

action

The Health Improvement Department Newsletter for people in the community, voluntary and statutory sectors • Spring 2011

Award Winning Smoking Cessation Team

The Smoking Cessation Team has developed an effective evidence-based service for a wide range of people who wish to stop smoking. To ensure access, the team provides interventions in a variety of settings such as hospitals, workplaces, disadvantaged communities, schools and primary care. They reach a wide range of clients including young adults, unemployed, pregnant women, manual workers, ethnic minorities and those with mental health problems.

Sara Groogan, Western Trust Director of Performance and Service Improvement said: "I would like to congratulate



Mary Campbell and Kathleen McManus (left), Health Improvement Department Smoking Cessation coordinators, pick up a Northern Ireland Healthcare Award for their work in helping smokers to quit. Mary and Kathleen were joint winners with Bernie Neeson of the Ulster Cancer Foundation, also pictured (right).

Mary works in the Limavady, Strabane and Derry City Council areas and Kathleen covers Omagh and Fermanagh districts.

the Smoking Cessation Team on their success and on all of their continued efforts helping people to quit smoking."

Anyone who wants to know more about stopping smoking can call the local helpline on 0800 9179388 where they can speak to a member of the Smoking Cessation Team.

PERFORMANCE

From July 2010 to March 2011 we have delivered on the following Health Improvement activities:

800 individuals trained

66 courses delivered

1,744 individuals attended cancer awareness sessions

I would like to congratulate the Smoking Cessation Team on their success and on all of their continued efforts helping people to quit smoking.

Sara Groogan
WHSC Director of Performance and Service Improvement

Neighbourhood Renewal

The Neighbourhood Renewal (NR) Projects are examples of partnership working, which use a community development approach and involves communities in the decisions and actions that affect their health. Research has indicated that people who live in deprived areas such as NR areas are at a much higher risk of suffering from ill health and have much lower life expectancy than the population as a whole.

The Western Trust Health Improvement Team who are committed to supporting these communities, are leading on a number of health improvement projects in NR areas.

Omagh & Enniskillen Projects

Managed and supported by the Health Improvement Department, Omagh and Enniskillen NR areas are delivering a wide range of health and well-being programmes in their local communities. These include: Physical activity initiatives for all age groups, community food initiatives, cancer screening, alcohol and drugs education

programmes for young people, parenting programmes, mental health & emotional well being initiatives, sexual health programmes for young people, floating support service for those living with addiction and female alcoholics support programme.

An application has been submitted to DSD to continue funding up until 2014.

Neighbourhood Health Improvement Project (NHIP) Winter Health Programme

The theme of fuel poverty was chosen by all 8 NRAs as the area wide

campaign for winter 2010/11. Information events took place in every NRA.

A range of agencies were carefully selected to provide advice and information to help local people prepare for winter around the following key themes; Heating your home; Becoming more energy efficient; Financial advice and support; Healthy eating and preventing accidents in the home.

Winter Health Local Volunteer Scheme

Additional funding was made available from the Public Health Agency (PHA) and the Western Trust in November 2010 to further extend the winter health campaign.

All NRAs designed a winter health volunteer scheme based on their local needs.

These included activities such as gritting paths and entrances, healthy eating programmes, providing a service to deliver essential groceries to housebound residents and befriending those living on their own. Each scheme used local volunteers to implement the schemes.

An application to DSD for Phase II of NHIP has been submitted.



Pictured above is Majella Magee Deputy Head of Health Improvement at the launch of the Alcohol Resource Pack produced by the young people of Omagh NRAs.

Introduction to Health Improvement

Pictured opposite are participants from the recently held Introduction to Health Promotion Course delivered in the Bawnacre Centre with (Far right, seated) Debbie Hunter, Health Improvement Officer and Sonia Montgomery, Health Improvement Team Lead.



Staff Health Fair

A Health Fair organised by the Health Improvement Department took place in the MDEC, Altnagelvin Hospital for staff.

The fair offered staff health checks and complementary therapies, such as Indian head massage, head/shoulder and back massage, reflexology and beauty therapy. Organisations including Sustrans, Travelwise, Derry Well Women, Divert and Mens Action Network attended offering information on their services. Fitness tests, smoking cessation, cancer prevention, oral health and healthy eating advice were also available.

The Fair was extremely successful and all 100 staff who attended thoroughly enjoyed it. Feedback from the evaluation was excellent with staff stating, “informative excellent event, very educational”, and “a great opportunity to find out information on different aspects of life and ideas”.

Sara Groogan, Director of Planning and Service Improvement, Western Trust stated: “The fair was designed to allow staff the chance to take some time out of their busy work schedule to have important health checks, try new therapies and to encourage them to take care of their mental health and wellbeing”.



Pictured (L-R) are Gemma Stewart (Fracture Clinic), Anne Carr (Fracture Clinic) and Dawn Barr (Divert Project).

It All Adds Up

The Health Improvement Department is supporting the Public Health Agency (PHA) It all adds up! campaign which encourages children to be more physically active.

Research shows 82% of parents believe their child is getting the recommended daily amount or more of physical activity, but the reality is that less than a quarter (24%) of 9-11 years olds take part in the recommended 60 minutes physical activity, 7 days a week.

Parents and carers are being encouraged to go to the website www.getalifegetactive.com to plan activities as a family, involving children in the decision about where to go and what activity to do. The website is packed with information on the benefits of being active for both children and adults.

The Health Improvement Department is distributing PHA physical activity log books to primary schools, community groups and youth clubs to promote the '60 minutes a day' message.

Breast Feeding Policy

The Western Trust Breast Feeding Policy is recently updated and approved by Trust Board. Copies are available via the intranet /policies.

Virtual Lives

Virtual Lives-The Impact of New Technology on the Emotional Health and Well-Being of Young People

The Health Improvement Department hosted a conference on 16 February 2011 at the City Hotel, Londonderry inviting delegates from across Northern Ireland. The aim of the conference was to raise awareness with adults who work with young people, about the impact of new technology such as the internet and use of mobile phones on their emotional health and well being.

Many practitioners fail to realize how social media impacts on the lives of young people and often tend to see it as a fad. However, over 50% of the world's population is under 30 years of age and 96% of them have joined a social network. In terms of supporting individuals to make healthier choices, the Health Improvement Department acknowledges that this is a powerful medium that can be used to disseminate health messages and as a result information from the conference will be used to plan future work.



Pictured above (L to R): Eilish McCloskey, Health Improvement Officer; Sonia Montgomery, Health Improvement Team Lead; Dr Maura O'Neill, Head of Health Improvement; Sarah Davidson, Health Improvement Worker; Deborah Hunter, Health Improvement Officer and Ann Linstrom, Health Improvement Officer.

The conference addressed how new technology has the potential to change the lives of young people. Main issues highlighted on the day were the use of social media, internet safety, cyberbullying, sexting, the use of pornography and its impact on personal

relationships and how the internet can be used to provide support to people to make healthier life style choices.

For further information about the conference contact Sonia Montgomery at the Health Improvement Department.



Men's Health Training

Attendees at the first of the Man Matters "A Framework for Men's Health Training" courses held at St Columb's Park House, Derry. Noel Richardson and Lorcan Brennan facilitated the course, which was attended by eighteen health care professionals from across the WHSCT area.

Course participants were unanimous in agreeing that men were particularly neglectful of their health and that there was a need to understand the reasons for this and to create where possible circumstances and conditions which would encourage men in taking better care of themselves through lifestyle and social changes as well as accessing medical services more frequently and readily.

This year, the Health Improvement Department will link with key men's organisations to identify training needs and based on this, courses will be delivered targeting men.

Pictured above is Sonia Montgomery, Health Improvement Department Team Lead with attendees at the first of the Man Matters 'A Framework for Men's Health Training' courses held in St. Columb's Park House.

An innovative scheme promoting accident prevention and safety messages to Primary School children was held in St Columb's Park House in January 2011. Over 1330 Primary 7 children from 33 schools throughout the Derry City Council area attended the Bee Safe initiative, co-ordinated by the Health Improvement Department.

Important 'Bee Safe' Message goes out to Local Kids

Bee Safe is an imaginative way of teaching Primary 7 pupils how to prevent everyday accidents and dangerous situations and how to deal with them safely and effectively should they occur. Children move around 7 accident themed scenarios in small groups over either a morning or afternoon session.

The sessions are designed to promote a high level of interaction and involvement from pupils. Participation in stimulated scenarios in a controlled environment helps children to think for themselves and develop practical experience of preventing and coping with potentially hazardous situations as opposed to simply being taught about managing risk in a classroom.

For further information about Bee Safe or any other Health Improvement activities, please contact the Health Improvement Department on **028 7186 5127**.



Walk Leader Training

The Walking for Health Initiative encourages people who are inactive to increase their level of physical activity by participating in local led health walks.

25 new Volunteer Walk Leaders completed one day training delivered by the Western Trust Health Improvement Department in Lisnaskea and Newtownstewart, enabling them to lead groups on health walks in their local communities. These walks are suitable for people of all ages and abilities and not only promote the physical health benefits of physical activity, but promote positive mental health and encourage social interaction.

Trained Walk Leaders are offered insurance cover, Heartstart Emergency Life Support Training, promotional materials, and support to organise and co-ordinate walking groups through workplaces, Surestarts, Churches, communities and other groups in local communities throughout the Western Trust area.

There are currently 165 active Walk Leaders in the Western Trust area leading 60 walking groups.