

Summer 2014

SENIOR WOMEN HIV AIDS

Giro D'Italia
fever reaches the
East Belfast Network
Centre



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

In this edition:

- ★ Latest news
- ★ Meet the Health Development and Connections team
- ★ Dates of clinics in Health Hub
- ★ East Belfast’s Health Framework launch
- ★ Review of ‘Connect 5’ Health week
- ★ Read about Bikeway East, Flourish! and Glentoran awareness event

WELCOME

Hi everyone. Welcome to the third 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

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 Tuesday 17 June at 9.30 to 11.30am in East Belfast Network Centre

For more information and to confirm your attendance at any of these meetings please contact 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.

June

- Volunteers' Week (1-7)
- Food Safety Week (9-15)
- National Men's Health week (9-15)
- Help for Heroes day (8)
- World Blood Donor day (14)
- Diabetes Week (8-14)
- Learning Disability Week (16-22)
- National Bike Week (15-23)
- Children's Hospice Week (13-20)
- Cystic fibrosis Week (23-29)

July

- Group B Strep Awareness Month
- National Childhood Obesity week (7 -13)
- 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 (31 Aug-5 Sept)



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

MEET THE HEALTH DEVELOPMENT AND CONNECTIONS TEAM

East Belfast Community Development Agency's Health Development & Connections Programme seeks to support local individuals, groups and community workers engaged in improving health and well-being. This edition, we introduce you to the Health Development & Connections Programme team. The whole team work the East Belfast Health Framework's themes: Healthy Hearts, Healthy Bodies, Healthy Minds, Healthy Relationships and Healthy Neighbourhoods.



The Health Development & Connections Programme Team (L-R):
Alan Houston Health Development Coordinator (Outer East),
Alison Bryans Health Connections Worker,
Clare James Suicide Prevention Development Officer,
Sharon Traynor Health Development Coordinator (Inner East),
Linda Armitage Health Development Director and
Jonny Currie Community Development Director

Linda Armitage, Health Development Director

Linda's role alongside the team, is to work in partnership with the community, voluntary sectors and health professionals and health agencies. Linda works at both a local level and is connected to citywide health work. Helping to improve communication on health messages, trying to raise participation in programmes and training and building relationships are all part of Linda's contribution. Linda will be helping to develop more actions under the 5 themes for local communities. To find out more contact Linda email linda@ebcda.org

Sharon Traynor, Health Development Coordinator (Inner East)

Sharon promotes healthy lifestyle and enables individuals to make better informed choices in relation to their health through the co-ordination of awareness raising sessions, workshops and training programmes and health events across Inner East Belfast. To find out more contact Sharon email sharon@ebcda.org

Alan Houston, Health Development Coordinator (Outer East)

Alan's remit is supporting communities in outer East Belfast neighbourhoods to improve their health and wellbeing. Specific pieces of work Alan is involved with include the development of a men's health clinic, promoting physical activity through a cycling club, and weekly gardening sessions, and supporting men's health through The Wise Men of the East Network. For more information please contact Alan email alan@ebcda.org

Alison Bryans, Health Connections Worker

Alison highlights the health observances that occur during the year by organising events which include training, taster sessions and information sessions. Alison's work also involves coordinating the Health Hub which is a central information point, providing health information on a wide range of health topics. To find out more about health observances or the health hub please contact Alison email alison@ebcda.org

Clare James, Suicide Prevention Development Officer

Clare works to raise awareness of suicide prevention across East Belfast including organising training, events, collating and sending out information on support services and also coordinating the response after a suspected suicide through the East Belfast Crisis Response Plan. To find out more about suicide prevention in East Belfast please contact Clare email clare@ebcda.org

"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

CLINICS IN THE HEALTH HUB - MEN'S MOT HEALTH CLINIC AND 'HEALTH 4 YOUTH' DROP IN

Dates for upcoming Men's MOT Clinic: **6.00 to 8.00pm on 17 June and 12 & 26 August**

The **free confidential** consultations are provided by experienced District Nurses.

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.

'HEALTH 4 YOUTH' DROP IN

CONFIDENTIAL

Health & Wellbeing Drop In Service for Young People Under 25

Tuesday Evenings 6.30 – 8.30pm	Thursday Evenings 6.30 – 8.30pm
10 June 2014	26 June 2014
8 July 2014	24 July 2014
5 August 2014	21 August 2014
2 September 2014	18 September 2014

No Appointment Necessary

ADVICE, INFORMATION & SUPPORT ON A RANGE OF YOUTH ISSUES INCLUDING HEIGHT, WEIGHT & BODY FAT (BMI), BREAST & TESTICULAR SCREENING AWARENESS, CONDOMS, CONTRACEPTION, PREGNANCY TESTING, EMERGENCY CONTRACEPTION, STI TESTING, SEXUAL HEALTH ADVICE, DRUG & ALCOHOL ADVICE, SOMEONE TO TALK TO, COUNSELLING SERVICE

For further information contact Sharon Traynor on 028 9045 1512 or email sharon@ebcda.org

HSC Belfast Health and Social Care Trust the HYP team East Belfast Community Development Agency HSC Public Health Agency

The 'Health 4 Youth' drop in service for young people under 25, offers advice, information & support on a range of youth issues including height, weight & Body Fat (BMI), breast & Testicular Screening awareness, condoms, contraception, pregnancy testing, emergency contraception, STI testing, sexual health advice, drug & alcohol advice, someone to talk to and a counselling service.

No appointment necessary

There is an opportunity to bring a group along to visit the Drop In and receive information on what happens if you decide to access any of the services on your own.

We can answer questions such as: *who will know? What will I have to do? What can I access there?* Also there is an opportunity to receive health information, have your BMI checked or simply find out what we do here.

It is all very informal and group sessions can be arranged. A specific information session relevant to the drop in can also be provided to your group if requested. If you are interested in bringing a group of young people, contact Sharon on 028 9045 1512 or email sharon@ebcda.org

RECENT EVENTS

EAST BELFAST'S HEALTH FRAMEWORK LAUNCH

The launch of East Belfast's Health Framework took place on Friday 31 January, in East Belfast Network Centre. Over 60 community health activists in east Belfast have committed to securing Healthy Hearts, Healthy Minds, Healthy Bodies, Healthy Neighbourhoods and Healthy Relationships in the east of the city. The main aim is to get more people involved in health programmes at an early stage and encourage people to stay well.

The East Belfast Health Framework with its 5 key themes was welcomed by the Health Minister Edwin Poots who said:

"Differences in health are largely related to differences in the conditions in which people are born, grow, live, work and age. The more disadvantaged a person's social and economic circumstances, the worse their health status is likely to be. Too many people in Northern Ireland die prematurely or live with conditions that they need not have, so we must continue to focus on prevention.

"We must empower people to make healthier choices and informed decisions about their health needs – by providing information and advice to encourage healthy behaviour, supporting self care and giving people a greater feeling of control over their lives. The East Belfast Health Framework initiative will provide community-driven frontline action, which delivers practical support for those individuals in need, and for their families.

"I am committed to reducing health inequalities. However, it is not just for the Department of Health to tackle; it is a challenge that requires long term coordinated effort across government and all of society."

Supported by his Department through the Public Health Agency this is a great example of how health professionals working alongside community health workers can make a real difference.



Some photos from the Health Framework launch and workshop



'CONNECT 5' HEALTH WEEK 2014

The Health Development and Connections Programme at East Belfast Community Development Agency (EBCDA) delivered a week of health themed events in East Belfast from Monday 3 to Friday 7 February.



The week kicked off with a 1920s themed tea dance at East Belfast Network Centre with music, dancing and some 1920s fancy dress. This was followed on Tuesday by a family health day at Willowfield Church which was supported by parents from Nettlefield Primary School. Lots of local people called in for free health checks, information, Turkish shaves for the men and make up demonstrations for the ladies.

Wednesday saw Skainos host EBCDA's "Alternative Approaches" event which highlighted emotional wellbeing, mental health and suicide. There was a drama performance by Belfast Samaritans and free taster sessions of activities which have been shown to improve emotional wellbeing including craft, yoga, boxercise, gardening, massage and other complementary therapies.

This was followed by men's health event at The Royal British Legion Centre on Montgomery Road on Thursday with lifestyle advice, healthy hearts information and social activities. The week of events was rounded off with "Feel-good Friday" at Short Strand Community Centre; an event aimed at community workers in East Belfast featuring pampering, healthy eating and quizzes and games.

PICTURES FROM HEALTH WEEK



Tea dance at East Belfast Network Centre



Family health day at Willowfield Church



"Alternative Approaches" event at Skainos



Men's health event at The Royal British Legion Centre, Montgomery Road



"Feel-good Friday" at Short Strand



BIKE TOGETHER

A local community cycling club Bikeway East is facilitated by EBCDA's Health Development and Connections Programme. Over the last couple of years the club has reached a milestone by cycling 717 miles and counting. Of course, there are many powerful arguments to promote the benefits of cycling including the better mental health, reduction in greenhouse gas emissions and cheaper travel for commuters. A recent report suggests that the growth of cycling could save the NHS £250m. As cycling is a load bearing activity with the bike supporting the body for exercise the results are impressive as after only five minutes of riding a day, there is evidence that suggests that cycling can reduce levels of heart disease, diabetes and strokes.



Bikeway East crossing the Sam Thompson bridge

Need convincing? Just ask these local cycling enthusiasts, they are more than able to articulate the benefits of cycling: Michael says "This is just what I needed, I've lived here for years but I've learnt many new routes including Titanic Quarter and Kinnegar." Tom adds "I am much fitter now since joining the group and I'm able to enjoy more activity throughout the rest of the week." Ken highlights that "I feel much safer cycling in a group and I have visited places I never dreamed of going to since the start of the troubles."

The experience of cycling in a group provides many opportunities for social interaction, with members passing on information and knowledge from their travels around the world, in addition to having some fun. A number of more serious issues have received a warm welcome from decision makers and influencers including compulsory use of a cycle helmet, shared use of the roads safety messages, getting more designated and appropriate cycle lanes and better guidelines on the control of dogs using shared walkways and paths.

EBCDA Bikeway East can take some encouragement from the results of entering the three week long 'Belfast Bike Challenge'. Participants commuted along the safe cycle paths of Ormeau Park, Sydenham Road Titanic Quarter and Comber Greenway. The team of six cyclists joined 500 cyclists, who altogether cycled 25,000 miles, saving 4.5 tons of KG CO2. The Bikeway East team claimed first place in their category, cycling 300 miles! If you want to find out more about Bikeway East Cycle Club, they meet in the car park of Avoniel Leisure Centre every Friday morning at 10am and is open to everyone. Who knows perhaps someday we will be able to celebrate the Clubs success at an event like the Giro d Italia which came to our streets on Friday 9 May or completing the Malin To Mizen 400 mile Cycle in aid of Marie Curie Charity.

GIRO D'ITALIA COMES TO EAST BELFAST



FLOURISH!

This May EBCDA worked with Lighthouse and the Public Health Agency to deliver an event to promote the Flourish! Churches Suicide Awareness Initiative in East Belfast. The event took place on Tuesday 20 May in the Skainos Centre and was attended by local clergy, church youth workers and other staff and volunteers from churches across East Belfast.



Attendees listening to presentations at Flourish! event

Rev John Wonnacott of Braniel Church, Rev Lynne Gibson of St Mark's Church and Clare James of EBCDA spoke about the current suicide prevention work going on in East Belfast and opportunities for local churches to get involved. There was then a presentation on the Flourish! Churches Initiative on Suicide from Flourish representatives Rev Mervyn Ewing, Tony Macauley and Helen Gibson of Public Health Agency. Flourish! offers training, guidance and support to anyone working or volunteering in a Church who may come across individuals who are at risk of suicide or who have been bereaved by suicide. It has been endorsed by the four main churches and is supported by the Public Health Agency and Lighthouse. The final presentation was from Caroline King of Contact on the Lifeline 24/7 crisis service.

There was also an opportunity for attendees to gather information from service providers who had stalls at the event. For more information about the Flourish! Churches Initiative on Suicide visit www.wewillflourish.com. For more information on EBCDA's suicide prevention work please contact Clare James, Suicide Prevention Development Officer, on 028 9045 1512 or clare@ebcda.org.

GLENTORAN AWARENESS EVENT

From January 2013 a number of organisations in East Belfast have come together over the past year to develop an East Belfast Community Response Plan to Suicide. These groups have been working with the aim of supporting families and communities affected by suicide in East Belfast. Much of the work done under the Community Response Plan focuses on supporting those bereaved, however the group have also started to get involved in raising awareness of suicide prevention services. Over the past few months they have held awareness days at Connswater Shopping Centre and ASDA Dundonald.

On Friday 21 February they took their suicide prevention message to the Oval for Glentoran's league match with Linfield. Staff and volunteers from several organisations involved in the Community Response Plan took part including; East Belfast Community Development Agency (EBCDA), Inner East Youth Project, Walkway Community Association and Street by Street. Information leaflets were handed out to match goers before kick-off containing information on looking after your emotional health and contact details of services who can support people in East Belfast.

Clare James, Suicide Prevention Development Officer, explained the thinking behind the event; "Many people wouldn't know where to turn if they were struggling to cope with having thoughts of suicide but there are several organisations who can help. By providing information leaflets and talking to members of the public we hope to raise awareness of the support that is available. We are also hopeful that it will help to break down the stigma associated with asking for help for mental health and emotional health issues."



Members of Community Response Plan at Glentoran match

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



'East Belfast Community Development Agency'



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