

# SENIOR CIVIL SERVICES



'Health Matters' is revamped for 2015/16

## THE FIRST EDITION OF "HEALTH MATTERS" FOR 2015/16

East Belfast Community Development Agency's **Health Development and Connections Programme** will seek to support local individuals, groups and community workers engaged in improving health and well-being. The capacity building of local people to play a key role in making choices about the information they need in relation to their own health and well-being will be at the heart of the Programme.

# HEALTH MATTERS - THE NEWSLETTER FROM EBCDA'S HEALTH DEVELOPMENT AND CONNECTIONS TEAM

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## HEALTH OBSERVANCES

Health observances are special days, weeks, or months used to raise awareness of important health topics. Below are some of the health observances upcoming in the next 3 months.

A full list can be found at <http://ebcda.org/news/latest-glance-calendar-health-and-wellness-observances-0>

### July

- Group B Strep Awareness Month
- National Childhood Obesity week (6 -12)
- National Transplant Week (7 -13)
- 24/7 Samaritans Awareness Day (24)
- World Hepatitis Day (28)
- International day of Friendship (30)

### August

- World Breast Feeding Week (1-7)
- International Youth Day (12)
- World Water Week (23-28)

### September

- Blue September - Male Cancer
- World Alzheimer's Month
- Migraine Awareness Week (6-12)
- World Suicide Prevention Day (10)
- Sexual Health Week (14-20)
- Know Your Numbers! (National Blood Pressure Testing Awareness Week) (14-20)
- Meningitis Awareness Week (14-20)
- World Alzheimer's Day (20)
- National Eye Health Week (21-27)
- World Heart Day (29)
- International Day of Older Persons (30)

## "HEALTH HUB - POINTING YOU IN THE RIGHT DIRECTION"

### What is it?

The Health Hub is a place where you can find out about local health programmes and services, as well as information on healthy hearts, minds, bodies, relationships and neighbourhoods.

### What will it offer?

- ➔ Find out about services, health programmes and training in your local neighbourhood;
- ➔ Information leaflets on healthy hearts, minds, bodies, relationships and neighbourhoods
- ➔ Opportunity to weigh yourself and measure your waist.
- ➔ **No appointment needed** - open Monday to Friday

### Location

East Belfast Network Centre, 55 Templemore Avenue, Belfast, BT5 4FP



Groups and organisations are welcome to visit the Health Hub and to find out what the Health Hub has to offer. For more information and to organise a visit to the Health Hub please contact Alison Bryans, Health Connections Worker at EBCDA on 028 9045 1512 or email [alison@ebcda.org](mailto:alison@ebcda.org)



## BUILDING COMMUNITY PHARMACY PARTNERSHIPS PROGRAMME (BCPP)

East Belfast Community Development Agency's Health Team continues to establish and develop relationships between the community pharmacist and members of the local community through BCPP Projects. Programmes include working with Royal National Institute of the Blind and Visually Impaired, Ethnic Minority groups and young people addressing risk taking behaviours which is funded through Community Development Health Network (CDHN).

EBCDA are currently working in partnership with the Stroke Association and their support group on the delivery of a BCPP project in Cregagh. This project aims to work in partnership with community pharmacists to build the knowledge, confidence and capacity of stroke survivors and their carer's to manage their long term condition more effectively and to support their re-integration back into the community.

The aims of the support group are to provide social and peer support to stroke survivors and their families to support their re-enablement and re-integration back into the community, to provide reliable information on stroke to help patients manage their long term condition; to raise awareness of stroke in the local community.

### DID YOU KNOW?

The South & East Belfast Stroke Support group is open to all people in the East Belfast area living with the long term effects of stroke, their carer's and family members. The Support Group meets weekly in the Cregagh Community Centre, Mount Merrion Avenue, Belfast BT6 0FL

If you would like more information on the Support Group please contact Stroke Association

Phone: 028 9050 8020

Website: [www.stroke.org.uk](http://www.stroke.org.uk)

Helpline 0303 3033 100

Textphone 18001 0303 3033 100

For further information on Building Community Pharmacy Partnership Programmes and how to apply for one, please contact Sharon Traynor, Health Development Worker on 028 9045 1512 or email [sharon@ebcda.org](mailto:sharon@ebcda.org)



Pictured: Stroke Support Group taking part in a Music Reminiscence Workshop with the Oh Yeah Music Centre

# PHOTOS FROM EMOTIONAL WELLBEING EVENT



## EBCDA AND CITY AIRPORT HOST EMOTIONAL WELLBEING EVENT FOR LOCAL EMPLOYERS

On Wednesday 27 May East Belfast Community Development Agency (EBCDA) teamed up with George Best Belfast City Airport to host an event for local employers on the theme of suicide prevention and the promotion of emotional wellbeing within the workplace.

The event was funded through the George Best Belfast City Airport Community Fund and was held in the airport's conference facility. It was attended by several local employers including Tesco, Park Avenue Hotel, Liberty IT, Belfast Met, Ascert and Citi Group.

Speaking on the day were Lord Mayor of Belfast, Councillor Arder Carson, Patricia Harte of AMH Works and Andrew Steenson of the Belfast Health Development Unit. Attendees went away with resources and information on practical ways to improve the emotional wellbeing of their staff and also got the chance to network with local service providers offering counselling, addiction support, training and crisis services.

For more information please contact [clare@ebcda.org](mailto:clare@ebcda.org)

*George Best*  
**BELFAST  
CITY AIRPORT**

The latest version of the East Belfast Health Framework - Health Directory can be found here: <http://ebcda.org/report/east-belfast-health-framework-health-directory>

If you would like to  
your organisation to  
be included or  
details updated in  
this document please  
email  
[alison@ebcda.org](mailto:alison@ebcda.org)





## GET ACTIVE AND FEEL THE DIFFERENCE

Everyone knows that being more active is good for both your physical and mental health. It helps to control weight, protect against heart disease, some cancers, type 2 diabetes and protect good mental health. Even so, most people in Northern Ireland don't take enough regular physical activity for their overall health. You don't have to be "the sporty type" to get active, get the feel good factor and start enjoying the many health benefits.

*How much physical activity do I need?* The current physical activity guidelines recommend for adults is 150 minutes (2½ hours) of moderate intensity physical activity per week. Don't panic this doesn't need to be in one block but in bouts of 10 minutes or more. One way to approach this is to do 30 minutes on at least 5 days a week. You will know your activity is of moderate intensity if you breathe faster, your heart beat speeds up and you feel warm.

There are many types of activities to get active to choose from; but choose something you will enjoy so that you will be more likely to keep it up. You could try:

**Walking** is one of the easiest and cheapest ways to get active. It can be fitted into everyday life, can be done almost everywhere, and requires very little equipment. An example of how to fit walking into your daily routine is by walking to and from work or school. It is an ideal way to start if you are sedentary or very overweight. But for walking to have a beneficial effect on your health, you need to do it briskly and, ideally, often. There are a number of walking groups in East Belfast, a list can be found on [www.ebcda.org](http://www.ebcda.org)

**Cycling** is growing in popularity all the time. It is a brilliant way to get active and explore your local area or head further afield. Cycling is a great way to get active as a family, with a friend or to use as a form of 'green' transport going to and from work and the shops. For information about Bikeway East cycling group contact Alan Houston either by [alan@ebcda.org](mailto:alan@ebcda.org) or 028 9045 1512.

## WHAT IS HEALTHWISE?

Healthwise is an Active Belfast initiative and is a tailored programme to change the behaviour of adults who are inactive. Based in the Network Centre on Templemore Avenue every Monday morning it offers a range of Physical Activity opportunities for sufferers of COPD to encourage participants to build Physical Activity into their everyday life for improved health and wellbeing.

Other opportunities are available to engage the wider community in local activities. These include walking groups, self-directed treasure trails tailored to suit all abilities and ages, cycling the greenways, Couch to 5k, Jog Belfast and soon to be introduced a twelve week programme of physical activity and nutrition to improve weight loss.

If you would like to find out more about Healthwise, Physical Activity and the Men's Shed please contact Alan Houston via email [alan@ebcda.org](mailto:alan@ebcda.org) or phone 028 9045 1512

## WHAT IS THE MEN'S SHED?

The East Belfast Wise Men's Shed operating out of Dee Street Community Centre and Connswater Shopping Centre is an opportunity for men to share information and develop their interests, hobbies and pastimes and be introduced to new activities.

While you could see anything in a Shed from meetings to health checks it operates to promote social interaction and fun in a relaxing environment to extend the life of men by lower stress levels and critically lowering blood pressure. The benefits are typical; meeting new people, making new friends, seeing new places, gaining new skills, self-care, impacting the local community, filling up spare time with something positive, personal support and having fun.



# VOLUNTEER FOR GOOD HEALTH!

Volunteering brings about several benefits to those who are being helped, but did you know that there are actually some surprising benefits of volunteering for the volunteer.

One of the benefits of volunteering is that you become connected to other people. It allows you to interact more, meet new people and expand your network. You also get to practice and develop your social skills more by regularly being with other people.

Volunteering is also beneficial to a person's mental health. By being a volunteer, you can increase your self-confidence, self-esteem and even develop a more positive outlook on life. Because you are doing something good for the community, you feel a sense of accomplishment and take pride in what you've done. This additional confidence and self-esteem will enable you to face life head-on. Also, the more you feel good about yourself, the more positive your perspective will be on your goals and life in general. For those who are feeling depressed, volunteering can help you fight against it, since you are constantly working with others, you are never alone and you are also gaining a broader and more solid support group. This enables you to manage and get through some of those tough times.

In addition to the mental health benefits of volunteering, there is also the benefit to your physical health. Volunteering allows you to be constantly getting out and about, keeping you busy and active.

Other benefits of volunteering include advancement of your career through experience and development of new skills.



If you have any volunteering opportunities that you would like to promote or if you would like to discuss volunteering in general please contact Katy Gaston via email [katy@ebcda.org](mailto:katy@ebcda.org) or phone 028 9045 1512

## DID YOU KNOW?

There are five simple actions to help maintain and improve your emotional wellbeing in everyday life.

Try to build these into your daily life - think of them as your 'five a day' for emotional wellbeing.

- Connect
- Be Active
- Take Notice
- Keep Learning
- Give to Others





## NO SMOKING DAY 2015

To highlight No Smoking Day and to promote quitting smoking, the East Belfast Community Development Agency Health team were at Connswater Shopping and Retail Centre on Wednesday 11 March to offer support and information. At the event, over 100 people were given information and a 'goodie bag' of items to help them or a family member/friend to give up smoking. Money boxes were given out to help quitters keep track of the savings they could make by giving the cigarettes; a real life example of the savings to be made was a person who smoked 60 a day, which equates to approximately £160 a week or £8,000 a year! If you are interested in quitting smoking talk to your GP, pharmacist or local stop smoking advisor about your quit attempt to get the right resources and information or to find out how to join a smoking cessation support group.

### SOME PHOTOS FROM THE NO SMOKING DAY EVENT AT CONNSWATER SHOPPING CENTRE



**For more information about the work listed in this newsletter, please contact:**

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**East Belfast  
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