

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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Award winning CHAMPS!

The Cornwall Health and Making Partnerships (CHAMPS) team are eight people with learning disabilities employed by the NHS. The team support primary care and hospital workers to improve the care and support of patients with similar disabilities. This is the first time that an expert learning disabilities user group has been employed to help shape the way services are developed in Cornwall's NHS.

This year the CHAMPS were entered into the South West Regional Health and Social Care Awards. They won the category of Support for Independence, which made them all very proud. Later into the ceremony the CHAMPS were then crowned the overall winners in the whole of the South West, achieving a Special Recommendation Award!

Ebony Rose Thomas, one of the CHAMPS said: "I am so proud of working for the NHS and really proud to be part of the team. I am over the moon that we won both awards – to have won just one would have been amazing but this is totally unexpected.

"Being in the CHAMPS team gives me a confidence boost and my favourite part of working in the team is the feeling of being proud of the work the whole team does and how well we are supported by the rest of the staff."

Congratulations to the CHAMPS team and keep up the good work!

Weight Matters Website for Adults

Going Live January 2011

www.weightmatters.org.uk

Weight matters and it is important that people are made aware of how being overweight could be putting their health at risk and reducing their quality of life.

From mid January adults looking for support to manage their weight will be able to access our new website which will provide a range of information that will give them advice and support on how to make small lifestyle changes that can make a big difference.

Research has shown that some people, especially men, prefer to use self help resources rather than joining a group.

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More details on the website will be circulated closer to the launch date. If you would like any more information about how the Weight Matters project can support health professionals call Mary Williamson on 01209 310063.

FREE ADULT WEIGHT MANAGEMENT GROUPS

In 2008 Health Survey data for England identified that 61 percent of adults were overweight or obese. Obesity is a growing problem.

Weight Matters will be running further groups for adults beginning in January 2011, for eight weeks. The course is designed to help people make small lifestyle changes which can help them achieve and maintain a healthy weight for life. Each course takes place over eight weekly sessions and runs for two hours, providing easy to follow advice and practical sessions to help maintain a healthier lifestyle through small maintainable changes.

Free courses are running from:

Wednesday 12 January 2011 10.00am - 12.00 noon at St Austell Leisure Centre

Thursday 13 January 2011 10.00am - 12.00 noon at St Ives Leisure Centre

We are running a one hour Weight Matters lunch time group commencing on:-

Monday 10 January at Pool Health Centre 1.00pm - 2.00pm.

This group provides all the advice without the practical sessions.

These groups are very popular and booking is essential. For information on the free Weight Matters Programme and to request full details call Weight Matters on 01209 310063.



Childhood obesity programmes running for families in Cornwall

We are delighted to have been given funding to run a further three programmes in Cornwall aimed at children aged seven - 13 who are overweight or obese.

We are running the programmes in:

- Bodmin on Tuesday and Friday evenings after school.
- Newquay on Wednesday evening and Saturday morning.
- Hayle on Tuesday and Thursday evenings after school. (Currently full).

The programme will focus on the whole family making changes. It is essential that at least one parent/carer attend the programme with the referred child, but the whole family are invited and encouraged to attend and will be provided with regular activity, as well as healthy lifestyle and healthy eating information.

We would value your support of the programme and encourage you to refer any children who are between the ages of seven and 13 and with a BMI centile ≥ 91 st centile (ie overweight or obese). The families will be provided with regular activity, as well as healthy lifestyle and healthy eating education.

If you would like any further information or would like us to come out to your team to discuss the programme further we would be delighted to do so. Please call Amy Bromfield or Kate Dann at the Health Promotion Service on 01209 313419.

Mobilise!

The Mobilise! Project have a new health walk starting on Thursday 25 November in the St Ives Bay area. It is aimed at those who are currently inactive and would benefit from increasing their physical activity levels. For more information, please call Gemma Baker on 01209 310062 or visit the website for more details of the St Ives Bay walk - www.mobilise-cornwall.org.uk

Also, visit the Mobilise! website to view the Penwith Walkers new monthly newsletters.



The Wellbeing Team from the Benefit Delivery Team, St Austell receiving their GOLD Healthy Workplace Award.

2011 Healthy Workplace Awards Ceremony

Dame Carol Black, National Director for Health & Work, launched the Cornwall & Isles of Scilly Healthy Workplace Award in February 2010 and has kindly agreed to return to present the 2011 award winners.

Save the Date – 2 February 2011

The Cornwall & Isles of Scilly Healthy Workplace Award is a county standard of good practice and quality mark of health and wellbeing in the workplace. The aim of the award is to act as a toolkit to encourage employers to think about

ways to improve the health and wellbeing of their employees.

The process enables focus on the current good practice within an organisation, and assists in recognising priorities and providing solutions to addressing any highlighted

issues specific to the company and the working population.

Many local companies are working towards the

awards and we are planning this event in recognition of the fantastic work that is happening locally. If you would like to be an award holder and be working towards improving the health and wellbeing of your staff please contact Rachel Faulkner.

Rachel.faulkner@ciospct.cornwall.nhs.uk or 01209 313419.

**Coming Soon! - A New Cornwall & Isles of Scilly dedicated Workplace Health Website:
www.behealthyatwork.org**

Healthy Lifestyle Behaviour Change

**Putting Prevention First and Promoting Positive Lifestyles
Make Every Contact Count**

Why is it important?

Encouraging healthy behaviour in relation to diet, physical activity, smoking, drinking and weight management has the potential to improve people's health and quality of life. Frontline healthcare staff, other public sector workers and volunteers have daily contact with many people who may find it difficult to change daily habits and adopt healthier lifestyles.

'Every contact counts'

These staff and volunteers are usually respected and trusted individuals with an opportunity to support people who want to make positive changes. A brief intervention based on an open conversation and allowing a person to explore their lifestyle habits, identify the change they would like to make and how best to achieve it, can have a significant effect on people's motivation and confidence. The key is allowing the individual to identify the importance and personal benefits linked to the change and the achievable and sustainable action that will follow.

What is being done?

The brief intervention training programme led by the Health Promotion Service is designed to help health professionals and other community staff and volunteers to raise issues around health related behaviour and wellbeing as part of their day-to-day work. Many people find it hard to have a discussion around sensitive issues like healthy weight or alcohol and the training builds confidence and skills around this type of conversation. It works on the four-step approach of:

- Ask
- Assess
- Advise
- Assist

Training is being delivered face-to-face as part of the Health Promotion Service Training Programme. Courses are now full for this financial year but a mailing list for future dates is in place. Agencies can also request training as part of the CQuin funding criteria.

From the New Year 2011 there will be an online 'Lifestyle Behaviour Change' package available, which can be supported by face to face training on request

**Contact Sally Hayes on
sally.hayes@ciospct.cornwall.nhs.uk**

Schools



Cornwall Pilots Major New Schools Drugs Education Resource

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If you want a job done well, ask a Cornish school! Because of the terrific success of our work with schools on the Christopher Winter Project's "Teaching Sex and Relationships Education with Confidence" teacher mentoring programme and resource, CWP asked us to pilot their new Drugs and Alcohol Programme (primary, but with a secondary one in development).

We were asked to find three or four schools to trial some of the new lessons in the classroom. In the nature of these things we had to ask schools to do this at very short notice soon after the beginning of term and without prior sight of the material.

FANTASTIC RESPONSE

However, our schools responded brilliantly – (as ever!) and CWP were surprised to find that we had 17 schools really keen to take part and willing to sign up on the basis either of their previous experience of the SRE programme or our word that this was a terrific opportunity.

Judging by our conversations with the pilot schools and others we have spoken to subsequently, we are tapping into an area of real need and interest among schools. Drugs education seems to have been at a low ebb in recent times, with little guidance from Government and few good, effective resources. CWP are certainly going to fill that gap with their new resource.

A RESOUNDING SUCCESS

If CWP were taken aback by the sign-up, they were astounded by the amount of feedback they received. The schools were asked to look at feeding back on lessons for one class or year group but our wonderful schools embraced the pilot with amazing enthusiasm and the majority of them used the resources much more widely, sending back an enormous amount of detailed feedback with lots of suggestions. The one clear message from all schools was this was a terrific resource. Indeed, one class were disappointed to find that the lessons had come to an end, but that didn't mean they didn't come up with some really good positive criticism and ideas for improvements.

The feedback is being acted on and the draft resource is undergoing a rewrite before it is turned into a CD Rom containing all the schemes of work, lesson plans and resources. In Cornwall we will get the first copies as soon as the new resource is available. Schools that took part in the pilot will receive their's first, and we will then be setting up launch events and arranging training sessions for interested schools. We will be offering schools a chance to access the resource and teacher mentoring without charge as part of Healthy Schools or Healthy Schools Plus. Schools should register their interest by using the Contact Us facility on our website www.cornwallhealthyschools.org.

NEW DRUGS EDUCATION MINI-SITE

www.cornwallhealthyschools.org

Speaking of our website, we are also going to set up a Drugs and Alcohol Education mini-site similar to the very successful one we developed for SRE. This means we can bring the best background information, guidance, good practice ideas, resources and teaching support to one place and keep it updated. We will launch the site at the same time as we launch the CWP resource – look out for more information on our website news pages.



Treloweth School Looking After Me group using the dance mats.

FIT (Families in it Together): helping children and families with healthy eating and physical activity in the school setting

Over the last 18 months, as part of the needs-led and outcomes-focussed Healthy Schools Plus programme, we have been developing some really exciting work in schools with children and families around healthier weight and healthier lifestyles.

We believe the future of the Healthy Schools programme lies with this outcomes-focussed work, in supporting schools to develop needs-led working which contributes to key local priorities such as Healthier Weight, reducing Teenage Pregnancy, Emotional Health and Wellbeing and Mental Health, Drugs and Alcohol and Sun Safety.



For that reason we are keen to explore the potential of our successful work to date and develop a school support programme to address healthier weight. Families in it Together (FIT) helps children and families make fun physical activity part of their daily routine by offering different programmes to suit different needs. Physical activity is the starting point for their engagement and for encouraging them to adopt a range of healthier behaviours in line with national and local priorities, for example, healthier food and improved emotional health and wellbeing.

FIT helps families to address healthy weight issues using the school as a safe, relaxed environment. It also enables schools to offer practical support to parents. Its strength is that it is offered as part of school life and is about doing well at school, rather than focussing on overweight or unhealthy lifestyles.

FIT helps schools respond to the National Child Measurement Programme (NCMP) and by working in schools in the most deprived communities and improving access to much needed support, its main focus is on tackling health inequalities.

The Cornwall Healthy Schools team is working in partnership with the adult weight management team (who are providing Weight Matters courses for parents) and schools themselves – who are recognising the important role they have to play and the opportunities FIT can give them for involving parents more in school life.

FIT draws on our innovative work in Healthy Schools around the use of rowing machines and dance mats as ways of increasing physical activity among children and young people.

For more information about FIT, contact us or see the FIT pages on our website.

Cornwall Healthy Schools Programme
01209 310061
healthy.schools@ciospct.cornwall.nhs.uk
www.cornwallhealthyschools.org

SunSafe at the West Cornwall Hospital Event



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At the West Cornwall Hospital event this year SunSafe represented The Health Promotion Service and despite the weather being chilly, the blue skies enticed many members of the public to the fantastic event.



There were numerous other stands including the RNLI, Fire Service, Health Checks (blood pressure and diabetes), as well as food and entertainment in the form of dancing and singing. Ben Mitchell from the PCT (pictured) and Caroline Macrae, the SunSafe Coordinator, had a prime position by the entrance. Numerous members of the public and staff were educated about skin cancer early diagnosis and prevention.

Even on cloudy days the level of UV radiation in Cornwall is high, so it is important to protect yourself. The event was great fun, educational and had a fantastic atmosphere.

For further information about SunSafe in Cornwall contact Caroline Macrae, Sunsafe Co-ordinator on 01209 313419.



www.sun-safe.org

Eatsome News

STAFF CHANGES

Sophia Aston has temporarily left the Eatsome Co-ordinator post to studying Dietetics in Glasgow. In the interim, Holly Hawkey, who has worked with us part time for nearly a year now, will be filling the post. She said: "I am very passionate about Health Promotion and eating well to prevent illness and optimise health. Eatsome is involved in many exciting projects at the moment which I'm proud to be part of."

6 Additionally, we now have Geraldine Long supporting us with our 'behind the scenes' admin work. Geraldine said: "I am so pleased to be part of The Eatsome Team. I feel very strongly about healthy living and I'm delighted to be able to help people in the community to have a better understanding of how to improve their diet and lifestyles."

GRANTS

We are very happy to announce that we have awarded two Big Bite Grants (of up to £1000) for the following projects;

- Truro Family Support Workers from Cornwall Council will be running 'Scrummy Yummy Cooking Courses' in four Children's Centres in Truro; Trelander, Malabar, Bosvigo and Tregolls. The project aims to encourage parents and carers to prepare healthy, balanced meals, using local produce to feed their families.
- Carefree will be working to deliver healthy eating sessions to young people in care across Cornwall, beginning in Redruth and St. Austell. They have titled the project – 'CAREFREE Eat Well to Live Well'.

The next rounds of grants are:

Round 1: Deadline 29 April 2011

Round 2: Deadline 7 October 2011

Please contact Eatsome for more information about the grants we offer.
01209 216967

TRAINING

Get Cooking Training

28 and 29 April 2011 - Liskeard
9.30am-4.30pm

9 and 10 June 2011 - HPS, Pool
9.30am-4.30pm

8 and 9 September 2011 - HPS, Pool
9.30am-4.30pm

10 and 11 November 2011 - Liskeard
9.30am-4.30pm

12 and 13 January 2012 - HPS, Pool
9.30am-4.30pm

15 and 16 March 2012 - HPS, Pool
9.30am-4.30pm

These dates are all subject to availability of Environmental Health tutors.

Cost £20 per day which includes the exam and a Get Cooking training pack.

Please bring a healthy packed lunch on day one. On day two, ingredients will be provided for you to cook your own healthy lunch.

Healthier Foods Special Diets

This accredited training course covers the basics of nutrition for both the general population and those requiring special diets. The course costs £40.

20 May 2011 - HPS, Pool

25 November 2011 - HPS, Pool

9.00am – 5.00pm with half an hour for lunch (not provided).

Get Cooking for Carers and Support Workers of those with Learning Disabilities

17 March 2011 - HPS, Pool

21 Sept 2011 - HPS, Pool

10-4pm. Cost £20 - (Ingredients will be provided to cook your own lunch).

For further Eatsome details, see www.eatsomegoodfood.org or call us on 01209 216967.

'Ready, Steady... Eat!'

We are proud to announce the release of the 'Ready, Steady... Eat!' DVD. The DVD is a parent's guide to starting babies on solid food, following the journey from milk to solid foods. It gives advice on when to start, what to offer and how to achieve a balanced diet for the whole family. We would like to thank all those who contributed to the making of the DVD,



which is now available to buy from www.realbabymilk.org for £6 plus postage and package.

Cornwall Healthy Eating & Food Safety (CHEFS) Awards



Congratulations to all those food premises who have achieved a CHEFS award and can boost healthier foods, local produce and high food safety standards. Recent CHEFS Award Winners include:

- The Golden Lion, Stithians - Gold Award**
- The Tremont Hotel, Penzance – Silver Award**
- Old Chapel Backpackers Café, Zennor – Bronze Award**
- The Old Forge Café, Lappa Valley Railway, Newquay – Gold Award**

Full list of CHEFS award winners is available at www.cornwall.gov.uk/CHEFS

Top Tips for a Slim Christmas Dinner!

- * Turkey is lower in fat and calories than many other meats. Don't smother the turkey with oil, butter, spread or lard when you cook it. Use a pastry brush or spray to add a light covering of oil rather than pouring it over.
- * Use less fat to roast your potatoes and parsnips. Parboil them first, then spray or brush lightly with oil rather than pouring from the bottle. Place them into a hot oven for tasty, crispy roast potatoes that aren't laden in oil. Keeping them in large pieces reduces the amount of fat they absorb.
- * Eat lots of traditional seasonal vegetables such as Brussels sprouts, red cabbage, cauliflower, carrots, and swede. The more colours on your plate, the greater the variety of nutrients. Remember - don't serve with butter.
- * Use lowfat chipolata sausages and lean back bacon to make pigs in blankets.
- * Beware of all the extras such as bread and white sauces. They add calories!
- * If you can't resist Christmas pudding, have a small serving, without adding cream, brandy butter, etc.
- * Remember, alcohol can be high in calories too! Always drink in moderation.

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.

DVD

Ready, Steady...Eat! a
Parent's Guide to Starting
Babies on Solid Food



Model

Fat Chunk Set



Leaflets

Alcohol: Breast Cancer Risk
Cut Down on Salt
Height Chart
Legal Highs
Let's Dance with change4life
Packed Lunch Heroes Guidance For Under 5s
Touch, Look, Check
Mind Guide to Managing Stress
Mind Guide to Surviving Working Life
Obesity: Breast Cancer Risk

Book

Healthy Weight, Healthy Lives

Health Events 2011

January

23 - 30 January Cervical Cancer Prevention Week
www.jotrust.co.uk

24 - 30 January Be Loud! Be Clear!
www.beatingbowelcancer.org

31 January National Bug Busting Day
www.chc.org

February

1 - 28 February National Heart Month
www.bhf.org.uk

4 February World Diabetes Day
www.worlddiabetesday.org

14 - 18 February Contraceptive Awareness Week
www.fpa.org.uk

21 - 26 February Eating Disorders Awareness Week
www.edauk.com

March

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

1 - 31 March Ovarian Cancer Awareness Month
www.ovarian.org.uk

9 March No Smoking Day
www.nosmokingday.org.uk

21 - 27 March National Salt Awareness Week
www.actiononsalt.org.uk

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

Level 3 EEFO Quality Standards

Sixteen services are the first in Cornwall and the Isles of Scilly to receive the top accreditation from EEFO, twelve of which have also achieved the national You're Welcome award (including the Partnership Services for Children, Young People & Families, the Short Breaks Service, Share in St Austell, the Chlamydia Screening Service and Bridge Medical Centre in Wadebridge). Achieving the EEFO Level 3 standards, which embeds the national You're Welcome criteria, demonstrates an excellent commitment to meeting the needs of young people locally and ensures these services are providing a young person friendly service.



EEFO is designed to help young people aged 13 – 19 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 and guidelines. An organisation is only able to appear in the EEFO approved directory once it has met the minimum standards. If you are interested in getting your service EEFO Approved at Level 1, 2 or 3, please contact EEFO on info@eefo.net