

What a fine summer!!!

What with summer upon us I thought that it would be appropriate for me to reiterate the need for skin protection in the sun. In particular as Cancer Research launched their Sun Smart campaign and released the figures from their latest survey of young people that shows 36 per cent of 15-24 year olds spend over five hours in the sun each day on their main summer holiday. Additionally, a third (32 per cent) say they would be happy to increase their time in the sun if they did not feel tanned enough towards the end of their break.

As well as spending extra time in the sun, young people say they are prepared to go to many other lengths if they do not feel tanned enough towards the end of their holiday. Almost a third (29 per cent) say they would use sunscreen with a low protection factor, with 19 per cent happy to go without sunscreen altogether and 15 per cent using products like baby oil to speed up the tanning process.

Worryingly, 17 per cent of those surveyed think that sunburn is all part of getting a tan, with 11 per cent saying they would be prepared to burn if they did not feel sufficiently tanned towards the end of their holiday.

However this year, for some of us the thought of sun tanning is almost impossible due to the horrendous weather – not that I would be advocating sun tanning you understand. In fact a colleague of mine who has recently been on holiday at home (lovingly called staycation!) was far more worried about going ‘rusty’ from all the rain than getting a sun tan!

So time to look on the metaphorical bright side; what is the positive impact of rain on our health? Although rain is essential for all our health in terms of hydration I was interested to see if rainwater specifically was good for our skin and hair.

There has always been ‘old wives tales’ that rain water is good for the hair, although I have to be honest and say that I was hard pushed to find the evidence. I did however speak to the General Secretary at the The Trichological Society, who was very helpful, and did explain that it was likely that rainwater is better for your hair as rainwater is soft and therefore kinder on the hair and scalp. He also went on to say that you are likely to need less detergent with soft water than hard water which again is better for you.

Again I didn’t do much better in finding hard evidence that rainwater is good for the skin, but people have reported that rainwater for washing (clothes and skin) is kinder to skin and eases eczema.

So, although the warmth of the sun has been short and the rainy days have been long, it’s always good to remember that all rain clouds have a silver lining!

Alex Ollivier

Coordinator Health Development Worker and Health Trainers

For further information go to <http://info.cancerresearchuk.org/news/archive/pressreleases/2008/may/429444>

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Step by Step Project



Suzy Hall, Community Health Development Worker chats to Ben Bradshaw Health Minister at the project launch.

An exciting new project has begun in four districts of Cornwall; Restormel, Caradon, Carrick and North Cornwall.

The Step by Step Project is one of a portfolio of eleven projects in the south west funded under the Well Being strand of the Big Lottery Fund.

This project has created two jobs: A Community Health Development Worker and a Wellbeing Worker (Health Trainer) who will be able to provide support and encouragement to empower people to make positive changes in their own lifestyles.

During last year, the Community Health Development Worker was funded by the Neighbourhood Renewal Fund to work in two Super Output Areas (SOA), Redruth North and St Clare in Penzance. This work highlighted that there is much work to be done, especially in targeted areas (SOA), to engage with individuals, before simple health messages can be delivered.

Issues around crime, intimidation and unemployment have major implications on health and are often of more importance and seen as more relevant to many individuals. It is these issues that have to be resolved before traditional healthier behaviour is a reality.

Working in partnership with other relevant organisations, such as Housing Associations, District Councils, Cornwall Centre for Volunteers, the Police, etc., ensures that these issues can be resolved. A key aim is to liaise with service providers to ensure the delivery of services is relevant, appropriate and accessible to local communities.

The Well Being Worker is supported by the Community Health Development Worker who provides a more general community development approach in

supporting groups and building capacity in local communities, resulting in increased confidence for individuals who may then feel in a position to start making changes to their lifestyles. This is where the role of the Well Being Worker is crucial in providing continued support to individuals in making positive progress in changing lifestyle habits.

The Step by Step project will be linking in and working closely with our current Health Trainers (see page 3 for more details on Health Trainers), hopefully covering some of the areas which are not at present covered by the Health Trainer Scheme.

For more details please contact: Suzy Hall Community Health Development Worker (Suzanne.hall@ciospct.cornwall.nhs.uk) 01209 313419.

EVENTS

September

Big Bug Hunt

www.bigbughunt.org
01 Sep - 31 Oct 2008
The Big Bug Hunt - the most exciting fundraising event for 0-5 year olds.

October

World Smile Day

03 Oct 2008
Every year, on the first Friday in October we celebrate Smiley, his message of goodwill, and World Smile Day.

Wear it Pink

31 Oct 2008
The biggest and best pink day during October, Breast Cancer Awareness Month.

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:

Lydia Bilson 01208 75799

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:

01208 265624

Caradon:

Alison Gibson 01579 341030

Restormel:

01726 223618

Health Trainer Service

The Community Health Development Team of The Health Promotion Service have recently had a recruitment campaign for four new Health Trainers. Many people reading this may have telephoned to enquire about the posts and also you may have come along to one of our recruitment days. If this is the case then we would all like to take this opportunity to thank you for your time. If you were not successful, then please don't let this put you off applying again in the future. We were so heartened by the number of people who wanted to make a difference to their communities. Unfortunately as we only had four posts and we are aware that there would be some people that would be disappointed.

If anyone is wondering what a Health Trainer is, let me explain a little of the background to the role and also explain what a Health Trainer does.

The 2004 Department of Health White Paper "Choosing Health: Making healthy choices easier" (DH 2004) proposed the development of a new role for improving health and reducing health inequalities - accredited Health Trainers. DH proposed that Health Trainers will be drawn from local communities and will be trained to reach those who want to adopt healthier lifestyles, but who have little contact with services.

As "Choosing Health" explains,

'Providing information and persuasive messages can increase people's knowledge of health risks and what action to take to deal with them'.

This is an essential framework for changing our way of life, but it is rarely enough on its own. There is good evidence that a range of approaches which have been likened to 'help from next door' can help people in changing things in their lives that impact upon their health.

Health Trainers can help people to:

- Learn how to watch for things around them that can trigger or reinforce the behaviour they want to change
- Set goals and plan how to achieve them
- Build confidence to make the changes that they themselves want.

The Department of Health gave a commitment that from 2006 Health Trainers would be providing advice, motivation and practical support to individuals in their local communities.

Prior to the new Health Trainers starting in August, we already have 7 Health Trainers employed in Cornwall. Due to a job share, this is 6 full time equivalents.

3 are employed directly by the NHS

- Jan Holroyd in Newquay, telephone 07825365469
- Bill Davies in Liskeard, telephone 07825365478
- Kate Farley in The Clay District, telephone 07825365475

3 are employed by a partner, (BTCV)

- Lesley Trenchard, telephone 07825056580.
- Bethany Sheldon-Felton both in Park anTansys/Pengegon, Camborne. Telephone 07740899599.
- Michelle Nicholson in Treneere, Penzance. Telephone 07825056581.

1 is employed by a partner, Cornwall Neighbourhoods for Change (CN4C).

- Ian Banks in Malpas/Trelander, Truro. Telephone 07970034639.

The purpose of the recruitment days were to fill 3 vacant posts in areas that have been identified as having higher health inequalities and to fill a 4th post that is jointly funded by the NHS and the Big Lottery Fund, Step by Step see page 2.

We are pleased to welcome the following new Health Trainers and hope that they enjoy their new roles, they will be fully trained and operational by January 2009.

- Angela Johns in Redruth North
- Amanda Thornton in Bude
- Marcia Henning in Saltash and Torpoint
- Angela Ofari-Mensah to the Wellbeing – Step by Step Project (Big Lottery Fund)
- Josephine Vernon in Kinsman/Berrifields, Bodmin who has been employed by Cornwall Neighbourhoods for Change

If anyone feels that they or someone they know could benefit from seeing a Health Trainer, then please telephone 01209 313419 or any of the numbers above.

Health Champions

The Health Promotion Service works in Partnership with Cornwall Centre for Volunteers to enable people with an interest in Health, to be more involved in their own communities.

During our recruitment process for Health Trainers, we valued very highly any evidence of voluntary work. We were amazed at some of the selfless people out there, many of whom didn't even recognise the huge contribution in caring that they were giving to friends and neighbours.

Do any of you have an interest in health and have a little time on your hands and would you like to become a Health Champion? If so please telephone Cornwall Centre For Vounteers on 01872 265307.

Small Grants Scheme 2008-2009



The overall aim of the Community Health Development Team of the Health Promotion Service is to stimulate and support local communities in actions, which will reduce health inequalities, improve quality of life and quality of opportunity for communities. The Small Grants Scheme gives communities the opportunity to be able to try out something new that would not otherwise be available to them without the funding.

We are looking to ensure that this fund is able to support a wide number of groups within Cornwall and therefore we wish to

support projects that promote social inclusion through projects which:

- Support community health development through community involvement and participation
- Support community involvement in active recreation and environmental projects
- Promote arts for health within the community (all forms)

To download an application pack please visit : www.healthpromcornwall.org/index_HL_Grants.asp or contact Diane Warren on 01209 313419.

Small Grants Scheme Caradon

| Project | Title/Summary | Tel No | Amount |
|---|--|--------------|---------|
| Caradon Hockey Club | Taster Sessions with Caradon Hockey Club | 01579 342779 | £100.00 |
| Womens Institute and Harrowbarrow & Metherell Community Association | Walks around Harrowbarrow & Metherell to promote inclusion plus health & wellbeing | 01579 351081 | £88.00 |
| Trewidland Village Hall | Cups and Saucers for Village Coffee Mornings | 01503 240148 | £157.35 |
| Hatt Youth Sports Association | Provision of adult & childrens play equipment for Hatt | 07811068661 | £200.00 |
| Pre-School Learning Alliance | Resource pack to help with running pre-school groups | 07515098871 | £200.00 |
| Saltash Live At Home Scheme | Reduce isolation of the elderly in Burraton | 01752 848728 | £200.00 |
| Greenbank Care | To provide day trips for the elderly and reduce isolation | 07736735646 | £100.00 |
| Landulph Under Fives | To provide resting mats for Landulph Under Fives | 01752 845423 | £50.00 |
| Caradon Senior Citizens Forum | To provide transport for Senior Citizens Fun Day | 01579 342220 | £200.00 |

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 7 November 2008

Healthy Living Network News

NHS

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