

Welcome to the autumn Health Promotion Newsletter. This is the 2nd edition we have published and if you missed the first one you can access it through the Intranet or by contacting the Health Promotion Department. Many people have contacted us following the previous Health Zone, so if you would like further information on any of the articles below, or if we can help you with any aspect of Health Promotion, we would be delighted to hear from you. Lesley McDonald, Health Promotion Manager



Life Education Centres

Life Education Centres provides drug education programmes that specifically support schools in fulfilling the aims of the Government's strategy for drug and health education. We define a drug as any substance that changes the way a body normally works. This therefore includes legal drugs such as alcohol and tobacco, all illegal drugs, volatile substances and over-the-counter and prescription medications.

Life Education Centres' educational programmes take place in a specially designed mobile classroom, which is equipped to provide a stimulating and exciting learning environment.

Life Education Centres in North Down and Ards provides programmes for Nursery pupils up to Primary 7 pupils. There are two units on the road with one full-time and two part-time educators.

For more information contact Martin Moorcroft on 91510181 or check the Trust Intranet site.

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If you have any comments, or have topics you would like to see included please contact

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The Newsletter is available in large print. Please telephone the above number to request a copy.



Health Promoting Hospitals

Traditionally hospitals have been associated with the diagnosis of disease and emphasis placed on treatment and cure. HPH aims to promote positive health and wellbeing in the hospital and through the hospital to the wider community.

The Trust is a member of the WHO European Network of HPH, which develops documented and evaluated models of good practice. In addition to this a regional steering group exists in N Ireland with each HPH Trust represented. Through this forum a new appointment has been made - a regional HPH Co-ordinator.

In order to develop the work of this project locally a steering group is due to be re-established under the direction of Ida Foster. Research regarding health promotion provision Trust-wide has recently been completed the findings will initially help inform practice.

Link Nurses Forum

The above forum has been re-established with regular meetings now taking place. The group comprises of a link nurse from each ward/department across hospital sites.

The link nurse in your area is responsible for improving the quality of health promotion work, sharing information from the forum and educating staff members.

Throughout the summer Fiona Molloy (Health Development Worker) has visited all areas to assist link nurses in updating resource materials. Health Promotion work continues throughout the hospital and will be published in further editions of this newsletter. If you have an idea for a health promotion project please speak with your link nurse, or contact Trudy on 91510183.

Brief Intervention Training in Smoking Cessation



Health professionals have an important role in providing support and encouragement for smokers who want to stop smoking. Research however shows that many health professionals neglect to engage in smoking cessation with patients/clients because they lack time. Research into smoking cessation programmes has shown that brief intervention (which is approximately 3 minutes) with smokers can be a cost-effective means of helping smokers to give up. The key to successful smoking cessation is teamwork – the same message should be given by the doctor, is also given by the team of health workers interacting with the patient/client.

Training in Brief Interventions is available to all staff in the hospital and community setting. Training includes understanding the smoking habit, smoking cessation and linking theory to practice. Please contact Susan Savage, Health Promotion Officer, for further details on 91510184 ext. 4339.



A Department for Social Development Scheme

Warm Homes Scheme

Fuel poverty has been linked to ill health for many years, and health professionals recognise the link between living in a cold home and a number of illnesses including poor mental health, respiratory disease, heart disease and premature mortality.

As a healthcare practitioner do you work with people suffering from fuel poverty?

It is also recognised that children, older people and people living with disabilities or chronic illnesses are more vulnerable.

Do you work with any of these client groups?

Fuel poverty affects 33% of households in N Ireland.

So what can Trust staff do to help?

The aim of the scheme is to provide a free grant to make homes warmer and more energy-efficient. The range of benefits includes loft insulation, draft proofing, cavity wall insulation and central heating for people aged 60+.

Those applying must own their own home, or rent from a private landlord, and be either 60 or over, have an illness or disability, be pregnant or have children under age 16.

Freephone 0800 181 667 for more information.



Top Tots and Top Start Training

Top Tots provides children aged 18 months–3 years with a fun introduction to physical activity, while supporting the development of their communication and language skills.

Top Tots aims not only to support nursery, play workers and health professionals, but also parents, relatives and carers in helping children experience physical activities and games in the home environment.

Top Tots has been applied in a number of creative ways from schemes to encourage families to play and read together, to helping speech therapists and health visitors with their role in supporting child development.

Top Start encourages 3–5 year olds to learn through physical activity by developing basic movement and ball skills, and encourages the full integration of young people with disabilities.

Top Start is designed for use with groups of children in pre-school settings such as nurseries, playgroups and crèches. It is used to introduce physical activity to children via parents, childminders and carers, playgroup and nursery workers, Early Years Development and Childcare Partnerships. *Top Start* builds on skills developed in *Top Tots*.

For further information please contact Fiona or Trudy on 91510182 or 91510183.



Free Fruit, Nutritional Action Groups

Tremendous support has been shown for this project, which commenced in November 2003. Over 500 children are afforded the opportunity to sample a variety of fresh fruit daily. The support from the part time dietician has encouraged schools to look at nutrition within the whole school environment. Each of the 11 participating schools plan to implement School Nutrition Action Groups by October 04.

Wendy Nesbitt, Dietician says, "I work through Peninsula Healthy Living Partnership linking with eleven local primary schools to promote healthy eating, including providing free fruit to children in P1 and P2.

The increase in obesity and diabetes in childhood means that promoting healthy eating, especially positive messages, such as eating more fruit is becoming more important.

Eating at least five portions of fruit and vegetables per day has been shown as protective against heart disease and certain cancers. Substituting fruit at break for higher calorie snacks such as crisps and chocolate biscuits can help prevent obesity and Type 2 diabetes in childhood caused by obesity.

Choosing to snack on fruit is also a healthier option for teeth as high sugar snacks at break-time contribute to tooth decay. Schools have a vital role to play in this and each school in the project is

working on ways to encourage healthy eating among their pupils." For further information telephone Sheila Bailie on 42739020.

Autumn Health Events

The following list details some of the Health Promotion campaigns running nation-wide over the next 3 months:

September

- 6-13 Tommy's National Pregnancy Week
- 20-26 National Eczema Week
- 21 World Alzheimer's Day
- 26 World Heart Day

October

- 1 International Day Of Older Persons
- 1-31 Breast Cancer Awareness Month
- 4-8 National Walk to School Week
- 10 World Mental Health Day
- 20 World Osteoporosis Day

November

- 7-13 Mouth Cancer Awareness Week
- 15-19 Indoor Allergy Week

For further campaigns, and more information please see www.doh.gov.uk/healthevents2004.

Coming up in the next edition...

- Community Development
- Liquid-Based Cytology Training information
- Sexual Health Information
- Stress Management
- Future training events
- How to have a Healthy Christmas!