Invest in a portable CD player and pop in your favourite tunes – sing along while you cook, pay bills, or do household chores. Upbeat, enjoyable music will make it feel more fun.
9. Schedule chores judiciously. If you expect to do laundry, dishes, and bills in one night, you'll likely feel anxious about getting it all done. Instead, schedule each chore for a different night, or save them for the weekend and simply relax after work.
10. Make your journey to and from work enjoyable. Listen to a book on tape or a favourite CD, or use your time on the bus or train to read one chapter of a new novel, do the crossword or sudoku. Even a few minutes of doing something that makes you happy helps to diffuse the day's stressors.

Angela Royle
Senior Health Promotion Officer

PCDT Steps Up Its Bid for a Healthy Workplace Award

Staff at Penwith Community Development Trust are putting their best feet forward to trek across the United States – without leaving Cornwall. Almost 30 members of staff have picked up a free pedometer and joined four teams competing to walk 3,452 miles – the distance from San Francisco to Maine.

Taking on the Pedometer Challenge is part of PCDT's bid to gain the Cornwall and Isles of Scilly Workplace Health Award. HR and Central Liaison Manager Anna Hopkins, who is plotting the teams' scores on a giant map, said: "We were pleasantly surprised at the number of staff joining the challenge. It has provoked a huge amount of friendly rivalry.

"It's good to hear the different ways that staff have

managed to boost their number of steps – parking the car further from the office, walking to meetings, and going for a lunchtime walk."

Chief Executive, Sue Guard and her dog Rocky, now go walking twice daily. Sue was delighted when a neighbour told her: "I can tell you've been doing a lot more walking" – until the neighbour added: "...because the dog's lost weight"! Sue said: "I give myself a challenge of at least three miles a day, and I feel much better for it. Much to my family's surprise, I go out whatever the weather, having bought some lovely new wellies!"

Head of Finance, Clive Harrold, who has built up an impressive number of steps, is being jokingly accused by colleagues of clipping the



pedometer to his dog's collar to increase his score!

Staff have also created the Oasis, a productive courtyard garden. Scheme co-ordinator, Val Johnson, said: "I thought it would be great to transform a dull, empty area into a lovely green space, growing flowers and veg, where people could have lunch, or grab 10 minutes' space in a busy day. We decorated tyres as containers, and planted courgettes, runner beans, sweet peas, lettuce, mint and tomatoes. Eight weeks later we cut our first harvest."

Val, an aromatherapist, is also involved in a scheme to offer staff a free complementary therapy session, with the option of paying for further sessions.

Besides aromatherapy, they can choose massage, reflexology, reiki or Emotional Freedom Technique.

Other elements of PCDT's Workplace Health Award bid include a health insurance scheme, and the installation of photovoltaic panels at the company's offices in Penzance. Staff are now being encouraged to get on their bikes to come to work: under the Cycle Purchase Scheme, they can pay for a new one in monthly instalments.

The Pedometer Challenge is reaching its final stages, with a neck-and-neck race to the finishing line. Anna Hopkins said: "We're already talking about the next challenge – across Australia!"

KEEP IT in the family

Halting the rise in childhood obesity in West Cornwall

The aim of the programme is to halt the rise in childhood obesity, focusing on seven-13 year olds, and their families, in West Cornwall. The families will be provided with regular physical activity, as well as healthy lifestyle and healthy eating education.

The programme runs from January – July 2010 and will begin by running a 10 week MEND programme (see www.mendprogramme.org for more information).

The programme will be free for the families to participate in but will require a high level of commitment, particularly with regards to time.

We would value your support of the programme and encourage you to refer any children who are between the ages of seven-13 and with a BMI centile \geq 91st centile (i.e. overweight or obese).

The successful outcome of the 'KEEP IT in the family' programme will be that the whole family benefits, and supports each other throughout the programme, and that they all go on to lead and sustain a healthier, happier and more active lifestyle.

For more information or referral forms please contact Amy Bromfield or Kate Dann at the Health Promotion Service - 01209 313419.

Launch of the Health, Work and Wellbeing Challenge Fund

The Department for Works and Pensions (DWP) have launched a challenge fund for small businesses.

The fund is aimed at small and medium sized businesses and local partnerships who have been established for at least two years, and are based and trading in Great Britain.

DWP are looking for innovative proposals that improve occupational health and welfare at work. Projects to improve mental wellbeing in small business will be given priority.

Please find further information on this funding at:

<http://www.workingforhealth.gov.uk/initiatives/ChallengeFund>

The link above provides all the information on the new Health, Work & Wellbeing Challenge Fund including:

- Who can and how to apply
- Project Criteria
- Expression of Interest Form and guidance notes
- FAQs

Please contact Rachel Faulkner, Workplace Health Co-ordinator, if you need any help telephone 01209 313419 or e-mail rachel.faulkner@ciospct.cornwall.nhs.uk

"Testicular cancer is an illness that is rarely spoken about and thought of as a taboo subject, a condition that 'would never affect me.' Around 2,000 young men aged between 15-35 yrs are diagnosed with the condition every year and face the emotional and physical trauma of fighting the disease. Behind each statistic is a man; a father, son, brother, grandfather and friend, and behind each man there are family and friends who are affected by this cancer."

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A presentation happened after the match with the players, referee and lines men, who were presented with commemorative polo shirts, designed for the match, with the messages 'protect your nuts.' Denis Cronin, Associate Director for Public Health, Cornwall and the Isle of Scilly NHS, Kate Milton Equality and Diversity Lead for Cornwall and the Isle of Scilly NHS and Emma Gardner, Young People's Sexual Health Promotion Worker for Cornwall and the Isle of Scilly NHS, presented the polo shirts.

After the match there was a buffet for the invited guests, players and all the volunteers who helped at the event. A barbecue and bars had been running all afternoon for the general public. Evening entertainment was provided by Si Parry and the band 'Right on Cue', who kindly gave up their time for free.

Throughout the day a raffle had been running with fantastic donated prizes from businesses across Cornwall. There was also an auction in the evening of signed rugby shirts, signed rugby ball, painting, weekend breaks and much more, which again had been kindly donated to raise money for Orchid.

The event was a fantastic success, with just over a 1000 people from across Cornwall attending. A mixture of young and old and all discussing testicular cancer, through answering the quiz in the match programmes to learning about self-examination. Lots of young men were overheard having conversations, such as 'Do you have one ball larger than the other?' and 'Would you know what to do if you found a lump?' It was a wonderful arena to get men discussing health.

Finally, the Testicular Cancer Exhibition Match raised £4700 for the charity Orchid; fighting male cancer.

Has Your Service Been EEFO Approved?



EEFO is designed to help young people aged 13 – 19 in Cornwall and the Isles of Scilly to access the services, help and support they need so they can make informed choices. EEFO developed a set of quality standards, in partnership with young people and in line with national recommendations, which address the barriers that prohibit young people from accessing the services they need.

An organisation will appear in the EEFO approved directory on the website (www.eefo.net) once it has met the minimum standards, and will demonstrate to young people that the service is friendly, accessible and confidential.

EEFO has been agreed as the local delivery mechanism for implementing the Department of Health's 'You're Welcome' quality criteria across Cornwall and the Isles of Scilly. All services that offer provision to young people are eligible to meet the Level 1, 2 or 3 EEFO Quality Standards (which incorporate the 'You're Welcome' criteria) but the process for getting approved is different depending on the type of service delivered. EEFO will provide support and guidance to all services in meeting the standards.

If you are interested in getting your service EEFO Approved or finding out more information, please contact EEFO on info@eefo.net or 01209 313419

Vocational Rehabilitation Inter-agency Group

We are an informal collection of interested professionals and service representatives. Our aim is to keep up to date with the various services providing work rehabilitation in Cornwall, so that we can all improve our service to and access every opportunity for our clients.

Some of us are Occupational Therapists in healthcare settings,

some of us are Health Promotion Specialists and some are representatives from various statutory or voluntary organisations. Is there anyone out there who would like to inform us about their services or to join us? We meet quarterly at The Health Promotion Service in Pool - contact Karen Oldham, Mental Health Promotion Co-ordinator 01209 313419.

Eatsome News

Eating Well for Under 5s

In September we ran three training courses for Early Years practitioners in healthy eating for children under five. The course covered menu planning, key healthy eating messages around breastfeeding, weaning and toddler diets, food hygiene tips and practical ways to engage families with healthier eating. The courses were well received by the 66 participants. Due to its popularity we are in discussion about running another course early next year.

Eatsome Grants

We have a further round of Bite Size Grants of up to £300 available for healthy eating projects. The closing date for this is the 15 Jan 2010.

In April 2010 we are launching a new grant scheme called BIG Bite Grants. We have decided to offer four grants of up to £1000 to run healthy eating project that have an element of sustainability built in. The usual Bite Size Grants will still be available with an upper limit of £250. The closing date for both of these grants is the 30 April 2010.

Details of all Eatsome grants will be available on the Eatsome website: www.eatsomegoodfood.org

Eatsome Annual Conference

This year our annual conference will be run in conjunction with the Growing Collaboration Group. This is a networking group of public, private and voluntary sector bodies with an interest in food and health. The date for the conference has yet to be confirmed but should be in early Spring 2010. This year's conference promises to be full of even more good practice, expert opinions and sharing of ideas, with a view to support for the year ahead to make change happen. Please contact Eatsome if you are not already registered for the conference and would like to be added to the invite list.

CHEFS

The Cornwall Healthier Eating and Food Safety award is going into a new phase. The new materials and evaluation incorporate aspects of food safety, labelling claims, healthier eating and local produce. Training for Environmental Health and Trading Standards Officers is being run to support them with the roll out of the new awards. For a list of current businesses that have achieved CHEFS status go to www.eatsomegoodfood.org, click on the CHEFS logo at the bottom of the page and follow the links.

DATES FOR YOUR DIARY

Get Cooking Training
3 and 4 December - Liskeard
4 and 5 February 2010 - Pool

For more details or to book your place please see the Eatsome website on www.eatsomegoodfood.org.

South West Regional Change4Life Seminar for Local Supporters



The Eden Project - Tuesday 8 December 2009 10.00am until 2.00pm

Does your work support children, young people, families in schools and communities? If it does, then our regional Change4Life seminar may be of interest to you.

Change4Life is the Department of Health's new movement that provides families with helpful hints about how to eat well, move more and live longer. We are seeking to engage local supporters through nine regional seminars that will profile the campaign by showcasing Local Supporters Toolkits, including Breakfast4Life.

This regional event last two hours and will:

- introduce you to the Change4Life campaign and a range of free toolkits: Breakfast4Life; Swim4Life; Walk4Life; Bike4Life; Play4Life; Cook4Life; and Dance4Life;
- give you ideas on how to help children, young people and families eat a good breakfast;
- inform you about local and regional initiatives;
- enable you to network with other local supporters and those leading strategic work;
- allow you to register as a Local Supporter.

Who should attend? Teachers, classroom assistants, learning mentors, dinner/lunch time supervisors, childcare practitioners, play workers, childminders, Sure Start and Children's Centre workers, health trainers, health visitors, school and GP surgery nurses, parents, volunteers and many others.

If you would like to register interest in attending the seminar please go to c4lseminars@continyou.org.uk – or call 02476 588476. You will receive the seminar booking form as soon as it is available.

Autumn Activity



This Autumn, Change4Life marketing activity will focus on promoting three of the eight Change4Life behaviours: sugar snacks, me sized meals, and 5 A DAY.

Resources are available to support these messages

A Snack Swapper – a wheel device that shows healthy options to sugary, salty or fatty snacks and meals – (Product Code: C4L085).

A Wall Chart with stickers for the kids C4L022

Available through www.orderline.dh.gov.uk and from the Health Promotion Service

Library and Information Service

Telephone 01209 313218 or visit our website at
www.healthpromcornwall.org

Opening Hours:- Monday - Friday 9:00 am - 5:00 pm

Below are a few examples of new resources. For a full list see the website.

Games

Fat Game

Game to match the grams of fat to the products with laminated sheet with answers.

Salt Game

Game to match the grams of salt to the products with laminated sheet with answers.

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Sugar Game

Game to match the grams of sugar to the products with laminated sheet with answers.

Leaflets

An Easy Guide to Breast Screening

An Easy Guide to Cervical Screening

Every Cigarette Harms Your Baby

Handy Tips for a Healthy Family

Important Information about Swine Flu (Large Print)

Keep Warm Keep Well (various editions)

Seasonal Flu Why You Should Have the Vaccination

Snack Swapper

Transgender Experiences - information and support



How to Choose Health With the Health Promotion Service Z Card

Do you know that there are 18 different initiatives taking place under the umbrella of the Health Promotion Service, all of which contribute to the Health and Wellbeing of the population of Cornwall and the Isles of Scilly?

As an information tool this new resource highlights them all for you. Where appropriate it can also be used as a signposting tool as part of a Healthy Lifestyle Brief Intervention with your clients.

Library will be closed between Christmas and the New Year re-opening again on Tuesday 4 January 2010

Stress Toolkit Launch



As part of the Health Promotion Service, Workplace Health and Mental Health Promotion would like to introduce a new resource launched in conjunction with National Stress Awareness Day, on Wednesday 4 November...

maximum of two weeks at a time.

To access this resource, please contact:
www.healthpromcornwall.org / 01209 313218

The 'STRESS TOOLKIT'

As a result of Government national studies and guidance it is becoming more and more apparent that the need for stress control and reduction is key due to increasing sickness absence in the workplace through increased stress levels.

This kit is recommended for both staff and management and has been designed to be delivered by anyone and to anyone.

This toolkit contains a desktop presentation covering:

- Signs & Symptoms of Stress
- General Stress Information
- Is Stress an Issue
- Stress & The Workplace
- Mental Health
- Case Studies
- Tools

In addition to this, we have included a wide range of resources in leaflet, booklet and DVD form.

The toolkit has been designed to be a flexible resource and can be easily adapted for individual workplaces, with the option to use only some or all of the contents.

This resource comes in the form of a Toolkit and is available on loan from our Resource Library & Information Service for a

Health Events 2009/2010

December

1 December World AIDS Day

www.worldAIDSday.org

2010

January

24 - 30 January Cervical Cancer Awareness Week
www.jotrust.co.uk

24 - 30 January Concertalk Week

www.macmillan.org.uk

31 January National Bug Busting Day

www.chc.org

February

1 - 5 February National Salt Awareness Week

www.actionsalt.org.uk

8 - 14 February Contraceptive Awareness Week

www.fpa.org.uk

March

1 - 31 March Prostate Cancer Awareness Month
www.prostate-cancer.org.uk

For a complete and updated events list visit
www.healthpromcornwall.org
and click on the campaigns button

Cornwall Healthy Schools Autumn Update

We were highly encouraged that about 80 people (heads, teachers, TAs and governors) came to our two recent training days in order to learn about Healthy Schools Plus and the Healthy Schools enhancement model. For the schools that became Healthy Schools in 2006 or 2007 the need to work on maintaining Healthy School status has become pressing. Healthy Schools Plus and the Healthy Schools enhancement model both offer a way of doing this. Both involve working on a project seeking to address school and local priorities, and to support a priority group of children. The local priorities are those in the Cornwall Children and Young People's Plan and other key strategy documents and include work towards reducing obesity, reducing teenage pregnancy, childhood and adolescent mental health, alcohol and drugs awareness and sun safety. The priority groups of pupils include children in care, overweight or obese children, children from traveller families, girls at risk of teenage pregnancy and young carers. Since our two training days we have received some exciting project proposals and we look forward to working with schools on some superb good practice projects.



Also highly successful was our recent half-day workshop for secondary schools and PRUs on good practice in physical activity. Lynne Hadley from Three Bridges spoke about the benefits for young people with autistic spectrum disorders of keeping physically active and described some of the difficulties she has overcome. (Three Bridges is owned and run by the charity Spectrum and is unique in Cornwall, providing specialist education for twelve pupils with autistic spectrum disorders.) The Pink Ladies from Penrice Community College gave a powerful presentation showing that peer-mentoring has enabled them to develop as individuals. As mentors, they feel valued within the school community and, as a result, they have become more self-assured. The workshop also looked at the "Thinking Outside the PE Box" resource which shows how pupils at Norton Hill School in Bath benefit from short sessions of physical activity without the need to change into PE kit such as skipping, yoga, multi-skills bag and shake up. Our next secondary schools and PRUs workshop will be on Thursday 3 December.



Email healthy.schools@ciospct.cornwall.nhs.uk for more information. And for information about any aspect of the Cornwall Healthy Schools programme, go to www.cornwallhealthyschools.org.

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The Green Shoots of Wishing Well

Redruth Children's Centre has been showing its true colours this autumn season with the inclusion of a new green group which, after only 12 weeks, is blossoming and shows signs of reaping a bountiful harvest.

With homebirth, breastfeeding and alternative education rates higher in parts of Cornwall than in the rest of the country, it's little wonder that Wishing Well, the long awaited and much needed natural parenting support group, has been so well received by the local community.

Run by a small team of dedicated volunteers,

trained and experienced in various aspects of parenting, the popular and well attended free weekly sessions offer a children's sing along, story and supervised craft activity.

Meanwhile, parents take the opportunity to get involved in friendly, informal discussion led by visiting experts. Topics to date include making cloth nappies work for you, enjoying the breastfeeding experience, the benefits of baby wearing, practical co sleep and other popular attachment parenting issues, with a green twist.

And to round up, everyone enjoys a delicious whole food lunch, provided by the Children's Centre.

The sessions are inspired by the ever popular 'attachment theory', originally researched by British child psychologist John Bowlby during the fifties, whose work revealed a powerful link between emotional development, future adult mental health and parenting style and practice during early bonding and childhood.

Combined with an interest in sustainability, these positive and inspiring sessions endeavour to actively support and encourage individual parenting choice, without judgement, and allow families to access a wealth of resources, information and personal experience.

The group also offer a doula service, blessingway celebrations for mums to be, breastfeeding peer support, freecycling of unwanted baby equipment and an extensive and well stocked lending library of topic related books.

At Wishing Well Natural Parenting Group we invite you to join us in celebrating our children, our environment and the privilege and challenge of parenthood.

For more details, have a look at the website- wishingwellredruth.co.uk, or telephone Adeline on 01209 213702 or Redruth Children's Centre 01209 310000.

Mental Health Promotion and Suicide First Aid



There are between 50 and 80 deaths each year in Cornwall and the Isles of Scilly attributed to suicide or undetermined death or injury.

However, this is only the tip of the iceberg. Based on the national average, this is a higher rate, which is cause for concern as every single death can be viewed as a tragic and possible preventable loss of life.

An individual suicide is a devastating event for the person concerned, their family, friends and the whole community.

Suicide may seem to be the only way of solving problems once and for all and ending the emotional pain of living. They may feel hopeless about the future, believing that things will never get better.

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Only 25% of people who die by suicide have been in contact with specialist mental health services, which means that there are many people in our community who are going without some sort of help, whether it's through not seeking help by choice, not knowing who to turn too or feeling they cannot be helped.

So What Can Be Done?

The Cornwall & Isles of Scilly Directorate of Public Health has provided funding for four people (myself included) to be trained as trainers in Applied Suicide Intervention Skills (ASIST).

This training course is known as suicide first aid as it's specifically designed for immediate intervention with a person who is at risk of taking their own life.

These two day courses will be running around Cornwall over the next year and possibly beyond and are open for all to attend.

If you're unsure about who should attend this training, don't be, we're all potential care givers for suicide first aid. But, please contact me with any queries or concerns.

For more information on how to access this training and future dates, please contact:

Karen Oldham, Mental Health Promotion Co-ordinator – 01209 313419

karen.oldham@ciospct.cornwall.nhs.uk

Need to talk...?

- Cornwall Mental Health Project – 01872 243532
- NC Community Mental Health Team – 01208 251446
- Out of Hours Mental Health Services – 0845 2303901
- Nightlink (5pm-12am) – 0808 8000306
- Samaritans – 08457 909090
- Carers/Service Users Leaflet Line (CASULL) – 01726 823515
- CASULL.rcip@googlemail.com
- www.mind.org.uk
- mentalhealth@cornwallrcc.co.uk
- www.samaritans.org
- http://www.nhs.uk/LiveWell

Shape Up Weight Management Groups



Three patients from the original group who have lost over four stone since May and are continuing with the exercise programme with Jackie (Practice Nurse).

Shape Up groups support participants to make maintainable lifestyle changes to their weight and physical activity levels.

These groups are offered over eight weeks, at one hour a week, in the local village hall by surgery staff.

Carnon Downs Surgery are now running their third Weight Management Group. Since the groups began in May 2009, nearly 50 patients have attended. Recruitment for the groups is via a display in the surgery reception and referral by health professionals within the practice.

Sally the Clinical Manager said: "It has been a success story for our practice and the impact on other aspects of patient's health has been beneficial. One patient has now become a walk leader for surgery walks. A patient has now reduced their weight enough to be able to have surgery.

"Participants have started to support each other and attend swimming sessions together. Patients feel that

they have learnt new skills which not only impact on them but also on their wider family".

Jackie Slater (Practice Nurse) and Cathy James facilitate these groups for the practice. Jackie said "Running weight management in this way has freed up appointment spaces. We are able to support more people than we could in the practice. Working in partnership with the Health Promotion Service has increased the uptake of the opportunities which are available for patients. The practice has been working with LEAP Active to offer exercise sessions alongside the groups and additional walking groups. Offering these groups allows patients to support each other more and we are just there to act as facilitators".

For more information on training for staff to set up a Shape Up Weight Management Group in your practice please call Mary Williamson on 01209 310063.