

# □ Health & Happiness □

(William Willett 1857 - 1915)

**M**y, what a busy year already and we're only half way through February! At the end of last year we were successful in a NRF (Neighbourhood Renewal Fund) bid to extend the work we are doing through the Health Inequalities Local Area Agreement target (HCOP4). This includes additional clinic and outreach time for Brook Cornwall, additional time for Peer Education through WILD Young Parents Project, the recruitment, training and management of 30 Health Champions through West Cornwall Healthy Living Centre and Suzy targeting her work in St Clare in Penzance and Redruth North in Kerrier (see page 2). This all adds to the current Health Inequalities target, more of which you can find on page 6 Health Trainers article which also introduces Lucy Kean, the Health Trainer Coordinator, to you.

British Summer Time comes into play on Sunday 25 March at 1.00am – we all lose an hour's sleep (and I am particularly keen on my sleep – not beauty sleep you understand), but look at what we gain! For those of you who forget whether clocks go forward or back, it's worth remembering the maxim "Spring forward, Fall back."

British Summer Time was invented by William Willett (1857 - 1915), who was a London builder living in Petts Wood in Kent. In 1907 he circulated a pamphlet with his proposal to improve health and happiness, but also to save the country money through the reduction of loss of production.

Though the scheme was ridiculed and met with considerable opposition, a Daylight Saving Bill was introduced in 1909, though it met with no success before war broke out. In April, 1916, Daylight Saving Time was introduced as a wartime measure of economy, not only in Britain but, within a week or so, in nearly all countries, both allied and enemy. Sadly, William had died the previous year so never saw his idea put into effect.

So, for those of us who mourn in the winter for the loss of long summer evenings, summertime is only round the corner – a definite reason to smile, be happy and healthier.

**Alex Ollivier**

Deadline for next newsletter 4th May 2007

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Healthy Living Network News is the Health Promotion Service Newsletter for those involved in community health development. Editor: Suzy Hall, 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**

## Suzy's New Role!

A new exciting part to my job has evolved from the Healthy Neighbourhoods Project which is part of the Local Area Agreement for Health Inequalities and I will be working on St Clare area in Penzance and Redruth North area in, funnily enough, Redruth!

Experience has shown that a community health development worker on the ground is a great way of building capacity in an area and in supporting people to make their own choices and positive lifestyle changes.

The success of the Malpas and Trelander Project, delivered by Trudy Swann over the last few years, is a perfect example.

We felt that similar work in North Redruth and St Clare is essential to the process of supporting people in making their own healthier choices.

We are developing and will be delivering the Health Champion model in partnership with West Cornwall HLC, as the Health Champions will be volunteers who are able to support people in making positive lifestyle choices on an ongoing basis; support from next door rather than remote instruction on what should be done. This also ties in nicely with the Volunteering LAA.

Additional support delivered through WILD, Young Parents Project, and Cornwall Brook, the young peoples sexual advice centre, will also be available in both these areas (as well as Treneere and Parc-an-Tansys / Gwelmore / Pengegon).

It will be very exciting to be working out in the community again and I'm really looking forward to meeting up with everyone who has already been working hard in these areas to connect with people on the estates.....

Of course, I will still be here at the Health Promotion Service providing the countywide support for community and voluntary groups, so please continue to call us for any queries you have about funding, contact details or anything else you want to have a chat about!

### Suzy Hall

Community Health Development Worker  
Health Promotion Service  
Suzanne.hall@ciospct.cornwall.nhs.uk  
01209 313419

## 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:

01726 223618

# Q & A column



## Dawn Maddern

Project Worker – Cornwall Young Carers Project

Cornwall Young Carers Project works with young people between 4 and 18 years of age who care for a parent/s who suffer from long term illness, mental ill health, disability or have a dependency on alcohol or drugs. The aim of the project is to provide the young people with activities and services that will enable them to have quality time outside of their caring role.

### 1 What makes you tick?

Striving to be good at my job and making a difference to the young people I work with.

### 2 How did you get involved in your job?

I worked at the YMCA in Penzance for 21 years and was made redundant and this job was advertised at the right time for me.

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

Making sure that the young people have quality activities that enable them to have a good time outside of their caring role.

### 4 What do you do to relax?

Watching all sports, gardening, travelling

### 5 Which famous person would you like to be?

Oprah Winfrey

### 6 What's your motto?

Make every day special

### 7 What makes you happy?

Going out with friends  
Going to the theatre  
Singing

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

The Sound of Music –Film  
The Greatest Love of All

### 9 Who's your hero or heroine?

Mother Teresa

### 10 And why?

She worked tirelessly for others, without any fuss

### 11 What's your idea of a perfect world?

That everyone could get on and that there would be less crime.



Young carers having fun!

## How to Choose Health Exhibition

For this edition, we would like to raise awareness of a fantastic resource, available for loan to members of the Health Promotion Information and Library department, here at Health Promotion.

The How to Choose Health exhibition has been seen in many places across Cornwall, already, but just in case you haven't had the pleasure of encountering this wonderful resource, let me take a moment to explain a little about it!

It was designed as a response to the Department of Health's White Paper, Choosing Health. It started life as a leaflet which consists of a simple guide to help individuals to take small easy steps to improve their own health.

The exhibition has now grown, to hopefully be as versatile as possible, so that as many different organisations as possible are able to promote the message of good health.

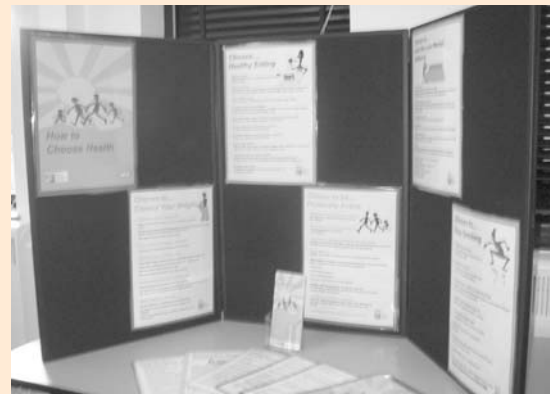
So, we now have the A2 (big ones!) laminated 6 poster set, each poster reflecting each different page of the leaflet, and a small A4 size poster for each subject, reflecting that a small change can make a big difference. It also comes with a box of mixed leaflets, reflecting the 6 different subject matters and of course, includes the How to Choose Health leaflet (all with holders!).

Then we have the A3 (medium size!), which can be used as a table top display, which comes with the How to Choose Health leaflet and holder.

We also have a roller banner (so easy to transport!) which comes with a folding leaflet holder and again, the How to Choose Health leaflet.



*How to Choose Health leaflet*



*Table-top display*



*An example of one of the posters*

All of these can be mixed and matched with any of the leaflets available from us, we just include the most popular ones as a guide. You will have to book the display panels separately, depending on your own needs, but guidance is available from any of our helpful library staff.

These exhibitions can be booked in person, at the Health Promotion Information Centre over the phone or online at [www.healthpromcornwall.org](http://www.healthpromcornwall.org) then click on the virtual library.

Please note you must be a member of the Health Promotion Library to book these or any resources. The only requirement is that we have to see proof of your home address (driving license, household bill etc) prior to becoming a member. For more details telephone 01209 313218



# Falmouth and Penryn FITTA TIKKA Group

Since forming in the autumn of 2006, the Falmouth Fitta Tikka group has grown to have a register of 20 plus people. They are a self - help group which has received support from many local agencies who have provided finance, technical assistance and moral support. One such agency is Leap-Active ([www.leapactive.org](http://www.leapactive.org)) who via Wendy and Chris, have donated finance, helped in the laborious task of form filling and with formulating an exercise regimen. And with a grant of £192 from the Health Promotion Service ([www.healthpromcornwall.org](http://www.healthpromcornwall.org)) Small Grant Scheme to help towards the initial administration costs and venue hire, this project is proving to be an all round winner!



The meetings, which are very friendly affairs, start with normal salutations, swiftly moving on to the exercise routines; warm-up, circuits and then cool down. Circuits are merely different routines taken one at a time. Then on to the much needed tea/coffee break! Once cool, calm and collected we move to post mortems of the exercises, a general discussion on health issues or concerns and/or a programmed talk or event. Recently we had a demonstration of healthy cooking by the Eatsome Project, followed by the consumption of said items!

The group was formed by a patient, who found that, following the eight week Phase 3 Cardiac Rehab course at Falmouth hospital, there was no further help available. Having conversa-

tions with other patients it was found that exercise and common health problems are better shared than endured alone so the group was formed. The moral support amongst the group is outstanding and they talk together about almost any problem you can think of, not just heart problems. They are keen to help people, who are likely candidates for a heart 'event' before they suffer one, and may even help to reduce the risk.

So pop along and have a look to see if we can help.

The Falmouth and Penryn FITTA TIKKA Group. We meet on Monday mornings, 10 till 12 at Bosvale Community Centre, Falmouth.

For information, directions contact Barry on 01326 317 803 or Bert on 01326 317 087

## Down Your Way

**A chance to be the eyes and ears in your community through your local paper!**

If you've a story from your neck of the woods why not share it with your family, friends, neighbours and our online readers.

Tell us all what's going on - from birthday parties, celebrations and anniversaries to club activities, charity events and people's successes and achievements.

And tell us about the news and issues affecting your community - does the parish church need a new roof, has the local pub changed hands, are you campaigning to save a village shop, bus service or post office? What ever your news, our readers would like to hear about it.

Go on ... why not click onto [www.thisiscornwall.co.uk](http://www.thisiscornwall.co.uk) and get writing now!

Or you could phone 0845 60 60 311 for more details

# Health Trainers

An exciting new countywide project has just begun, which has materialised from the Choosing Health document. The Health Trainers have now been recruited and are undertaking training, as we go to print. The Health Trainers form an integral part of the Health Inequalities Local Area Agreement (HCOP4) target which is being delivered through the Healthy Neighbourhoods Partnership. Many of you will be aware of the Local Area Agreement (LAA), but for those who know nothing about them, please have a look at [www.cornwallstrategicpartnership.gov.uk](http://www.cornwallstrategicpartnership.gov.uk) (Or see the footnote at bottom of page.)

Lucy Kean, Health Trainer co-ordinator, has been very busy organising them all with the intensive accredited training programme being provided by the University of West of England in collaboration with Cornwall Works.

The LAA target is being delivered through a partnership which includes working with Lucy, BTCV (British Trust Conservation Volunteers), CN4C (Cornwall Neighbourhoods for Change), Cornwall Works and many others in the delivery of focussed community health development in key areas throughout the county. The areas we are working on are Treneere, St Clare, Parc-an-Tansys/Pengegon/Gwelmor, Redruth North, Malpas & Trelander, Bodmin, Clay Area and Saltash. We (I say 'we' in terms of the partnership) are employing 6 Health Trainers who are currently going through a training course and three Community Health Development Workers to support the Health Trainers. There is also a Health Trainer employed as part of the Coronary Heart Disease pilot project on the Gannel in Newquay.

The role of the Health Trainers is to provide one-to-one support to people about how to make successful steps in changing their lifestyles. The Community Health Development Workers are there to work within the community through a community development approach, to support the Health Trainers, and also to provide a dialogue between the community and services deliverers in order to begin to make changes in the way health services are delivered on the ground to make sure they are more appropriate to local needs.

Additionally we are recruiting Health Champions in West of Cornwall who will be local people who want to help support their community in making positive lifestyle choices. Health Champions provide opportunities for volunteers to become involved in helping people make small changes to their lifestyles - Small Change, Big Difference. In particular we need volunteers in the subjects of healthy eating (working with Eatsome), physical activity (working with LEAPActive) and smoking cessation (working with the Stop Smoking Service). We also need volunteer Health Champions in many different topic areas and don't worry, we will ensure that you are appropriately trained.

If you are interested in contacting one of our Health Trainers or Community Health Development Workers please call Lucy on 01726 627889. If you would like to become a Health Champion please call Richard Hocking, in Kerrier, on 01209 217614 or Marilyn Tenbeth, in Penwith, on 01736 330988.

So we wish Lucy and the rest of the teams involved, all the best for a very successful project!

#### Footnote!

LAAs represent a radical new approach to the way local authorities and their partners can use government funding to support the implementation of national and local priorities in local areas. LAAs are agreements struck between government, the local authority and its partners in an area (working through the local strategic partnerships) to improve public services.



Lucy Kean

### Contact Details:

**Sarah Shuffell** – Community Health Development Worker Penzance and Camborne

**Trelona Rolling** – Health Trainer for Parc an Tansys/Pengegon

**Sam Ashworth** - Health Trainer for Treneere

Contact via BTCV 01326 378340

**Caroline Gayle** – Community Health Development Worker Truro and Bodmin

**David Taylor** – Health Trainer for Kinsman and Berryfields

**Ian Banks** – Health Trainer for Malpas and Trelander

Contact via CN4C 01209 721500

**Kate Farley** – Health Trainer for Clay Areas

**Bill Davies** – Health Trainer for Saltash

**Jan Holroyd** - Health Trainer for Gannel

Contact via Lucy Kean 01726 627889

**Suzy Hall** – Community Health Development Worker St Clare and Redruth North  
01209 313419

East Cornwall Council for Voluntary Service

## Life Begins At Fifty

Free Event on Tuesday 27th March 2007

at

The Conerstone, Trinity Street, St Austell 10am - 3pm

Are you over fifty?

Would you like to find out about what services and opportunities are available to you?

Home Farm Foods, Age Concern, Cornwall Deaf Association, Crime Prevention Devon and Cornwall Police and many more.

Pop in and meet the stall holders and have a cup of tea.

Don't miss out on this great event...  
contact Ann or Sally on 01208 75799

# EVENTS

## **The Great Daffodil Appeal 01 - 31 Mar 2007**

Cancer is the UK's biggest killer. Every year it claims the lives of more than 150,000 people, with a further one million living with the disease at any one time. 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.

Every year the charity provides care to around 25,000 cancer patients and their families - entirely free of charge  
[www.mariecurie.org.uk](http://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.

Did you know for instance that many people are changing their marriages more often than their beds (the average length of marriage for divorces granted in 2004 was just 11.5 years; beds are replaced roughly every 12.5 years)! And, on average people are currently spending just £285 on a new bed, with just 10% of the 4.8 million new beds bought annually costing more than £500. Compare that to the price they're prepared to pay for a new flat screen TV (c.£1,000)! [www.sleepcouncil.com](http://www.sleepcouncil.com)

## **Keep Your Eye on The Ball 05 - 19 Mar 2007**

Campaigning to make footie fans be more aware of the signs and symptoms of testicular and prostate cancer.

The awareness fortnight, which is run by The Professional Footballer's Association, The Football Association and The Everyman Campaign, comes as they announce survey findings which show that only 28% of men check their testicles regularly for signs of testicular cancer- a worrying fact given that if caught early enough testicular cancer is 99% curable.

[www.Keepyoureyeontheball.org](http://www.Keepyoureyeontheball.org)

## **VSO's Big Curry Night 10 Mar 2007**

Get your friends together for a chance to spice up your life with international development charity Volunteer Services Overseas Big Curry Night. All over the world from Kenya to Sweden, people will be eating curry for a cause on VSO's Big Curry Night. They'll be sitting down to make a difference to the developing

world and raising money for VSO, the charity that works through volunteers. For more information on curry recipes, party theme ideas and to get your Big Curry Night Pack please visit VSO's Big Curry Night website. VSO is an international development charity that works through volunteers. Our vision is a world without poverty in which people work together to fulfil their potential. We bring people together to share skills, creativity and learning to build a fairer world.  
[www.vso.org.uk](http://www.vso.org.uk)

## **IdeasUK National Ideas WeekTM 12 - 15 Mar 2007**

A major event for all organisations, both private and public sector, to focus on the promotion of creativity and innovation. ideasUK launched National Ideas Day on 14th March 2001. The original day (14 March) having been chosen as a special day to focus on creativity and innovation in the workplace as its the anniversary of Einstein's birth.  
[www.ideasuk.com](http://www.ideasuk.com)

## **Share the Care Week 2007 19 - 25 Mar 2007**

A national recruitment campaign to encourage more people to "Give a little time and Make a Big Difference" to disabled children and their families by becoming short break carers. Short break carers are ordinary people who support families of disabled children. They provide disabled children with short-term care in their home (or in the child's home) and help them take part in leisure activities out and about. This means the children get to do lots of things that non-disabled children take for granted. At the same time their parents get a regular break from the demands of caring.  
[www.sharedcarenetwork.org.uk](http://www.sharedcarenetwork.org.uk)

## **Mental Health Action Week 08 - 14 Apr 2007**

The Mental Health Foundation's annual awareness-raising week, which has been running since the 1950s. Every year around 1,500 local organisations from employers and doctors surgeries through to prisons and schools hold events and display materials to raise awareness of the week locally.  
[www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

## **Welly Week 21 - 28 Apr 2007**

Forget your kitten heels, ditch your brogues, put your wellies on and join us in going Welly mad! Welly Week is organised by Garden Organic to raise funds to help educate and inspire people about organic gardening, farming and food for a sustainable future for ourselves, our children, our environment and our planet. During Welly Week

everyone is invited to host a welly walk or wear their wellies to work and celebrate all that's good about organics!  
[www.gardenorganic.org.uk](http://www.gardenorganic.org.uk)

## **National Downshifting Week 21 - 27 Apr 2007**

A Week designed to inspire individuals, companies, children and schools, by highlighting ways participants can live simpler, happier lives and be kinder to the environment at the same time. National Downshifting Week has been designed to encourage you to 'dip your toes' into a lifestyle with a slower pace.  
[www.downshiftingweek.com](http://www.downshiftingweek.com)

## **National Stop Snoring Week 23 - 29 Apr 2007**

To promote public awareness that help is available and that nobody need suffer this troublesome complaint. For the 15,000,000 snorers in the UK and their sleeping partners the British Snoring & Sleep Apnoea Association (BSSAA) provide help, information and support..... to stop the noise!

[www.britishsnoring.co.uk](http://www.britishsnoring.co.uk)

## **International Dance Day 29 Apr 2007**

The intention of the Day is to bring all Dance together on this occasion, to celebrate this art form and revel in its universality, to cross all political, cultural and ethnic barriers and bring people together in peace and friendship with a common language - DANCE.

[www.iti-worldwide.org](http://www.iti-worldwide.org)

## **Local and Community History Month 01 May - 05 Jun 2007**

Aims to increase awareness of local history, promote history in general to the local community and encourage all members of the community to participate. [www.history.org.uk](http://www.history.org.uk)

## **National Share-a-Story Month 01 - 31 May 2007**

Bedtime stories, fairy stories, any other story you can think of! .... Everyone loves a story! Throughout May the Federation of Children's Book Groups is celebrating the power of story.  
[www.fcbg.org.uk](http://www.fcbg.org.uk)

## **National Smile Month 2007 13 May - 12 Jun 2007**

Aims to increase public awareness of the benefits of better oral health care. Organised by oral health charity, the British Dental Health Foundation, Although the nation's oral health is improving overall, these improvements are not evenly distributed. Poor oral health is recognised as an indicator of social deprivation.

[www.nationalsmileweek.org](http://www.nationalsmileweek.org)

## Successful Applications in the last two rounds of funding for 2006 in Restormel and North Cornwall



### RESTORMEL

#### **Cymaz Music Project £290**

Robert Bate 01726 817132

Basic/quick/cheap and easy healthy meals cooking & budgeting

#### **Fourways Youth Project £200**

Josh Hammond 01726 817132

Stuff to do on a Monday

#### **Fourways Youth Project £200**

Ashley Wright 01726 817132

The Climbing Experience

#### **Youth Works £200**

Andrew Basso 01726 814921

Basketball Project

#### **Cornwall Young Carers Project £250**

Dawn Maddern 01209 614955

Wrap It Up!

### NORTH CORNWALL

#### **Cornwall Young Carers Project £300**

Dawn Maddern 01209 614955

Wrap It Up!

#### **Blisland Village Hall £120**

Mary Pope 01208 850338

Low Impact Aerobics

#### **Stoke Climsland Local History Group £120**

Dawn Veal 01579 370665

Recording Memories

#### **Kit Hill Young Engineers £120**

Vivien Colwell 01579 370129

Engineering Projects

#### **1st Stratton Brownies £110**

Anne Day 01237477611

Playchute Physical Activity

#### **Dreadnought £300**

L. Taylor 01566 776540

Healthy Eating

#### **Bude Walk and Talk £90**

Micheal Heryet 01288 356628

CRB checks for Volunteer Walk Leaders

#### **Bude Walk and Talk £90**

Micheal Heryet 01288 356628

Walking Poles for Walkers

#### **Bodmin Health Walks £149**

Peter Davies 01208 76044

Bodmin Health Walks

#### **Stoke Climsland Scout Group £120**

Simon Craig 01579 370970

Expedition Equipment

#### **St Teath Children's Centre £250**

Sarah Morey 01208 851548

Healthy Lunches

#### **Bude Canoe Club £120**

Mark Jones 01409 241103

Kayak Beginners Course

#### **Marhamchurch Village Hall £120**

John Eaton 01288 362978

Getting Marhamchurch Healthy!

#### **North Cornwall Activities Network £300**

Mandy Paul 07855388073

Family Cooking Sessions

### Out and About with Age Concern

Age Concern in Cornwall and the Isles of Scilly are providing an Outreach Information Service throughout the County. This service is being delivered through the Resource Bus – which is a mobile information centre and carries a variety of information on issues affecting those over 50.

The Resource Bus will be visiting the Pilmeere Estate in Saltash on the fourth Monday of the Month between 10.30 am – 2.30 pm with Bill Davies the Health Worker covering community issues in this area.

The current programme runs until June 2007 when it will be evaluated.

If you would like more details or to see if the bus is visiting a location near you please contact Anne Nicholls, Outreach and Partnership Co-ordinator on 01872-264370 or mobile 07973754818.