

Health Promotion News

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

Health Promotion Service – Helping Cornwall to be Healthier

The Health Promotion Service has recently undergone a review, as have many other Council services over the last couple of years. Although the driver for the review was to save money, it has provided an opportunity to look at projects and programmes, what they are achieving, and how we can better serve our communities.

Using local information, services have been redesigned to

address the needs of the local population, recognising that services may need to be provided differently in different locations and for different groups of people. Some of the key areas we will be working with individuals and communities on are:

- Healthy Weight
- Physical Activity
- Stopping Smoking
- Sexual Health (including

C Card and Healthy Gay Cornwall)

- Speakeasy
- Learning Disabilities
- Alcohol
- Mental Health

We are increasing our training offer, including the opportunity to provide more ASIST (suicide prevention) courses and a broad range of RSPH (Royal Society of Public Health) training.

Our Cornwall Healthy Schools Project will be based within localities, working with other Health Promotion colleagues, and will focus on mental health and

wellbeing, physical activity and the Food in Schools project.

Technology not only gives us an opportunity to provide key health messages in new ways through social media, websites etc, but also the way we manage data, administer training courses etc. This has provided an unexpected opportunity for income generation, with other health promotion services interested in buying our new systems.

Although we are losing some of our projects and programmes, we have ensured that the service we provide is of high quality and making the most of our resources to help Cornwall be healthier.

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Training across the county

Our training department continues to go from strength to strength with the recruitment of two new trainers to our team. We will introduce them to you in the next issue, but it means we have greater capacity to deliver all our training.

Following the restructure of the Health Promotion Service, our team is also getting a new name, we are now Public Health Skills Development.

So what is happening in Training.....

A significant piece of our delivery continues to be Making Every Contact Count.



This training is suitable for anyone who has the opportunity

to have a conversation with another person around the subject of health and wellbeing.... So that pretty much covers everyone! Full learning outcomes can be found on our website.

Many workplaces, agencies and organisations are looking to make this part of a mandatory training package; getting ahead of the game is going to mean gold stars all round for you and your colleagues.

If you haven't yet been able to attend this free one day training then follow this link <https://www.healthpromcornwall.org/training-programme/> and book on. If you have any difficulty with your booking please contact a member of our team, who will be happy to help on 01209 313419

We will be adding more dates shortly and remember that we can also deliver direct to your organisation.



Another very worthwhile training we offer is ASIST- Suicide First Aid. This training is free and suitable for anyone who wants to potentially save the life of another person. The World's leading suicide intervention workshop is held over two days and has been delivered to over a million people worldwide. [Click here for link to training pages.](#)



Our latest group of care givers

“ASIST was, by far, the best training I have undertaken in years. We deal with extremely vulnerable people on a daily basis and it is good to know we have existing skills and develop them further through ASIST to help those most in need. Since completing ASIST 10 days ago I have already been asked to talk to one of my daughter’s friends who has been “joking” about suicide. I was surprised at the amount of humour with which the training was delivered, whilst not detracting from the seriousness of the subject matter. I have already recommended ASIST to colleagues and partner organisations.”

Anna, Jobcentre Work Coach

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TRAINING AND DEVELOPMENT

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For those who have previously attended an ASIST11 two day workshop, and are in need of a refresher, we will shortly be offering half day "Tune Up" sessions. These workshops will be promoted on our website so look out for dates soon.

Bespoke Training

Remember, if your team, agency or organisation would benefit from a tailored offering of any of our existing courses, or from a bespoke training course developed to meet your specific needs, we would welcome the opportunity to work with you to create a personalised programme.

Please contact Indra Herbert to discuss your bespoke training requirements at Indra.herbert@nhs.net or telephone 01209 313419.



Research Volunteers Wanted

Please help us develop the
National Child Measurement Programme
in Cornwall

- Has your child, or a child you look after, been measured as part of the National Child Measurement Programme in the last two years?
- Would you be willing to share your experiences in a local focus group with other parents and carers lasting no more than an hour?
- Please help us improve the NCMP in Cornwall by sharing your views.

For more information, or if you would like to take part, please contact Lex Gainsbury on againsbury@cornwall.gov.uk Or 01872 327041.

HEALTH TRAINERS



Eat Well Spend Less Community Cooking Group



As the Health Trainer Service has now finished, unfortunately the Eat Well Spend Less community cooking group had to come to an end. The cooking group had been running for two years and had regular attendees each week at The Elms in Redruth. Everyone helped to prepare and cook a two course meal and enjoyed eating it together. The group helped each other, tried different foods and developed their cooking skills. The course ran in partnership with Cornwall College.

We recently had a party to celebrate our success and mark the end of our fantastic group. Hopefully The Elms will run a community cooking group in the near future.

Smoking



The Stop Smoking Service can offer a variety of levels of support for any of your staff members who would like to take part in the Stoptober Challenge this year. Stoptober is a national campaign which encourages individuals to sign up (they then receive a quit kit) and to remain smokefree for 28 days during October. Many participants then go on to remain smokefree.

Stoptober launches on 22 September, enabling smokers time to prepare to quit. The Stop Smoking Service can offer:

- Information on how to access support to quit;
- An employer Stoptober pack (supply may be limited to first come first served);
- Awareness session in the workplace to offer advice on where to receive support for individuals;
- Weekly sessions for six weeks to workplaces who have a large number of Stoptober participants to provide smoking cessation products and support

The Stop Smoking Service usually tailor sessions to suit the workplace; some workplaces want group awareness sessions and others prefer us to set up a stall in the canteen and speak to individuals. With the weekly sessions we can run those as a group, drop-in or through appointments, depending on what fits in with the employer. Anyone interested, please contact smokefree@nhs.net

Men's Health toolkit for employers

Beat Stress Service is an online mental health support service for men, open to all, but targeted at men in their middle years.

The middle-years can be a time of significant pressure. "Midlife Crisis" is the most visited mental health page on the Men's Health Forum website and we know, through key search terms, that men are searching for ways to better manage their stress. The Beat Stress Service is about tackling the niggling stress before it becomes more serious.

The Beat Stress Service is a free, confidential and anonymous service. The webchat is open on Wednesdays from 7.00 to 10.00pm with the email service available 24 hours a day offering a 48 hour turnaround.

It is staffed by experienced, multi-disciplinary professionals with expertise in supporting people with their mental health and wellbeing.

The website also offers the Men's Health Forum's acclaimed content on male mental wellbeing, developed in line with the NHS England Information Standard by and for men in the target group. There is also online signposting.

Please support us by sharing this information with colleagues and service members through newsletters, online, social media and talking!

The Beat Stress Service can be found at: www.beatstress.uk

If you would like to know more, please contact Chris Stein, Senior Project Officer, chris.stein@menshealthforum.org.uk, 020 7922 7925

The Children and Young People's Wellbeing Team Update

As part of the Health Promotion Service review we are changing too **Healthy Schools**

Schools will remain a key part of our work. However, the landscape is changing all around us. Healthy Schools needs to change to ensure we are offering the most effective support.

More and more we hear schools and parents express concern about the emotional health and wellbeing/mental health of our young people, often exacerbated by difficulties of life in the digital world. Alongside this there are fears about increasing childhood obesity and sedentary behaviours and poor diet.

Partners across Cornwall are recognising the need for better support and joined up thinking to help address these issues. Currently, this includes:

- Cornwall's Education Plan which has wellbeing as one of its priorities ("To promote, protect and improve our children and young people's mental and physical health and wellbeing in educational settings");
- A strategy to transform CAMHS (as part of the national Future in Mind Mental Health strategy) with an emphasis on early intervention, workforce development and providing CYP online with good, safe information and support via a trusted, recognisable 'single front door';
- The Headstart Programme is helping schools support wellbeing and resilience. Following the pilot Headstart will be rolled out Countywide.;
- The Time to Move PE, School Sport and Wellbeing Framework developed by schools/partners, and already helping our children and young people to be more active across and beyond the school day.
- The Government's new strategy 'Childhood Obesity: A Plan for Action' which is looking to schools to help get children more active.

We are responding too. In Public Health our commissioners would like the CYP team to focus our support for schools on EHWB and Physical Activity.

[The Headstart Programme \(more information on page 7\)](#) is helping schools support wellbeing and resilience. Following the pilot Headstart will be rolled out Countywide.

- [The Time to Move PE, School Sport and Wellbeing Framework \(More information on page 7\)](#)

Our plans for a new way of working from September 1st

Reorganise the way we work to put a greater focus on working in localities and providing localised, tailored support based on individual schools, clusters of schools, MATs and/or Cooperative Trusts and working much more closely on the ground with local partners, professionals and providers. We will maintain a universal offer – our support will be available to all schools (dependent on capacity) but there will be an element of targeting based on wellbeing needs with some schools being offered greater priority. All our tools and resources (including the excellent website) will, of course, be free to access at any time.

We will support schools to embed the Public Health England's Eight Principles of Whole School Approach to EHWB and the Time to Move Characteristics of Excellence for Ambition 2 – Physical Activity, Health and Wellbeing using a Whole School Approach. Our support will include an optional self-reflection tool that will enable schools to assess current practice; identify strengths and gaps, and map directly to the wider wellbeing offers available to schools. We will work closely with Headstart as it rolls out countywide.



"PHE's 8 principles of a whole school approach to emotional health and wellbeing"

We will replace the current Healthy School Award with a new, optional award that recognises wellbeing work based on the PHE Eight Principles. The award (currently still in development) will be characterised by:

- Inclusion of wellbeing in the School Development Plan
- Case study/shared learning (not necessarily completed for Healthy

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Schools – any route, linked to Headstart, Time 2 Move, best practice in creation of IHCs etc.)

- Evidence of Whole School Approach / Eight Principles
- SHEU survey completion

More information about the changes can be found on our website www.cornwallhealthyschools.org

“We will work with schools /partners to help align and coordinate health and wellbeing related initiatives to provide a coherent offer to schools”.

Savvy Kernow

Savvy Kernow Young People Friendly Services will be continuing. There is some exciting pilot work in development with a number of GP surgeries, Young People Cornwall and young people themselves.



We are keen that Savvy works alongside our partners who offer advice, information and support (especially via websites or other digital means) to help create a single point of contact for young people. Savvy will work closely with Headstart to help ensure young people stay safe and thrive in the digital world. More information soon.

Youth Health Champions

A big part of Savvy’s work with Headstart and Young People Cornwall (YPC) will centre on the development of Youth Health Champions, peer to peer healthy lifestyle supporters in schools. It is a project run by the Royal Society for Public Health (RSPH).

The Level 2 Certificate for Youth Health Champions qualification is an exciting and flexible approach to health education. It provides knowledge and vital

practical skill sets, harnessing young people’s natural energy and enthusiasm to facilitate peer to peer education and mentoring about lifestyle related risks to health to effect real and lasting change in the wider community.

Over the summer Savvy and Young People Cornwall have been training a number of YHCs both from the CAMHS Shadow Board and some of the apprentices working with YPC. Part of the work the Young People are doing for the award includes making a film promoting positive mental health, and producing some Cornwall-inspired 5 Ways to Wellbeing resources for use by schools and other settings.

“Since becoming a Youth Health Champion I have grown in my confidence and it has made me become aware of the mental, social and physical pressures on young people, and how I can look for these signs in others.”

Youth Health Champion

Find out more about our work or to contact the team

CYP Wellbeing / Healthy Schools

healthy.schools@nhs.net

01209 313419

[@CornwallHSTeam](https://www.instagram.com/CornwallHSTeam)

www.cornwallhealthyschools.org

SavvyKernow

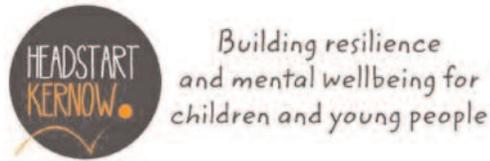
01209 313419

savvy.kernow@nhs.net

www.savvykernow.org.uk

[@SavvyKernow](https://www.instagram.com/SavvyKernow)

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Savvy / Young People Cornwall, Youth health Champion Training Summer 2016

Headstart Kernow

Led by a partnership including Cornwall Council, Devon and Cornwall Police, NHS Kernow, Cornwall Foundation Trust, Cornwall Association of Secondary Headteachers (CASH), Cornwall Association of Primary Headteachers, (CAPH) and the voluntary and community sector, Headstart Kernow focuses on four key areas:

- A child's time and experiences at school;
- Their ability to access the services they need;
- Their home life and relationships with family members;
- Their interaction with family members.

Practitioners use a range of approaches, including peer mentoring, mental health 'first aid' training, online portals and special resilience lessons to help young people feel they have support in the classroom as well as at home, and tackle the stigma that can often surround the issues of mental health.



Time 2 Move

'Time 2 Move' is for all young people in Cornwall and a call to action for those involved in education, PE and school sport. This is a framework that highlights the positive contribution PE and school sport makes towards closing the inequalities gap and improving life chances. It provides a structure within which all our young people will be inspired and nurtured to become:

- Active learners, who enjoy physical activity and lead healthy lives;
- Capable learners who develop a fine sense of identity, self-worth, resilience and confidence in a broad range of situations;
- Successful learners who strive to be the best that they can be and reach their potential in all they do;
- Responsible learners, with strong moral values, well prepared for life and keen to make a positive difference to their communities.

PHIL-

it could change
your life!



**Lose
Weight**



**Get
Active**



**Stop
Smoking**



**Talk to
Someone**

Promoting Health Information Line

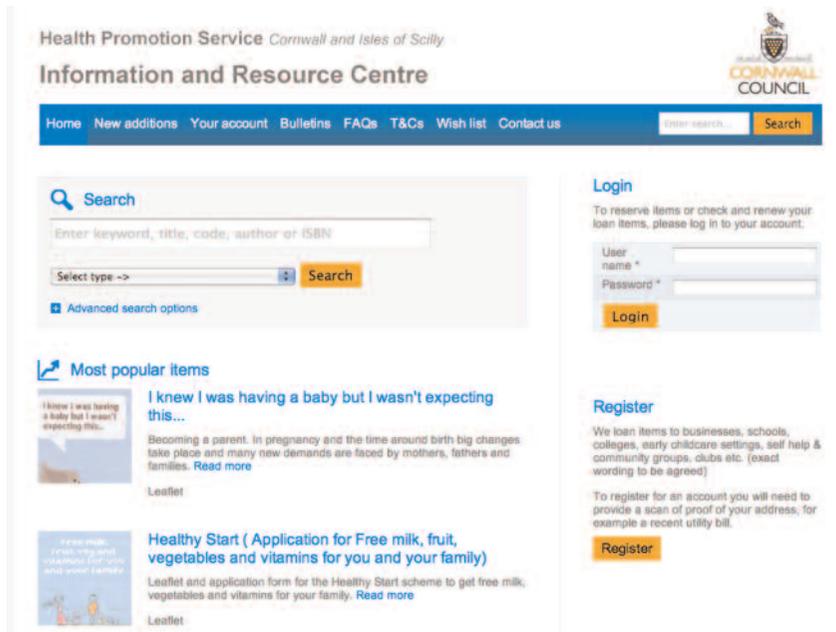
provides FREE healthy lifestyle advice and support throughout Cornwall & Isles of Scilly



PHIL - Local Support for
Local People

01209 313419

www.askphil.org.uk



Changes to the Information and Resource Centre

As you may be aware, there have been some changes to the Information and Resource Centre. We now have a new Library system which went live on 27 June. The new improved system will not only enable you to view and book our information and resources, but you can also see the new additions, manage your account details, check out the latest bulletins, read our FAQs and Terms & Conditions. There is also a "Wish List" tab where you can make suggestions for new resources, and a "Contact Us" tab. You will also see that there are links to websites where latest information can be obtained in pdf format should we not stock these resources ourselves.

We continue to stock many informative resources that you can loan, these can be viewed and booked online. Loan resources are limited to six items at any one time per client. Please note that there will be a fine of £1.00 per day for any overdue resources. Resources not returned will be invoiced for, plus an administration fee. Please see our [Terms & Conditions](#) for more information. We continue to stock various leaflets and posters and provide electronic information wherever possible. The free courier service remains unchanged and visitors may collect and drop off resources any time between 9.30 am and 4.30 pm; however this is negotiable by appointment only.

You can view, order resources and login, by following this link:

www.healthpromcornwall.org/information-services/online-booking-system/

When logging in, you will be prompted to change your user name to your email address. It is important that you read and agree to the terms and conditions before gaining access to the new system.

You can register with us by following this link:

www.healthpromcornwall.org/information-services/membership-registration/

Check out some of our wonderful new resources here:

www.irc.healthpromcornwall.org/new-additions/

If you need help to register, log on, or access resources please do not hesitate to contact the Business Support Team on 01209 313419 who will be happy to help you.

We would love to hear your views on the new system. Please use the "Contact Us" tab to send us your thoughts. We thank you for your co-operation and look forward to supporting you in our exciting new venture.

Health Events 2016

September

Childhood Cancer Awareness Week

(1 - 30 September)
www.clicksargent.org.uk

Sexual Health Week

(12 - 18 September)
www.fpa.org.uk/campaigns/sexual-health-week

Meningitis Awareness Week

(19 - 24 September)
www.meningitis.org/

World Heart Day

(29 September)
www.worldheart.org

October

Breast Cancer Awareness Month

(1 - 31 October)
www.breastcancercare.org.uk/

Stoptober

(1 - 31 October)
smokefree.nhs.uk/stoptober/

World Mental Health Day

(10 October)
www.mentalhealth.org.uk/campaigns/world-mental-health-day

World Osteoporosis Day

(20 October)
www.worldosteoporosisday.org

National Bug Busting Day

(31 October)
www.chc.org/homedir/whatisbug-busting.cfm

November

Lung Cancer Awareness Month

(1 - 30 November)
www.roycastle.org

Movember - Men's Health Awareness Month

(1 - 30 November)
www.prostatecanceruk.org/about-us/movember

Anti-Bullying Week

(14 - 18 November)
www.antibullyingweek.co.uk/

Alcohol Awareness Week

(14 - 20 November)
www.alcoholconcern.org.uk

World Diabetes Day

(14 November)
www.idf.org/wdd-index/

Road Safety Week

(21 - 27 November)
www.roadsafetyweek.org.uk/

December

World AIDS Day

(1 December)
www.worldaidsday.org/

For a full list of all
Health Events 2016
visit
www.healthpromcornwall.org

Cornwall Health Promotion Service Telephone Numbers



Health Promotion (main) 01209 313419

Health Promotion (fax) 01209 314491

Information and Resource Centre 01209 313419

PHIL 01209 313419

Healthy Schools 01209 313419

Healthy Weight 01209 313419

Health Promotion Service Training Programme

Courses will be added throughout the year.

For further information go to the:
Health Promotion Website:

<http://www.healthpromcornwall.org/training-programme/>

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.