

Apr 07

Foyle Health @ Work  
A Derry Healthy Cities Initiative

Issue 5

# Work it!

*Northern Ireland's first newsletter dedicated to workplace health*

## **Foyle Health @ Work Been a 'Success'!**

**FH@W** has just launched its interim report. The evaluation, which was carried out by BDO Stoy Hayward, had feedback from the 13 workplaces involved in year 1 & 2 of the **fh@w** programme.

*Read more about it in page 2*

**Action**  
**cancer** **Services**  
Saving Lives Supporting People **Available Locally**

Action Cancer is pleased to announce the opening of its office in Derry. Now cancer patients and those affected by cancer can be treated locally. The Derry site offers;

- **Counselling** – a free, confidential counselling service for cancer patients or their family/carers
- **Complementary Therapy** – includes reflexology, massage and aromatherapy to promote wellbeing for cancer patients or those affected by cancer
- **Listening Ear** – a confidential service, provided by accredited volunteers, offering practical and emotional support for their cancer patients or their family/carers and signposting them to other support services.
- **Health Promotion** - offers a variety of Health Promotion Programmes to deliver two key messages of cancer prevention and early detection.

Welcome to the 5<sup>th</sup> edition of 'Work it'.

New Years resolutions are probably well and truly a past thought at this stage but we are still here putting out the message of developing healthy workplaces and practices. In this edition we will again be looking at local workplaces that have taken that important step of implementing change to develop the health of their employees. We will be bringing you important issues and of course providing you with the opportunity to get involved!

*THE BIG BUS*

Action Cancer also offers Breast Screening for women 40-49 years and 65+ who fall outside the NHS screening programme\*. This is offered in Belfast at Action Cancer House, as well as locally via the BIG BUS.

The BIG BUS is a state of the art mobile unit, which also provides Complementary Therapy, a Listening Ear service, and Men's Health MOT's, and is in the area in April. At the minute there are no appointments available for then, however the bus will be back in the area in August and is still available for bookings on Tel: 028 9080 3344.

Action Cancer would like to thank all the local people, companies, and groups that have already given so much support. We greatly appreciate your continued support.

To find out more about the services available locally call Bronagh Norris on 71 344114.

## **FH@W a success? (Cont. from pg 1)**

Employers have said the biggest benefits to implementing the programme in their workplace are: is an important support service for staff (85%), increase in staff morale (54%), creates healthier staff (36%) while other benefits included better internal structure and networking. An incredible 92% of employers said that the [fh@w](#) was very relevant to company needs.

157 employees gave feedback on their experiences. These included responses being provided pre and post programme participation.

**PRE PROGRAMME** 34% of staff were aware of important health issues,  
E.g. recommended physical activity levels, early signs of cancer etc.

**POST PROGRAMME** 80% was aware of above issues.

**PRE PROGRAMME** 14% participated in regular physical activity  
**POST PROGRAMME** 54% participated in regular physical activity

**PRE PROGRAMME** 17% considered they had a balanced diet  
**POST PROGRAMME** 46% considered they had a balanced diet

- Other benefits included team building, improved motivation, and weight loss, better communication.
- 68% said their family and friends had also benefited from their participation in the workplace health programme, as important health messages were passed on.

Full report available on request from Derry Healthy Cities

## **What counts towards 5-a-day?**

As the [Fh@w](#) 'Get Active & Eat Well Challenge' continues to build momentum with now over 500 graduates it has been one of the most successful elements of [fh@w](#). The question is always there, 'what constitutes a portion of fruit and vegetable'?

A great new website [www.5aday.nhs.uk](http://www.5aday.nhs.uk) tells you exactly that. It also has some great recipes for fast, healthy food. Why not look it up and provide some useful tips for your family and your work colleagues.

## **LOCAL WORKPLACE STEPPING OUT FOR HEALTH!**

A number of local workplaces have been stepping up to the mark when it comes to promoting physical activity at work.

**Opt2VOTE**  
**Western Connect**  
**Mencap**  
**West Area Planning**  
**Derry City Council**

From January – March the above over 80 employees have taken up the 1000-step-a-day challenge. This includes developing programmes for staff to take part in walking during the working day e.g. lunchtime group walks etc. Employees have also taken the opportunity to train as walk leaders in order to go back into their own workplaces and lead walks. Well done to everyone concerned and keep up the good work!

## **Has your workplace a Drugs and Alcohol Policy in place?**

*Did you know if your Drugs and Alcohol Policy is more than 3 years old it needs updating!*

Ensuring your work policies are up-to-date is an essential part of protecting employees and your organisation. **FH@W** is providing the opportunity for managers to attend a 1-day workshop on developing a practical policy on drugs and alcohol. The workshop will look at issues such as the legal implications of having a policy in place, safe guards, how to devise a policy etc. For further details on this workshop contact Fiona or Sabrina on tel:028 7161 1384.



## British Heart Foundation holding Think Fit! Seminar in Northern Ireland

The British Heart Foundation (BHF) has developed a programme to promote physical activity and health in the workplace. The programme consists of a Think fit! pack and website and a series of 12 seminars that have been delivered in England, Scotland and Wales.

Think fit! aims to encourage change in the work environment and help people become more active, healthier and happier.

The Think fit! pack contains:

- A spiral bound book containing workplace activity planners, guides, facts and figures, ideas and challenges and more
- A handy mini-employee booklet (re-orderable)
- An activity wallplanner (re-orderable)
- A think fit! t-shirt
- A handy bag to carry it all in!

To order your pack, call 0870 600 6566 or visit [bhf.org.uk/thinkfit](http://bhf.org.uk/thinkfit)

To accompany the pack is a Think fit! website with downloadable elements and more information on workplacehealth – [www.bhf.org.uk/thinkfit](http://www.bhf.org.uk/thinkfit)

A series of 12 seminars have been held throughout the UK to give people a chance to familiarise themselves with the Think fit! pack and explore how to apply it to their workplace setting. Each seminar also provided examples of successful workplace activity programmes. All delegates received a FREE Think fit! pack!

The seminar is being held on 15th May in the Hilton Hotel, Templepatrick.

To register visit: [www.bhf.org.uk/thinkfit](http://www.bhf.org.uk/thinkfit) and click on the seminar page

### ***Derry Hosts Workplace Health Seminar***

The Health Promotion Agency, Health & Safety Executive NI and Western Investing for Health held a seminar on Monday 12<sup>th</sup> Feb 07 in the Everglades Hotel. The seminar reflected the importance of the workplace as a setting for improving health and tackling inequalities. Longfield Care Centre and Invista Textiles (UK) Ltd and [FH@W](#) were provided with the opportunity to share their experiences in developing workplace health programmes. The seminar had over 90 delegates from all over Northern Ireland. Evaluation from the seminar reported that the presentations by our local representatives were of much benefit to the visiting delegates.

### **[FH@W](#) Encourage a Healthier Lifestyle for All**

Though our partnership with Action Cancer [FH@W](#) has put together an education programme that is tailored to workplaces. It explores people's attitudes towards cancer and raises awareness of how appropriate behaviour, regular self-examination and a healthy lifestyle can reduce cancer risks.

This interactive 6 hr course is suitable for a workplace setting and can be delivered on a basis that will suit the individual setting e.g. 2x3 hr sessions 1x6hr session or 6x1 hr sessions. The programme provides an insight into the following areas:

***Week 1 – Introduction to Cancer***

***Week 2 – Skin and Breast / Testicular Cancer***

***Week 3 – Healthy Eating***

***Week 4 – Exercise (facilitated by a Fitness NI instructor)***

***Week 5 – Smoking***

***Week 6 – Stress***

If you are interested in holding a 'Healthy Living' Programme in your workplace please contact Fiona or Sabrina Tel:7161 1384

## Stress and its effect on Weight Loss

When people find themselves under pressure, it sometimes seems harder to lose weight. Research says that when the brain perceives stress, whether it is physical, physiological or environmental, signals are sent to the adrenal glands which in turn produce 'cortisol' (the stress hormone).

- Cortisol causes women to store fat in their mid section
- This increases the risk of Coronary heart disease.

So it is recommended to keep stress hormones in check to prevent this.

**1. Aerobic Exercise:** helps reduce weight and lose weight

It also promotes the release of endorphins (feel good hormones), reduces stress and burns calories and fat.

**2. Weight Training:** Helps decrease fat storage by reducing elevated insulin levels.

It also promotes the release of growth hormone, which stimulates the growth of lean muscle and also repairs the body's tissues.

It also boosts the use of fat as fuel and taps into stored fat.

**Growth hormone is released during sleep. That's why restful sleep, recovery and relaxation are essential parts of losing weight-they help prevent the negative effects of stress hormones.**

(Information provided by Personal Health & Fitness-(Head Office) 19 Gortrush Industrial Estate, Omagh, Co.Tyrone.  
Tel: 028 8225 8181)

### ***Workplaces get ready to go smoke-free***

[FH@W](#) in partnership with Western Tobacco Control Group have been engaged with workplaces over the past year to prepare for the introduction of the new smoke free legislation which is coming in at the end of this month. The proposed legislation on smoking in workplaces and enclosed public places will ensure that employees are not subjected to the risks of second hand smoke.

Training has been provided that has helped local businesses to plan ahead and to ensure that not only do they comply with the proposed legislation, but also they take on board the health needs of their staff and are a healthier environment to work in.

A number of local workplaces are also gaining the services of smoking cessation co-ordinators to support staff that may wish to give up smoking.

If you would like more information on local smoking cessation services available or further information please contact Mark McBride-Western Tobacco Control Group Co-ordinator Tel: 028 8225 3951.

## **WE ARE MACMILLAN. CANCER SUPPORT**

**Get Fit with Foyle Health @  
Work & Macmillan Cancer  
Support**

**Foyle Health @ Work in  
association with Macmillan  
Cancer Support are offering you  
and your colleagues the  
opportunity to get involved in a  
walk which will help everyone  
get active while also helping to  
raise money for those locally  
who are living with cancer.**

**Macmillan's 'Walk Wonders  
Challenge 2007' will take place  
on Sunday May 20<sup>th</sup> starting at  
12 noon. The challenge is to  
climb Mount Errigal in Co  
Donegal. This is the perfect  
excuse for a springtime walk in  
the fresh air with friends; to  
explore an area not too far from  
home whilst raising much  
needed funds to support cancer  
patients.**

**To Register and receive your  
sponsor forms please call  
Macmillan on 0800 052 40 68 or  
Fiona or Sabrina at Foyle Health  
@ Work on 028 71 61 1384.**

**For more information on any aspect of the 'Work it'  
Newsletter, or if you would like more information on  
health in the workplace please contact Fiona or  
Sabrina  
Foyle Health @ Work at Derry Healthy Cities on 028  
7161 1384.**