

**Autumn 2014**

# SENIOR CITIZENS



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

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# WELCOME

Hi everyone. Welcome to the fourth edition of East Belfast Community Development Agency's "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 this newsletter. If you wish to have any of your organisation's work or events past or planned featured in this newsletter contact Alison Bryans, Health Connections Worker at EBCDA on 028 9045 1512 or email [alison@ebcda.org](mailto:alison@ebcda.org)

## LATEST NEWS

### Upcoming Networking Opportunities

East Belfast Youth Practitioners Forum is held on the First Tuesday of the month at 2.00pm

East Belfast Community Workers Forum is held on the Third Tuesday of the month at 12.00pm

East Belfast Ethnic Minority Support Network is held on the Fourth Tuesday of the month at 10.00am

East Belfast Health Forum is on Wednesday 29 October at 9.30 to 11.30am.  
Aslan Centre, Knocknagoney

For more information and to confirm your attendance at any of these meetings please contact [jean@ebcda.org](mailto:jean@ebcda.org) or call 028 9045 1512.

### Health Observances

Health observances are special days, weeks, or months used to raise awareness of important health topics. Examples include Sun Awareness Week and No Smoking Day.

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>.

EBCDA's Health Development and Connections team will be organising various events for some health observances. An example of one of the events was the recent ladies' Pamper morning for International Women's Day.

#### October

- International Walk to School Month
- National Cholesterol Month
- Stoptober
- Breast Cancer Awareness Month
- Back Care Awareness Week (7-11)
- OCD Week (9-15)
- World Mental Health Day (10)
- World Arthritis Day (12)
- Global Hand-washing Day (15)
- World Osteoporosis Day (20)
- Indoor Allergy week (20-27)
- World Stroke Day (29)
- Wear It Pink Day (31)

#### November

- Lung Cancer Awareness Month
- Mouth Cancer Awareness Month
- Pancreatic Cancer Awareness Month
- Movember - Men's Health Awareness Month
- Ask Your Pharmacist' week (3-9)
- National Stress Awareness Day (3-9)
- Kindness Day (13)
- World Diabetes Day (14)
- Self Care Week (17-23)
- Road Safety Week (17-23)
- Anti Bullying Week (17-21)
- Carbon Monoxide Awareness Week (17-23)
- World COPD Day (19)
- International Men's Day (22)

#### December

- Childhood Cancer Awareness Month
- World AIDS Day (1)
- Anger Awareness Week (1-7)
- International Day of Persons with Disabilities (3)

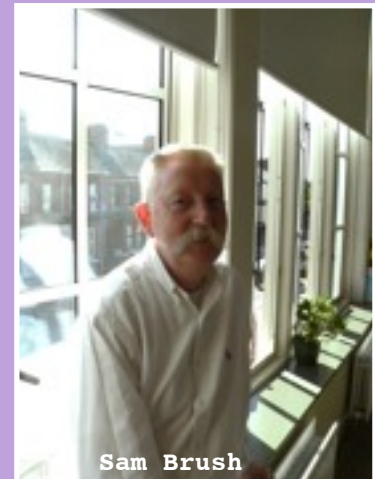


Look out for the Health Development and Connections Programme's regular column in East Belfast Extra.

# MEET THE VOLUNTEER DEVELOPMENT COORDINATOR

My name is Sam Brush and I have recently started as the new Volunteer Development Coordinator with EBCDA. I will be in post covering maternity leave until March 2015. My background is in teaching, volunteer management with The HIV Support Centre and in volunteer development with Victim Support NI. I will be continuing with the already established volunteer development work and introducing a new pilot scheme called **Timebank** within the East Belfast Network Centre.

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



Sam Brush

## EAST BELFAST COACHING PROGRAMME

EBCDA's "East Belfast Coaching Programme" is now open to anyone working in a paid or voluntary capacity in the community sector in East Belfast.

Similar to mentoring, coaching involves unlocking people's potential to maximize their own performance. The coach encourages and supports someone to achieve a goal or to develop and acquire skills. The focus of coaching is the individual (the "coachee") being coached using heightened levels of listening, questioning, reflection and feedback.

EBCDA, with support from the University of Ulster, has equipped a group of experienced community leaders in East Belfast with the methods and processes needed to provide high quality coaching support.

Anyone interested in coaching can access 4-6 sessions with a coach of their choice. There is no cost, but EBCDA must have written consent from his/her employer if a coachee wishes to arrange sessions during working hours.

This is an excellent opportunity for personal and professional development. If you or anyone within your organisation might be interested in this programme, please contact Jonny Currie, Community Development Director, on 9045 1512 or email [jonny@ebcda.org](mailto:jonny@ebcda.org).



## DID YOU KNOW?

Eating a banana for breakfast can help you feel less groggy in the morning. Bananas also help maintain focus and mental health!



# "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)



## MEN'S MOT HEALTH CLINIC



Health Development & Connections Programme  
supporting Men

### MEN'S MOT HEALTH CHECK

HEALTH CHECKLIST	
	PASS FAIL
STROKE	<input checked="" type="checkbox"/> <input type="checkbox"/>
HEART DISEASE	<input checked="" type="checkbox"/> <input type="checkbox"/>
KIDNEY DISEASE	<input type="checkbox"/> <input checked="" type="checkbox"/>
DIABETES	<input checked="" type="checkbox"/> <input type="checkbox"/>

East Belfast Network Centre  
Tuesday evenings 2014  
6.00pm to 8.00pm

7 / 21 October

4 / 18 November

2 December

To make an appointment please contact:

Jean Higginson, Project Administrator,  
East Belfast Community Development Agency  
55 Templemore Avenue  
T: 028 9045 1512  
E: [jean@ebcda.org](mailto:jean@ebcda.org)



The aim of the clinic is to provide a Health Check to help men and their GPs or health professional to identify health risks earlier.

The checks on offer include **weight, height and BMI; Cholesterol, Blood Pressure, Urinalysis and general health and wellbeing assessment of lifestyle factors such as smoking, alcohol and physical activity including mental health.**

The assessment is carried out by experienced District Nurses who provide advice and information on what action can be taken to lower risks and improve chances of a healthier life.

The clinic operates every fortnight on a Tuesday evening from 6.00 - 8.00pm. The following future dates: 21 October, 4 & 18 November and 2 December. Everyone attending receives free man manual health information booklets.

To arrange an appointment telephone Jean at EBCDA on 028 9045 1512 or for further information contact Alan Houston, on 028 9045 1512 or email [alan@ebcda.org](mailto:alan@ebcda.org).

## WISE MEN OF THE EAST HELPING TO LOWER HEALTH RISKS

In 2007 a pilot Men's Clinic was held at Woodstock Lodge, where concerns about men's health were raised by a network of men's groups in East Belfast. From 2012, thank to Belfast Health and Social Care Trust and East Belfast Community Development Agency, resources were put in place to hold a Men's Clinic in two consultation rooms at Holywood Arches Health Centre. The service has since recruited over 250 men for free MOT health checks with a 99% satisfaction level. **The aim of the Men's Clinic is to provide a Health Check to help men and their GPs or health professional to identify health risks earlier and for men to take action to lower their risks and improve their chances of a healthier life.**

Alan McIlhagger, Chair of the Wise Men of the East Network explained the thinking behind the service; "We found that men need encouragement and often a kick up the backside to look after themselves. The Men's Clinic is an ideal informal service that is easily accessible. Glentoran FC and East Belfast Extra newspaper is helping us to reach men throughout Belfast before it's too late".

Representatives from the Wise Men Network of groups meet every Tuesday morning at Carew Family Centre on Tamar Street where they welcome all men over fifty years of age to take part in walking, cycling, social history and arts projects and they are the backbone to making the Men's Clinic a success.

With renewed funding from the Department of Social Development, the Men's Clinic will continue

operating for another year with two experienced consulting District Nurses based at East Belfast Network Centre on Templemore Avenue providing free private and confidential assessments.

The clinic operates on a fortnightly basis on a Tuesday evening from 6.00 - 8.00pm. The following future dates for the clinic are: 21 October, 4 & 18 November and 2 December. Anyone attending receives free man manual health information booklets.



**The Men's Clinic offers checks for weight, height and BMI; Cholesterol, Blood Pressure, Urinalysis and a general health and wellbeing assessment of lifestyle factors such as smoking, alcohol and physical activity including mental health.**

To make an appointment simply contact: Jean Higginson, Project Administrator, East Belfast Community Development Agency, on Telephone 028 9045 1512 or email [jean@ebcda.org](mailto:jean@ebcda.org)

## CURRENT CONSULTATIONS

There are a number of Government Policies currently out for consultation that may be of interest:

- [Proposal to Remove the Ban on the Sale of HIV Self-Testing Kits to the Public in Northern Ireland](#) (DHSSPS) - deadline Wednesday 31 December 2014
- [eHealth and Care Strategy for Northern Ireland \(HSCB\)](#) - deadline Friday 2 January 2015
- [A Strategy for Health and Social Care Research in Northern Ireland](#) (DHSSPS) - deadline Friday 9 January 2015



EBCDA is interested in hearing your views and will be preparing draft responses in due course - check the eBulletin for dates of upcoming workshops to provide us with your views and comments

## TAKE 5 FOR YOUR EMOTIONAL WELLBEING

What will you do today to look after your mental health?

Here are some ideas including activities and projects available in East Belfast:

**1. Connect** with the people around you, with family, friends, colleagues and neighbours at home, work, school or in your community. You can enjoy some company (and knitting!) at Holywood Arches Library weekly "Knit and Natter" sessions every Tuesday from 11.00am to 12.30pm. For more information call 028 9050 9216.

**2. Be Active.** Go for a walk or run, step outside, cycle, play a game, dance or do a bit of gardening. Exercising makes you feel good. Not keen on running machines or lycra? Try The Conservation Volunteers Saturday Green Gym where you can be part of an environmental project and get some exercise at the same time. Contact Mary Hamilton to find out more on 028 9064 5169 or [m.hamilton@tcv.org.uk](mailto:m.hamilton@tcv.org.uk)

**3. Take Notice.** Be curious, catch sight of the beautiful, remark on the unusual, notice the changing seasons. Savour the moment, be aware of the world around you and what you are feeling. This is called "Mindfulness", a mind-body approach to well-being that can help you change the way you think about experiences and reduce stress and anxiety. If you're not sure how to start why not join one of the "Mindful Walks" taking place across Belfast? See <http://mindfulwalksbelfast.wordpress.com/>

**4. Keep Learning.** Don't be afraid to try something new, rediscover an old hobby or interest or sign up for that course. Take on a different responsibility, fix a bike, learn to play an instrument or how to cook your favourite food. You could even learn a language - Irish language classes are currently running at Skainos <http://www.skainos.org/2013/04/28/turas-irish-language-programme/>

**5. Give to Others.** Do something nice for a friend or a stranger, thank someone, smile, volunteer your time, or consider joining a community group. There are currently lots of volunteering opportunities in East Belfast. To find out more contact Sam Brush, Volunteer Development Worker at EBCDA on 028 9045 1512 or email [sam@ebcda.org](mailto:sam@ebcda.org)

### DID YOU KNOW?

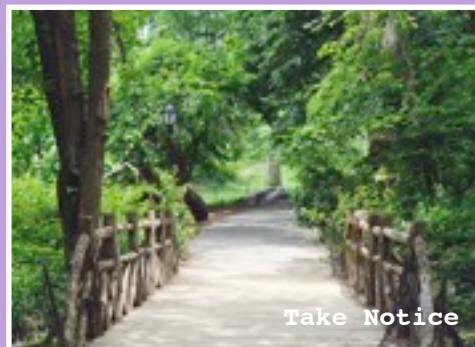
If you clean the house for an hour you burn around 233 calories an hour!



Connect



Be Active



Take Notice



Keep Learning



Give to Others

## EAST BELFAST TREASURE TRAILS

EBCDA Health Team promotes healthy lifestyle and equality of access to services, capacity building and raising awareness on a range of health issues. They are always seeking fun and annotative ways to encourage individuals and groups to increase physical activity.

The development of the Treasure Trails Project is a fun way to utilise local history, promote physical activity and raise awareness of the benefits of healthy eating. It is a partnership between community and voluntary organisations and service providers to create a viable, realistic, usable, vibrant resource consisting of 2 family trails and 2 youth trails which are suitable for walking & cycling.

The trails are approximately 1.5 hours in duration to complete (walking) and they range from 1.5 mile to 2.2 miles in distance. The booklets come in 2 different themed formats and are all based in Inner East Belfast but they can also be accessed online and downloadable in PDF Format from the Brilliant Trails website. They can be used individually or combined by completing 2, 3, or 4 together to extend the length and time of the walk or cycle.

Families and young people can have a great time following clues based on local landmarks, history and culture and problem solving to get to the next

clue. There is a range of technology included (which is optional) to assist in gaining more information to solving the clues. One such form of technology used is QR coding.

The booklets will be free with the option of also booking a free Healthy Eating Workshop for your group to compliment the trails. For further information or to access the Treasure Trails booklets contact - Sharon Traynor, Health Development Worker on 028 90451512 or email [sharon@ebcda.org](mailto:sharon@ebcda.org)



The Treasure Trails Booklets

## MADE IN MOVEMBER

Movember 2014 was launched to challenge men to grow moustaches in November to spark conversations and raise funds for men's health programmes. The importance of this work is supported by Professor Waugh and Professor O'Sullivan from the Belfast Centre of Excellence because Prostate Cancer, Testicular Cancer and Mental Health in men can affect your brother, your father, your friend, yourself and every one of us. Cheering on local Mo Bros and Mo Sistas will be Paul Kane Chair of Belfast Men's Health Group who raised £3,628 last year, from health trust staff to help change the face of men's health. Supporting moustaches since 2003 has raised 409 million euros.

For more information check out: <http://uk.movember.com>



## FUN MOUSTACHE FACTS



1. The oldest recorded moustache dates back to around 300 B.C.
2. An Indian man holds the record for the longest growing moustache. According to the Guinness World Records, Ram Singh Chauhan has a moustache that spans 14 feet long! He had been growing it since 1982.
3. A man spends an average of five months of his life shaving if he starts at the age of 14 – assuming that he lives until he's 75 years old.
4. In a deck of cards the King of Hearts is the only king without a moustache.

## WORLD SUICIDE PREVENTION DAY 2014

There was great community support for both events marking World Suicide Prevention Day in East Belfast this year.

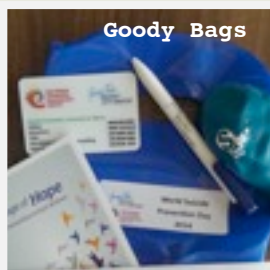
On Saturday 6 September Lord Mayor of Belfast Nichola Mallon led the Walk at Dawn with families from the East Belfast Survivors of Suicide (SOS) Group. Many joined the walk from Holywood Arches to City Hall where there was music and poetry before a breakfast laid on by Belfast City Council.



'Walk at Dawn' at City Hall

On Wednesday 10 September Connswater Community Centre was the venue for a family event with information stands, music, BBQ and children's entertainment. There was great attendance from the local community and also huge support from several local organisations who competed in the "It's a Knockout" challenge. The event ended with a candlelight vigil in memory of those lost to suicide. EBCDA provided all of those in attendance with goody bags containing suicide awareness information, thanks to support from the George Best City Airport Community Fund.

Congratulations to all who took part, particularly SOS who led the organisation of both events.



Goody Bags



Family Event

## COMMUNITY HEALTH AND FUN DAY

Photos from the Diamond Project Community Health and Fun Sports Day organised and funded by the Diamond project in partnership with EBCDA's Health development team, Belfast City Council / Avoniel Leisure Centre and Thirst for Life LTD. The event took place on Wednesday 27 August.



Allergy testing



Commonwealth Bronze Medallist Boxer Alanna Audrey-Murphy was in attendance



Cookery Demonstration



Taking a break at Avoniel Leisure Centre

Keep up to date with EBCDA Health Development and Connections team's latest health events and news via the website, Facebook or Twitter:



[www.ebcda.org](http://www.ebcda.org)



'East Belfast Community Development Agency'



[@EBCDAHealth](https://twitter.com/EBCDAHealth)

