



# ▶ **WORK IT!**

ISSUE 6  
NOVEMBER 2007

Northern Ireland's first newsletter dedicated to workplace health

## **Welcome to the 6th<sup>1</sup> edition of 'Work it'.**

*The newsletter that gives workplaces the opportunity to see what is happening within workplaces, gives the opportunity for other workplaces to get involved, and recognizes the good work of the employees and employers that have participated in the Foyle Health @ Work Programme.*

*In this edition we will be highlighting forthcoming events, recognising achievements of existing workplaces and also providing you with some useful information on how to create a healthy workplace.*

## **NI Workplace Health Network Event**

The fifth meeting of the Northern Ireland Workplace Health Network will take place in the Ramada Hotel, Belfast on Tuesday 23 October 2007 from 10.00 am to 1.00 pm.

This half-day Network meeting will focus on the issue of 'Healthy Working Backs NI', discuss the challenges for employers and the rehabilitation of employees, whose health has become worse or has been affected by work.

Presentations will discuss the recent joint HSENI / District Council Backs NI Campaign and the establishment of a back care initiative within workplaces, while a case study will focus on the implementation of a referral system within a local Health and Social Care Trust. A full Network programme will be available shortly on the Working for Health website

[www.workingforhealthni.gov.uk](http://www.workingforhealthni.gov.uk). for further information, or to reserve place at this event please complete the Registration Form and return it to:

### **Working for Health Strategy**

HSENI  
83 Ladas Drive  
Belfast BT6 9FR

**Email:** [workingforhealth@detini.gov.uk](mailto:workingforhealth@detini.gov.uk) **Telephone:** 028 9054 6824 **Fax:** 028 9023 5383

The closing date for registration is **Friday 12 October 2007**.

*Please note that in the event of over subscription, places will be allocated strictly in order of receipt*



# PHYSICAL ACTIVITY

## Creative Lifestyle Solutions (CLS)

At CLS we understand how beneficial a healthy, stress free and productive team are to work performance. We at CLS have created a unique package to aid your company in regards the health and wellness of your staff. **Programme** is designed to improve the health of your staff between the team through the development of our interactive seminar and workshops.

Workshops include Physical Activity, Healthy Eating and Stress.

If you would like some further information on this programme please contact [sabrina@derryhc.com](mailto:sabrina@derryhc.com)

### DID U KNOW

Physical inactivity is a major health risk and is one of the top ten leading causes of death and disability in the world (WHO 2002)

The **Corporate Wellbeing** whilst also developing cohesion

## GET ACTIVE & EAT WELL CHALLENGE

To date over 500 employees have been provided with the opportunity to participate in the Foyle Health @ Work 'Get Active & Eat Well challenge'.

The challenge is a 12-week programme for workplaces that wish to focus on increasing physical activity and fruit and vegetable intake.

The goal for workers is to increase their physical activity to 30-minutes per day and to eat 5 servings of fruits and vegetables each day. Having this programme at the worksite will create an environment that promotes and supports healthy behaviours, Workplaces can compete in this challenge on their own or as part of a team.

To get your workplace involved in the challenge contact

Sabrina on 02871 611384

Remember if there is something you want other people to know about why not get it included on the notice-board in the next issue of *'WORK IT!!'*

**Fact!** - Just 30 minutes a day of activity that makes you warm and breathe faster than normal can reduce your risk of heart disease, type 2 diabetes and stroke. It improves the quality of your life too!



# STRESS

## Why tackle work-related stress?

### To benefit your business

As well as reducing sickness absence costs to an organisation, tackling stress can have a positive effect on:

- **Employee commitment to work;**
- **Staff performance and productivity;**
- **Staff turnover or intention to leave;**
- **Staff recruitment and retention;**
- **Customer satisfaction; and**
- **Organisational image and reputation.**

Pressure is part and parcel of all work and helps to keep us motivated. But excessive pressure can lead to stress, which undermines performance, is costly to employers and can make people ill.

Foyle Health @ Work with Madeline Callaghan a local Stress Expert has put together a Stress Programme which looks at the signs and symptoms of stress and relaxation techniques, if you think your workplace would be interested in taking part in this programme please contact Sabrina on 02871611384



## Better Backs campaign

Your local authority has teamed up with the Health and Safety Executive (HSE) in the Better Backs campaign: a national campaign to tackle back pain and upper limb disorders at work.

- You have a staggering 80% chance of developing low back pain at some point in your life.
- The average sufferer spends 17 days a year off sick with Musculoskeletal disorders (MSDs).
- In 2005/06 190,000 people reported having a work related MSD the last 12 months.
- As well as the human cost of pain and suffering, MSDs cost employers an estimated £600m (HSE 1995/96 prices).
- Last year almost 10 million working days were lost to MSDs.

The good news is that there are things you can do to prevent or minimise musculoskeletal disorders. You can make a lasting improvement to your organisation's productivity and your staff's health. Not all MSD health can be prevented, so the campaign also encourages employers to take actions that help workers with MSDs to stay in work or return to work.

Whether you are an employer, manager, worker, safety representative or health and safety professional, Better Backs can help you identify where you can take action.

[Order your copy of the Campaign Pack](#)

[Sign up to the Better Backs campaign](#)

## HML – HEALTH & DIET PROGRAMME

Foyle Health @ Work have teamed up with Creative Lifestyles Solutions to deliver a 10 week Health and Diet Programme to HML. The programme involves a weekly weigh –in combined with information sessions on self esteem, goal setting, nutrition, stress and exercise to employees during lunch-time.

*Human resource manager Liz Hughes says  
“this is a great opportunity for staff who would like to lose weight and learn about nutrition, stress and exercise but simply do not have the time to after working hours”*

*For more information on Creative Lifestyle Solutions and other programmes available please contact [sabrina@derryhc.com](mailto:sabrina@derryhc.com)*



## Stub it out!



In the short term, you get nicotine-stained teeth and fingernails, bad breath and wrinkles. In the long term you hugely increase your risk of cancer. **Around 30% of all cancer deaths are linked to smoking, lung cancer is perhaps the best known risk, but up to 15 other types of cancer are also associated with tobacco.**

Giving up smoking can be a huge challenge, but there is support available –call the smokers' helpline on **0800 85 85 85** for friendly help and advice, and details of local services that can help you quit.

If you would like a Smoking Cessation Programme in your workplace please email [sabrina@derryhc.com](mailto:sabrina@derryhc.com)

[www.getalifegetactive.com](http://www.getalifegetactive.com)

*Foyle Health @ Work looks at issues, which are important to the health of workers.*

*Since our first issue you have been getting into the spirit of things with many activities and programmes including;*

- Ø *Smoking Cessation Programmes*
- Ø *Walk Leader Training*
- Ø *Get Active Eat Well Challenge*
- Ø *Information Sessions on Cancer, Stress, Physical Activity, Healthy Eating, Coronary Heart Disease/ Stroke.*
- Ø *Alcohol & Drugs Awareness Policy Training*
- Ø *Sports Sessions*
- Ø *Cancer Screening*

*And many more.*

**Diet has been linked to at least 35% of cancers so eating 5 portions of fruit and vegetables a day is an important message for everyone.**

**A healthy diet, combined with regular exercise would help reduce the risk of developing some of the common cancers here in Northern Ireland.**

*We are now recruiting for year 4 workplaces so if you are a workplace in the Foyle area (Limavady, Strabane, Derry/Londonderry and feel your place of work could benefit from a health makeover, The Foyle Health @ Work programme is for you....*

**For details on the Foyle Health @ Work Project or anything in the newsletter please contact: Sabrina on 02871611384 or email [Sabrina@derryhc.com](mailto:Sabrina@derryhc.com).**



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**October is  
Breast Cancer Awareness  
Month**

Nearly 900 women in Northern Ireland are affected by breast cancer each year. Breast cancer can be treated more successfully if the condition is detected early enough. Breast Cancer Awareness Month, running throughout October each year, is a very important to promote the importance of breast awareness, early detection and the need for every woman to carry out self-examination

If your workplace would like to have an information session on any type of cancer or services available please contact  
 Sabrina@derryhc.com

# Cancer

You can find some useful information on the following websites:

- [www.breastcancercare.org.uk](http://www.breastcancercare.org.uk)
- [www.actioncancer.org](http://www.actioncancer.org)



## USEFUL WEBSITES

It may be worthwhile having a browse through the websites below for further information on any of the mentioned health topics.

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|---|--|---|
|  <b>British Heart Foundation</b>     | <a href="http://www.bhf.org.uk">www.bhf.org.uk</a>                                     |  |
|  <b>Department of Health</b>         | <a href="http://www.dh.gov.uk">www.dh.gov.uk</a>                                       |  |
|  <b>Workplace Health</b>             | <a href="http://www.hse.gov.uk">www.hse.gov.uk</a>                                     |  |
|  <b>Workplace Health</b>             | <a href="http://www.cipd.co.uk">www.cipd.co.uk</a>                                     |  |
|  <b>Alcohol &amp; Drugs</b>          | <a href="http://www.hurt.org.uk">www.hurt.org.uk</a>                                   |  |
|  <b>Backpain</b>                     | <a href="http://www.backpain.org">www.backpain.org</a>                                 |  |
|  <b>Action Cancer</b>                | <a href="http://www.actioncancer.org">www.actioncancer.org</a>                         |  |
|  <b>Ulster Cancer Foundation</b>     | <a href="http://www.ulstercancer.org">www.ulstercancer.org</a>                         |  |
|  <b>Skin Cancer</b>                  | <a href="http://www.careinthesun.org">www.careinthesun.org</a>                         |  |
|  <b>Health Promotion Agency</b>      | <a href="http://www.healthpromotionagency.org.uk">www.healthpromotionagency.org.uk</a> |  |
|  <b>Food Standards Agency</b>        | <a href="http://www.eatwell.gov.uk">www.eatwell.gov.uk</a>                             |  |
|  <b>British Nutrition Foundation</b> | <a href="http://www.nutrition.org.uk">www.nutrition.org.uk</a>                         |  |

