



Summer 2012

SEEKING HEALTHY LIFE



Lay Health
Information Worker
Volunteers required. Find
out how you can contribute
to healthier communities
inside this issue!



Welcome to the first edition of “Health Matters” - the newsletter from EBCDA’s Health Development Team.

In this edition:

- ★Get involved with local health initiatives/projects. Details inside.
- ★Volunteering opportunities in Health. Make a difference in your community!
- ★Review of recent East Belfast community health events and pictures
- ★A Success Story for Lay Health Workers

Welcome and brief background

Hi everyone. Welcome to the first edition of East Belfast Community Development Agency's {EBCDA} "Health Matters" Newsletter. As well as detailing regular and ongoing events, activities and opportunities on all things health in East Belfast, we also offer and welcome the opportunity for local community organisations to promote any of their health initiatives and health project success stories through use of this quarterly publication. If you wish to have any of your organisations work or events past or planned featured in this quarterly publication contact Chris Deconink, Health Development Worker at EBCDA on 028 9045 1512 or email chris@ebcda.org

EBCDA's Health Development and Social Connections Programme team is funded by Belfast Health and Social Care Trust and the Public Health Agency with a focus on addressing health inequalities in some of the most disadvantaged communities across East Belfast. In order to carry out our work, the team relies on the good will and passion of many of our Lay Health Information Worker Volunteers whose help is invaluable in sustaining the important work that we do across the East. Like most areas of community development, you can never have enough enthusiastic people committed to the cause of Health Promotion. If you are reading this publication and believe that you have a few hours a month that you could commit to working alongside EBCDA's Health Development Team and our Lay Health Information Worker Volunteers, we would love to hear from you.

REGULAR FEATURES

Why not get involved with one or more of the many ongoing health related projects EBCDAs Health Development and Social Connections Programme and partners have to offer?

Community Workers Forum

Up to date news from the Health team is a regular feature of the East Belfast Community Workers Forum, which meets at lunchtime on the third Tuesday of each month in community venues across East Belfast.

For more information contact Jonny on 028 9045 1512 or email jonny@ebcda.org.

Yoga Taster Sessions for Community Workers

East Belfast Beacon Centre are offering Yoga taster sessions for community workers to offload stress on Tuesday mornings at Dee St CC and Wednesday mornings at Connswater CC.

For further info contact Emilie at East Belfast Beacon Centre on 028 9045 9878 or email bracken@beaconwellbeing.org

Mens' Health Clinic Holywood Arches

If you are one of many men who find it difficult to get to your GP during day time practice hours, why not give our fortnightly Mens Health Clinic a visit.

You will be greeted by male friendly health professionals and volunteers who will be able to help you with any health concerns.

For further information regarding clinic times etc, contact Alan Houston on 028 9045 1512 or email alan@ebcda.org

Get Active Mens' Group & Wise Men of the East Health Network

EBCDAs Health Development Worker Alan Houston has teamed up with local men to offer weekly activities including cycling, gardening and walking.

Alan is also involved with the Wise Men of the East Health Network. For information on how to get involved with either of these two mens initiatives contact Alan Houston on 028 9045 1512 or email alan@ebcda.org

RECENT EVENTS

Ballybeen Health and Fun Day

EBCDA's Lay Health Information Worker Brian McClean pictured below working on a Health Information Stand at the recent Ballybeen Health Fair and Fun Day at the Enler Centre on Saturday 21 April 2012.

The event, which was organised through Ballybeens Women Centre and attended by in the region of 300 people on the day was a huge success and included many notable services and activities including outdoor climbing wall, mechanical bronco bull and DJ.

Inside the main hall there was an Arts and Crafts Stall, Aware Defeat Depression Information Stand, Allergy Testing, MOT Health Checks, Army Cardio Pulmonary Resuscitation Team, Ballybeen Women's Centre Peer-Educators, Forum for Action on Suicide Awareness/Substance Abuse Information stand and a Tombola Fundraiser with all proceeds to the Women's Centre.

A great day of fun for a worthy cause was had by all with many participants leaving better informed with regard to their health and related services available. A huge word of thanks to Ballybeens Women Centre and all those



organisations that contributed so much to a fantastic health day for the Ballybeen Community. Last but not least, a big thanks to Alan Houston Health Development Worker at EBCDA for all his work in co-ordinating the volunteers and help on the day.

Short Strand Tea Dance

Short Strand Senior Citizens group pictured played host to a hugely successful Titanic Tea Dance on Thursday 19 April 2012 in commemoration of the great liner. As you can see the Short Strand Senior

Citizens Group were very well dressed for the occasion in period costume and the day was well attended by 41 individuals who benefited from the exercise and social interaction on offer.

Thanks to Drew Melville who provided the music and facilitation on the day. EBCDA also wish to extend a huge thank you to Short Strand Senior Citizens Group and staff at the Community Centre for all their hard work in making this fun event possible.



Young Women's Sexual Health Programme

Pictured below are the young women from East Belfast Alternatives Young Women's Group happily receiving their end of programme certificates after their hugely successful Sexual Health programme at the Alternatives Drop in on Woodstock Road. This was one of four sexual health programmes for East Belfast that were organised and delivered by Sharon Traynor, Health Development Worker.



A huge part of the programme's success is that it also addresses drug and alcohol misuse and risk taking behaviours in relation to unplanned pregnancies.

It will be a relief for all concerned that they can finally turn off those virtual babies and congratulations to the girls for their participation and hard work throughout the programme which finished in April of this year. Thanks also to Sharon who put in a huge

amount of work and organisation to ensure the programme ran so smoothly and Mandy from Alternatives. Thanks to Siobahn Mckinley from Brooke for her contribution to the initiative and presentation evening.

Lay Health Information Workers visit East

Belfast MLA Michael Copeland

Eight Lay Health Information Workers met up with Michael Copeland Castlereagh Councillor and Member of the Legislative Assembly on Thursday 22 March 2012 at Stormont buildings.

During the two-hour meeting there were a lot of personal stories shared as well as discussion on a number of important issues. These included how to improve communication between the community and the health authorities about the introduction of campaigns like Bowel Screening. Also discussed was the need to improve communication over personal Patient Care Pathways and placing greater value on engaging local volunteers to take an active part in support and prevention programmes.

Michael explained how the public accounts committee worked and his particular role in helping to make public spending plans more accountable to localities including how he is working on a number of social projects to make better community use of the facilities at Stormont by pursuing his shared passion for boxing.

He was very aware of the pros and cons of short-term community funding and the vulnerability of community organisations at this time with the extreme pressure on service managers to deliver better services with ever decreasing budgets that often means having fewer staff. Mr Copeland felt this then contributes to a weakness in communication with communities about departmental initiatives.

He congratulated the Lay Health Workers on their commitment to sign posting services to local people and for raising their concerns and issues. He shared his interest in community activity seeing it often as a difficult task, particularly in a divided society and divided communities. He supports local people who have first hand knowledge of the hardships people are facing and sees these as an opportunity for service providers and designers to gain valuable information from the outset.

CANCER AWARENESS WEEK EVENTS



Successful Cancer Awareness Week Events at Knocknagoney, Inverary and Short Strand

EBCDA's Health Development Team organised three successful cancer awareness events as part of Cancer Awareness week in May 2012.

The first event on Wednesday 23 May 2012 was hosted by Glenluce Centre in Knocknagoney. During the three hour event, 25 local people availed of free Blood Pressure/Health MOT Checks, Allergy Testing, Cancer Prevention, Nutrition advice and Oral Cancer prevention from Belfast Trust, BMI testing from Cancer Research UK, Age Progression Machine, Fruit Kebabs and Smoothie Bar and Complementary Therapies.

On Thursday 24th May 2012, Short Strand CC played host to the second of our Cancer Awareness Events. With a similar cancer prevention theme to the previous days event in Knocknagoney, many local families took the opportunity to avail of free Health Checks from Boots, BMI tests from Cancer Research UK and Health and Nutritional Advice on Cancer Prevention and Oral Cancer Prevention from Belfast Trust. Forum for Action On Substance Abuse {FASA} also provided an information stand on the day with regard to preventing cancer of the liver, mouth and stomach.

The final and arguably most successful event of the week was hosted by Inverary CC on Friday 25th May.

The event was in tribute to the late Jean Armour, a local community worker from the area who sadly passed away from cancer recently.

As well as the usual Health Checks, Complementary Therapies and Cancer Prevention Advice Stands, there was a Fundraising element to this event with all proceeds going to Marie Curie in loving memory of the late Jean Armour. All donations from the lunch provided by the community centre, complementary therapies and ballot helped to raise £534 pounds for Marie Curie on the day {cheque pictured left}. There was also a balloon launch {pictured below} were families could attach a tribute to a loved one lost to cancer.

All three events were a huge success and enjoyed by all those who attended. It was unfortunate that the Action Cancer Big Screening Bus had to withdraw from all three events at the last minute due to technical difficulties but EBCDA's Health Development team are rescheduling dates for the next couple of months and will inform those who had booked in for appointments asap.



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