

Health Promotion News

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

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Health Promotion News is the Health Promotion Service Newsletter for those involved in health promotion. Editor: Nigel Ellis Tel: (01209) 313419. Queries to Health Promotion 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**

Exciting times for Health Promotion

Welcome to the latest edition of Health Promotion News. It is an exciting time in health promotion/public health. On 1 July one of the most important pieces of public health legislation for 50 years will come into being – the banning of smoking in workplaces. On page four you will find a brief overview of the legislation, and what it could mean to you.

In the public health white paper, Choosing Health, published in 2004, the Government set out its commitment to reduce health inequalities, including tailoring health and care services to meet the needs of individuals. The Department of Health has just published an update report which demonstrates where Choosing Health is achieving success, as well as evidence of what works and where to focus effort. A link to the report can be found on the Health Promotion Service website at www.healthpromcornwall.org/index_news.asp

Numbers for Health Promotion

Main Reception	01209 313419
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Direct Lines

Information Service (Resources)	01209 313218
Eatsome Project	01209 216967
Stop Smoking Service	01209 215666
LEAP	01209 310062
Healthy Schools	01209 310061

Eatsome Project Bite Size Grants

A new round of grants is available for food based projects in Cornwall. The grants, of up to £300, are available to community groups who wish to run a project around healthy eating and promoting local produce.

2 The grant scheme has been running for three years, giving out over £30,000 to community led projects. Through evaluation carried out at the end of 2005 it was shown that 71% of grant recipients had carried on with their project beyond six months, once the Bite Size grant funding ran out.

If you are interested in applying for a grant please either download the application form from the Eatsome pages of the Health Promotion Website www.healthpromcornwall.org

Or call the project on 01209 216967.

The closing dates for funding are 6 July and 9 November 2007.



Get Cooking Training

This two-day course is for both those working with community or voluntary groups and community members. The course is designed to assist those running or planning to run cooking sessions with their groups in the theory and practicalities of running a successful and healthy cookery club.

The course aims to:

- Explore what is meant by healthy eating;
- Discuss the role and responsibilities of a cookery club leader;
- Develop an understanding of group work and community development;
- Offer a practical

VOLUNTEERING

Do you have an interest in food, enjoy cooking and have some spare time? If the answer is yes to these questions, would you like to become an Eatsome Health Champion?

Health Champions (volunteers) work alongside the Eatsome team and are offered the opportunity to work with community groups to assist in practical cooking sessions and healthy eating workshops.

If you are interested please contact Sophia Aston or Mary Dawe on 01209 216967.

scenario session in cooking run by the participants;

- Offer Level 2 Award in Food Safety in Catering (formerly Foundation Food Hygiene Certificate).

DATE:

6 & 7 September 2007 – Liskerrett Centre, Liskeard

1 & 2 November 2007 – HPS, Pool

17 & 18 January 2008 – Newquay Children's Centre

6 & 7 March – HPS, Pool

TIME: 0930-1630

COST: FREE

If you are interested, or would like more details, please contact Sophia Aston or Mary Dawe on 01209 216 967 or email Sophia.Aston@ciospct.cornwall.nhs.uk Mary.Dawe@ciospct.cornwall.nhs.uk

New Look Training Programme

The 2007-2008 Health Promotion Service Training Programme has now been printed and distributed widely. The programme, in the form of an A2 poster, contains a brief description of all our courses; on the back of the poster is a booking form together with guidance notes and details of how to find us. For further copies of the programme please contact the Admin and Information Team, Health Promotion Service, The Kernow Building, Wilson Way, Pool, Redruth TR15 3QE Telephone 01209 313419

A full description of each course is available on www.healthpromcornwall.org/index_PZ_Training.asp



Positive ways to lose the fat build up around your waist!

We have sedentary jobs and lead hectic but usually inactive lives! However, making changes can help you lose and maintain a healthy weight and protect you from heart disease, type II diabetes, high blood pressure and osteoarthritis to mention a few things! If you have tried before but been discouraged all is not lost because you are thinking about doing something about it because you are reading this article.

Think positive and begin with the following top tips.

- Identify your reason for losing weight. (Added to that you will reap the other health benefits listed above!)
- Take charge of your weight loss. Set realistic goals and do it step by step!
- Check out your Body Mass Index (BMI) by visiting www.eatwell.gov.uk or www.bdaweightwise.com/bda (BMI calculator).
- Make losing weight your personal priority.
- A plan that helps you use up more energy (calories) than you put in from food or drink will bring good results. You have to eat less and increase your activity.
- Choose the healthier food options and activities you enjoy and will continue to enjoy! Start with small eating or activity changes and keep on making the changes! Small steps make a big difference in the end!

Healthy Eating

- ✓ Changing the balance of the foods you eat can help you lose weight. See *the Balance of Good Health*.
- ✓ Eat breakfast, it fills you up and you are less likely to snack on foods high in fat and sugar before lunch!



Be Active

- ✓ Try to fit in one hour of activity on most days of the week (break it up into several shorter sessions at first)! You will know if you are getting it right if you feel warm and breathe a little more heavily than usual (but take it at a pace so you can still talk!)
- ✓ A combination of sustained rhythmic activity like walking, dancing or swimming and muscle strengthening exercises is ideal.

Keep on track

- ✓ Beware of plans that mean you deprive yourself or have to struggle. Healthy Eating means eating nutritious food often!

- ✓ Watch out for saboteurs – stay focused on your goals
- ✓ Aim to lose about 0.5kg or (1lb) a week – but don't despair if some weeks you do not lose anything. Just keep going.
- ✓ You are unique so avoid comparing yourself to "others"!

For more information get your hands on the British Heart Foundation "So you want to lose weight for good" publication 0870 600 6566.

Walking for Health!!

GPs in Glasgow tell patients to "Take a Hike" (BBC News Story)

Patients in Glasgow suffering from a range of illnesses may soon be told to take a walk to improve their health.

An initiative has been launched by the Forestry Commission Scotland to encourage GPs to prescribe walking in place of pills. Kevin Lafferty of the Commission has been appointed as a health advisor or "woodland walks tsar". He said: "Walking is good for us and helps to keep a healthy body and mind. It's a good thing to prescribe.

"The Live Active referral scheme aims to increase woodland walking and improve Glasgow's health by encouraging people to be more active. Wouldn't it be great if this could happen in Cornwall? Why not come and train as a Volunteer Health Walk Leader for your own locality. Contact: Angela Royle, Senior Health Promotion Officer on 01209 313419 for details.

Full story -

http://news.bbc.co.uk/1/hi/scotland/glasgow_and_west/5277734.stm

West Country Walks Website

A new website www.westcountrywalks.com is being designed to become the biggest free encyclopedia of walks in the South West - which should be a useful tool for anyone looking for routes in the region.

www.westcountrywalks.com

Getting ready to go

on 1 July 2007

From 1 July 2007, it will be against the law to smoke in virtually all enclosed public places, workplaces and in public and work vehicles.

Managers of smokefree premises and vehicles will have legal responsibilities to prevent smoking and ensure that no-smoking signs are displayed as required by the new law.

The law applies to anything that can be smoked and failure to comply with the law will be a criminal offence.

drop-ins across the county. Trained advisors may also be able to come into a workplace if there are enough staff who wish to stop smoking.

For further information call: 01209 215666
or email:
smokefree.cornwall@ciospct.cornwall.nhs.uk

Deal with non-compliance

Whilst most people will comply, managers of smokefree premises will need to be prepared to take action if someone smokes in any smokefree premises or vehicle which they are responsible for:

Draw their attention to the no smoking signs and politely ask them to stop.

If an employee continues to smoke you may wish to take disciplinary action.

If a customer continues to smoke you could ask them to leave your premises.

The new smokefree law

is being introduced to protect employees and the public from the harmful effects of secondhand smoke.

Secondhand smoke is a serious health hazard. Every time someone breathes in secondhand smoke, they breathe in over 4,000 chemicals. Many are highly toxic. More than 50 are known to cause cancer.

It is estimated that the new law will save thousands of lives over the next decade, prevent serious diseases and help create cleaner and healthier environments.

4 As an employer you need to:

Inform staff and customers

You may wish to introduce a Smokefree policy to make your employees aware of the new law.



Get your signage ready

Signs will need to be displayed at each entrance to the premises and in all smokefree vehicles. Signage can be downloaded or ordered from: www.smokefreeengland.co.uk

Close indoor smoking rooms

Start thinking about what to do with any existing indoor smoking room(s). If you decide to provide an outdoor shelter or area you should contact your local council beforehand to make sure that what you wish to provide is compliant.

Working from home

Any part of a private dwelling used solely for work purposes will be required to be smokefree if it is used by more than one person who does not live at the dwelling and/or members of the public attend to deliver or to receive goods and/or services.

Help staff give up smoking

For smokers who want to quit, the NHS offers a range of excellent free support including local NHS Stop Smoking Services. The Cornwall and Isles of Scilly Stop Smoking Service offers friendly help and advice about stopping smoking and runs clinics and

For further information and advice:

Smokefree England Information line: 0800 169 1697
www.smokefreeengland.co.uk

Cornwall & Isles of Scilly Stop Smoking Service:
01209 215666

smokefree.cornwall@ciospct.cornwall.nhs.uk
www.healthpromcornwall.org (professional zone/stop smoking/smokefree)

Environmental Health Officers at your local District Council

EVERY PARENT MATTERS IN A HEALTHY SCHOOL!



CORNWALL SPEAKEASY – COWS AIZ KERNOW

Healthy Schools are working in partnership with Sharon Hindley, the Teenage Pregnancy Strategy Coordinator, and the Schools' Sex and Relationships Advisor, Matthew Walker to bring this brilliant and proven effective course developed by the fpa (Family Planning Association) to Cornwall.

What is Speakeasy?

Speakeasy offers a non-threatening group-based opportunity for parents and carers to acquire the confidence and skills they need to talk to their children about sex and sexuality. It is designed to be fun and relaxed, providing an atmosphere where parents can learn together from their own experiences.

Creative methods are used within our groups including collage and artwork, role play and games, as well as more traditional written work for those who wish. The emphasis is on making the courses as accessible as possible for those who will benefit.

The main aims of the courses are:

- to encourage parents and carers to provide positive sex education in the home;
- to encourage parents and carers to take on the role of 'sex educator'.

One of the most exciting developments of Speakeasy elsewhere in the country is the way parents and carers have gone to become Speakeasy facilitators themselves.

Kate Pordage, CHSP coordinator and Matthew have just been trained as Speakeasy facilitators and DfES will be funding a course for another 12 people here in Cornwall in October 2007. In addition we have just been lucky enough to get a £1000 grant from Government Office South West to do a detailed pilot in two primary schools this summer term. If you are interested in the summer pilot or for next school year contact the office (we are expecting a big demand!)

More details about Speakeasy and all our plans for supporting work with parents and carers can be found on the CHSP website www.healthpromcornwall.org/ (follow the healthy schools link) or by calling the CHSP office on 01209 – 310061.

What the parents say

"I came here with the attitude that I know it all, there's nothing you can teach me, a woman of my age has nothing to learn. I learnt a lot, it's worth it. It's brilliant."

"Really, really good; I thoroughly enjoyed it, bonding with other group members and picking up ideas, understanding each other ... a group learning process."

"I enjoyed all of the learning across the different areas, especially the development of children. I also learnt about the myths which I had in the back of my mind and those myths have been cleared now that I have learnt the facts."

"It was nice to hear different views and talk openly about our experiences."

50+

FREE leisure activities for the Over 50s in West Cornwall

The Over 50s Leisure Weeks are organised in partnership, between the NHS Project LEAPActive, Penwith District Council and Kerrier District Council. This year's Over 50s Leisure Weeks were organised over a period of two weeks and once again there were many exciting activities on offer, such as Tai-Chi, swimming, golf, horse riding, bowling, yoga, volleyball and sea angling to name just a few. Over 850 people registered with us and received an activity timetable. The booking lines opened with the most popular activities such as sailing and archery fully booked with the waiting list becoming full within the first morning. The weeks proved to be immensely popular for yet another year, with most people booking onto a number of activities. A participant said 'it was the best day I have ever had, I will certainly take up lugger sailing' and one of the coaches at Archers of the West said '24 people have joined our beginners course following the Over 50s Leisure Weeks'.

This project gives residents aged 50 plus in the Kerrier and Penwith Districts an opportunity to try a variety of activities free of charge. The weeks are organised annually in the hope that some people may continue with an activity on a regular basis. The health benefits of regular activity are well proven. We know that taking part in physical activity can help improve health and fitness; it can also help to relieve anxiety and depression and improve self-esteem. This could also be an opportunity to get out and meet new friends. Not only do the participants enjoy trying new activities the club and activity providers also benefit by an increase in membership that has a positive effect on the club.

Special thanks to the steering group and local activity providers, without their continued support and enthusiasm these weeks would not be possible. Thanks to everyone who attended the Celebration Evening held earlier this year at Hayle Rugby Club. The evening proved to be a success giving participants the chance to find out more about the activity provider and clubs involved in the weeks. Thanks to Penzance and St Ives Leisure Centres along with Helston Sports Centre, who presented one year's free membership to our raffle winners and to Boots The Chemist at Hayle who kindly donated a variety of gifts.

If you are aged 50+ living in the Kerrier and Penwith Districts and would like to receive future information about the weeks please contact Tracey Barter at LEAPActive on 01209 310062.

Participants enjoy trying new activities



EEFO Programme Update



Emily Thomas EEFO Co-ordinator (far left) with four of the students who attended the Bones and Joints exhibition.

EEFO is a local initiative that seeks to reduce inequalities for young people living in the county. The EEFO programme developed a set of quality standards which address the barriers identified by national and local research which prohibit young people from accessing the services they need. All organisations that provide a service to young people aged 13 – 19 are eligible to meet the quality standards and can get EEFO Approved.

The EEFO website is aimed at 13-19 year olds living in Cornwall and the Isles of Scilly. The EEFO website was redesigned and re-launched in February 2007 with a view to encourage more interaction with young people and to offer a feedback section on the quality of service received. There are two main aspects to eefo.net. Firstly, the website (www.eefo.net) provides accurate and up to date signposting to all services in Cornwall that have been EEFO Approved and are therefore 'young people friendly'. Secondly, the EEFO website provides useful advice and information on a wide range of issues that young people face during every day life.

EEFO recently attended an event to raise awareness at the Knowledge Spa in Truro. The 'Building Better Bones and Joints Interactive Educational Exhibition' was organised by the Department of Rheumatology, Royal Cornwall Hospital in partnership with Further and Higher Education, at which 240 local sixth form students were invited. This was an ideal opportunity for EEFO to raise awareness of the redesigned website amongst its target audience.

Do you know any young people that want to get involved in evaluating EEFO Approved services? During the summer holidays 2007, EEFO will train a minimum of 20 young people aged 13 – 19 to carry out evaluations of EEFO Approved Services. If you know of anyone who would like to get involved, or indeed you yourself would like to get involved, please contact Emily, who will be happy to provide more information on 01209 313419 or info@eefo.net

Cornwall Festival of Cycling

The Cornwall Festival of Cycling is returning to Cornwall for the fourth time starting on 25 June and running until 15 July 2007.

The Festival will visit primary and secondary schools throughout Cornwall during the three weeks to interact with students both inside and outside the classroom. The students will learn about the health benefits of cycling, as well as safety and some basic maintenance before getting an opportunity to have a go on a range of unusual and wacky bikes in a safe environment.

An additional feature of the roadshow this year is a training programme that is being delivered to pupils of two schools. Ninety six pupils in total will be given the opportunity to undertake cycle training, and, at the end of the course will hopefully achieve level 2 of the National Cycling Standards. It is hoped that if this aspect of the Festival is a success then it will be developed further and rolled out to other schools in 2008.

At the weekends the roadshow will visit a number of public venues across Cornwall, encouraging people of all ages and abilities to have a go on one of many unusual bikes. This will hopefully inspire them to continue cycling in one form or another and for many it will be a chance to regain enthusiasm and self confidence. The public roadshows are also an opportunity for people to learn about local facilities, trails and all aspects of cycling with fact sheets and literature available.

This year we have a special public roadshow taking place on Saturday 30 June on Lemon Quay, Truro. There will be additional entertainment and stands at the event, all promoting healthy lifestyles.

All the roadshows are free to the public.

Roadshow dates

- Sat 30 June** - Truro Lemon Quay (special event)
- Sat 7 July** - Penzance Harbour Car Park
- Sat 14 July** - Truro Lemon Quay
- Sun 15 July** - Bude Summerleaze Car Park

The Festival of Cycling is organised by Cornwall County Council and Sustrans with support from Arts for Health and some District Councils.

Library and Information Service

Below is just a sample of some of the new resources we have put on the system in the last quarter.

Books

Cannabis Issues (The)
Child Abuse
Citizenship and National Identity
Gambling Trends
Homelessness
Teen Pregnancy and Lone Parents
Grub (Oversize Book)
8 Kitchen Shrink (The)

DVD

A-Z of Drugs (The)

Leaflets

Breastfeeding in Cornwall (2007 - 2008)
Do You Want to Get Unhooked From Cigarettes?
How Much is Too Much? (Credit Card)
Little Book of Salt (The)
"I Always Wave My Smoke Away"
No Chance Get Lucky
Why Your Child's Weight Matters

Posters

"I always try and dodge the smoke"
44% of all Violent Crime is Alcohol Related
80% of Pedestrian Deaths on a Friday and Saturday Night are Alcohol Related
I Always Blow Smoke Over My Shoulder
I'll Give You One (Female) Topic Sexual Health
I'll Give you One (Male) Topic Sexual Health
I've Got Chlamydia
I've Got Gonorrhoea
No Matter How Long You've Been Hooked on Cigarettes We Can Help You
One in Three Reported Rapes Happens When the Victim Has Been Drinking
Too Much Alcohol Makes You Feel Invincible When You're Most Vulnerable
We're not Messing Around (Topic Road Safety)
Skin Cancer Kills More Men Than Women

Equipment

TV/DVD Combi Flat screen (Collect Only)
Set of 4 Vibrating Cushions
Set of 4 Vibrating Tubes
Set of 9 Foetal Models

Our new online booking system can be accessed via the Health Promotion website at www.healthpromcornwall.org then click on the virtual library link

Health Events

1 - 30 June
Everyman Male
Cancer Awareness
Month

1 - 30 June
National
Osteoporosis Month

2 - 10 June
Help a Heart Week

11 - 17 June
National Food Safety
Week

11 - 17 June
National Men's Health
Week

15 June
Bug Busting Day - Head
Lice Beware

17 - 24 June
Learning Disability Week

16 - 24 June
Bike Week

18 - 24 June
Child Safety Week

25 June - 1 July
Deafblind Awareness
Week

26 June
National Falls Awareness
Day

1 - 7 July
Alzheimer's Awareness
Week

6 - 12 August
Sexual Health Week

Health Events
2007 calendar
with links and
contact details
can be found
on
www.dh.gov.uk
then follow
the link