

Year 2015/16
Quarter 3

SENIOR
CIVIL
SERVICES



THE SECOND 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. Why don't you include a Health Observance as part of your programmes? Please contact Alison on 028 9045 1512 or email alison@ebcda.org, if you need any help or ideas for a Health Observance.

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>

November

- Lung Cancer Awareness Month (1-30)
- NI Carbon Monoxide Awareness Month (1-30)
- Mouth Cancer Awareness Month (1-30)
- Movember - Men's Health Awareness Month (1-30)
- National Stress Awareness Day (4)
- World Diabetes Day (14)
- Alcohol Awareness Week (16-22)
- Self Care Week (16-22)
- World COPD Day (18)
- International Men's Day (19)
- International Survivors of Suicide Day (22)

December

- World AIDS Day (1)
- Anger Awareness Week (1-7)
- International Day of Persons with Disabilities (3)
- Human Rights Day (10)

January

- Love your Liver Month (1-31)
- Dry January (1-31)
- World Braille Day (4)
- STIQ Day (14)
- National Obesity Awareness Week (12-18)
- Blue Monday (18)
- Cervical Cancer Prevention Week (24-30)
- World Leprosy Day (31)

"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.



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

BUILDING COMMUNITY PHARMACY PARTNERSHIPS PROGRAMME (BCPP)

Building Community Pharmacy Partnerships (BCPP) is about working in partnership with local communities and community pharmacists to develop initiatives and services tailored to meet local health needs and priorities using a community development approach. Funding for this delivery is provided by Community Development Health Network (CDHN)

The success of the BCPP Programmes to date has been achieved through working in partnership with the local pharmacist and other relative health professionals to facilitate the need of the groups and the local area. It has been a pleasure working with the groups involved on a range of health related issues, to raise their awareness on health and well-being and build on knowledge within the groups, so they can make better informed, positive lifestyle choices for themselves and their families.

A successful Level 1 programme was delivered in partnership with the Stroke Association and facilitated by Rosetta Pharmacy and a range of other service providers to improve health awareness of Tier 2 Stroke Recovery patients through the Stroke Support Group which meet in Cregagh Youth & Community Centre.

East Belfast Community Development Agency also deliver a 3 year Level 3 BCPP Programme to 3 target groups on – Older People's Health, Young People and Risk Taking Behaviours and Ethnic Minorities understanding Health Programmes.

The Royal National Institute for the Blind (RNIB) support group recently took part in an 8 week Health Awareness BCPP Programme facilitated by Boots Pharmacy and coordinated by the Health Team. This programme highlighted the lack of materials, services and literature available to those with visual impairment and sight loss and enabled the group to connect with Bowel Cancer UK to raise concerns with the new Bowel Screening Programme and the difficulties in using the resources provided to carry out the screening at home.

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



Chair Based exercise as part of BCPP with Stroke association

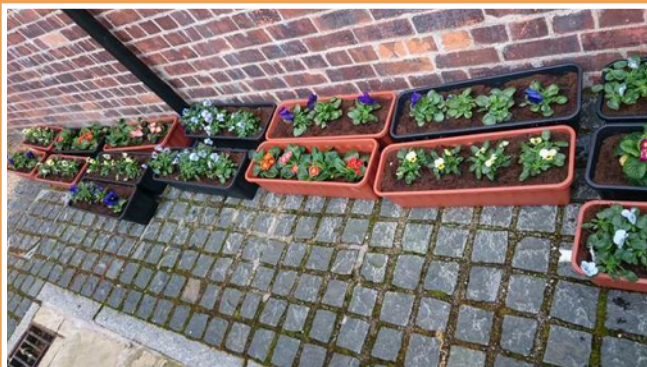


BCPP Health Drop In at the East Belfast Network Centre



Top Tip for looking after yourself as part of the BCPP with RNIB

Below are some photos from the event including the beautiful window boxes which were donated to community groups in East Belfast



WE 'TASTED 5' FOR WORLD MENTAL HEALTH DAY

The "Taste 5" Steps to Well-being event held on Tuesday 6 October at the East Belfast Network Centre was a great success! 50 participants took part in four taster sessions help to achieve the 'Take 5' steps to wellbeing: Relaxation techniques, Nutrition, Gardening and Dance.

Thank you to all the facilitators and everyone that attended.



Page 5 details the 'Take 5' steps to wellbeing.

For more information about 'Take 5' steps to wellbeing please visit: <http://www.belfastcity.gov.uk/community/Healthandwellbeing/health-and-wellbeing.aspx>



Project supported by the PHA

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



TAKE 5 STEPS TO WELLBEING



Most of us know when we are mentally and physically well, but sometime we need a little extra support to keep well.

There are five simple steps to help maintain and improve your wellbeing. Try to build these into your daily life - think of them as your 'five a day' for wellbeing.

CONNECT



Connect

Connect with the people around you: family, friends, colleagues and neighbours at home, work, school or in your local community. Think of these relationships as the cornerstones of your life and spend time developing them. Building these connections will support and enrich you every day.

BE ACTIVE



Be active

Go for a walk or run, cycle, play a game, garden or dance. Exercising makes you feel good. Most importantly, discover a physical activity that you enjoy; one that suits your level of mobility and fitness.

TAKE NOTICE



Take Notice

Be observant, look for something beautiful or remark on something unusual. Savour the moment, whether you are on a bus or in a taxi, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.

KEEP LEARNING



Keep Learning

Don't be afraid to try something new, rediscover an old hobby or sign up for a course. Take on a different responsibility, fix a bike, learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy. Learning new things will make you more confident, as well as being fun to do.

GIVE



Give

Do something nice for a friend or stranger, thank someone, smile, volunteer your time or consider joining a community group. Look out as well as in. Seeing yourself and your happiness linked to the wider community can be incredibly rewarding and create connections with the people around you.

WHAT ABOUT INTERNATIONAL MEN'S DAY?

International Men's Day originated in Trinidad and Tobago back in 1999, today more than 60 countries proclaim its objectives of improving men's lives, focusing on men's health issues, boys' development, family activities, and promoting greater gender equality. It is a day devoted to recognising the many different ways that men find solutions to their problems. This year International Men's Day is being celebrated on **Thursday 19 November 2015** at **Belfast City Hall** from **9.30am to 1.00pm**. The first hour at the City Hall begins with health checks and a yoga session followed by inspirational speakers, then more health checks and yoga.

Men's groups and in particular the Wise Men's East Belfast Men's Shed at Connswater Shopping Centre support men to be capable of living on their own, and also to become more involved in their families and communities, active and energetically engaged fathers and grandfathers, who use their domestic skills in a positive way. However, the Connswater Shed while greatly appreciated can only be temporary and a more permanent base is being looked for. This initiative is a space for men to socialise every Monday, Wednesday and Friday mornings at present. Men can also get involved in activities such as painting, local history talks, titanic walks, cycling, health improvement, craft and music.

Mervyn Cleland, Shed Chair explained, *'We are very grateful to have this space to enable the recruitment of new members and to grow the potential. However until we get support for more permanent premises this limits what can be done so I would appeal for anyone who can help to come along and meet us in the Shed'*. Member of the Shed, Ian Carr commented: "I enjoy interacting with like-minded men who have a treasure trove of experience who share their skills and knowledge with a great measure of craic and banter thrown in".

If you would like to find out more about the Wise Men of the East Men's Shed please contact Alan Houston via email alan@ebcda.org or phone 028 9045 1512

WHAT IS THE MEN'S SHED?

The East Belfast Wise Men's Shed currently operating out of 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.



Pictured: Some of the men at the Shed with Josephine Coulter, assistant manager of Connswater shopping centre



Pictured: new members are always welcomed at the Men's Health Project

'ASH TO CASH' BRIEF INTERVENTION

'Ash for Cash' is a short targeted brief intervention* (3 minutes approximately) aimed at getting individuals to think about lifestyle changes, in this case to quit smoking.

So far this year the Health Connections Worker and Health Development Coordinator have carried out 10 'Ash to Cash' information stands or workshops. We have spoken to over 400 people about smoking so far, some about their own smoking habits or a loved ones.

If you would be interested in EBCDA having an 'Ash to Cash' information stand or workshop at your community centre or pharmacy, please contact Alison Bryans via email alison@ebcda.org or phone 028 9045 1512



Info-graphic of some of the Smoking Cessation work that EBCDA carried out 2014/15

* Brief intervention is a method of discussing smoking and quitting in a positive, non-confrontational way to encourage smokers to think about giving up and enable them to access specialist support when they are ready.

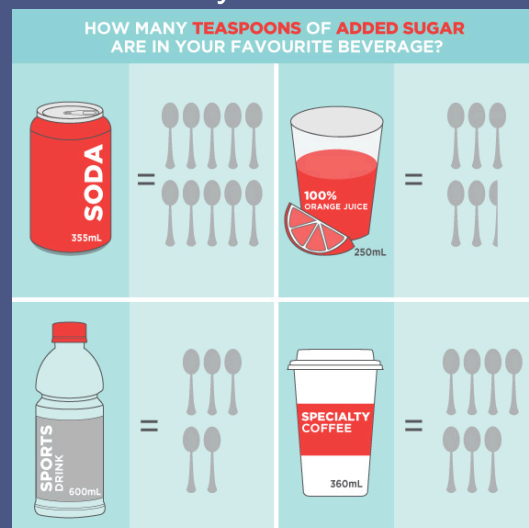
Not sure where to volunteer?

Let your personality and interests guide you

<p>visiting older people as a befriender</p> <p>a people person</p>	<p>becoming a mentor</p> <p>a good teacher</p>	<p>planting in a community garden</p> <p>a nature lover</p>
<p>teaching arts and crafts at a community centre</p> <p>artistic</p>	<p>heading up a sports event</p> <p>a take charge person</p>	<p>helping a charity improve their website</p> <p>a techy</p>
<p>updating library stands with charity leaflets</p> <p>a book lover</p>	<p>joining a charity's finance team</p> <p>a numbers person</p>	<p>delivering health information talks</p> <p>a talker</p>

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 or phone 028 9045 1512

Did you Know?



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

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Community
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Agency**



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