



WESTERN
HEALTH AND SOCIAL SERVICES BOARD



WORK IT!

ISSUE 7
April 2008

Northern Ireland's first newsletter dedicated to workplace

Welcome to the 7th edition of 'Work it'. In this edition we will look at some of the events happening in 2008 and also recognise the great work of organisations in the Foyle area.

This newsletter is designed to promote wellness in the workplace by encouraging physical activity, healthy eating habits, open and positive communication, stress reduction techniques, etc. We hope these newsletters will encourage employees to take charge of their own physical and mental health both at and away from the workplace.

Why have a Health and Wellness Initiative?

There is increasing evidence that absenteeism, productivity and morale are closely linked to the physical and mental health of employees, and are of increasing concern in the workplace. Research shows that every year mental health problems alone cost the economy billions of pounds in lost productivity.

Employers who offer programs to support employee wellness report substantial positive results for individuals and their workplace. In addition to lifestyle issues such as nutrition and physical activity, the work place culture itself is equally important as a factor impacting on employee health.

Workplaces that have taken the positive step of putting in place a health and well-being programmes include:

The Dry Arch Centre, University of Ulster, Limavady Borough Council, White Young Green, North West Centre for Learning and Development, Strabane District Council, Derry City Council, Housing Executive, Bank of Ireland, HML and many more.

To date we have worked with over 35 organisations and 5000 employees. If you are interested in further information please contact Fiona Teague on 02871 61138

Pictured are some of the participants from White Young Green that have just finished their 6 week step challenge

WHITE YOUNG GREEN STEP UP TO THE CHALLENGE

- Physical Activity programmes are fast becoming an important aspect in many workplaces. We all need to be active.
- Physical activity helps to reduce our risk of many illnesses, including heart disease, cancer, diabetes and osteoporosis.
- A local company has combined these and other factors to encourage their staff to address their health actively. White, Young, Green are multi-discipline consultants, providing engineering, environmental planning and management services to public and private sector clients.
- Through the Foyle Health @ Work programme White Young Green have been working on developing their employees health through various programmes and initiatives. To date over 36 staff have completed the 6 week Staff Step Challenge, step-o-meters were distributed to staff to encourage staff to increase their levels physical activity by keeping a record of steps and increasing this each week.



MANAGING MENTAL HEALTH ISSUES IN THE WORKPLACE

The next Northern Ireland Workplace Health Network event, *'Managing mental health Issues in the workplace'* will take place on 11 June 2008 in the Segro Hotel, Portadown. It is aimed at employers, line managers, human resources personnel, health and safety advisors, trade union representatives and occupational health professionals. The event will look at a number of issues including current legislation, employers' responsibilities (legal and moral), and case studies from an employee and employer perspective. For updates and further information please keep checking news and events section of the HSENI website at www.hseni.gov.uk

ACTION CANCER SERVICES

Action Cancer's regional Health Promotion team are available to deliver an extensive array of programmes in your area. They work to raise awareness of cancer through education Healthy Living programmes, Smoking Cessation courses, Health Action and Cook It programmes. These are available to all local communities and workplaces

Action Cancers BIG BUS is a mobile health resource which can be booked to visit communities and businesses across Northern Ireland The £1.5 million resource provides vital life-saving services including digital breast screening mammography services (for women aged 40-49 and 65+), MOT health checks for both men and women, as part of a cancer prevention drive where checks can include body mass index, lung capacity, cholesterol, blood pressure and a facial skin scanner analysis. Service users are also coached in improving their lifestyles through smoking cessation, reduced alcohol consumption, increased exercise and improved diet.

Visit www.actioncancer.org for further information or to book the BIG BUS contact 02890 803344

Strabane Health @ Work Week

Monday 28th April – Friday 2nd May 2008 is Strabane Health @ Work Week. Developed by Foyle Health @ Work, Strabane District Council and Strabane Chamber of Commerce the event is the first of its kind in Northern Ireland to bring together such a cross sector of agencies.

The series of events is aimed at creating an awareness of important health issues within Strabane workplaces and includes lunchtime workshops on Backcare, Stress Management, Physical Activity and current Health and Safety issues. There is also a lunchtime lifestyle check session happening on Tuesday 29th in Melvin Sports Complex which will offer employees the opportunity to have their Blood Pressure and Cholesterol levels checked by health professionals. There will also be personnel available on the day to provide information on Physical activity, Cancer and Chest, Heart and Stroke issues.

If you require any further information please contact Fiona Teague Tel: 028 7161 1384.

WH&SC Trust, Health Promotion Department are delivering Mental Health First Aid within the WH&SSB area.

The training course is based on the better-known concept of first aid training. It teaches participants to recognise the signs and symptoms of someone with mental health problems such as depression, anxiety and psychosis and to help deal with a crisis situation through guiding someone towards professional and other help. It is suitable for delivery to a range of audiences including the general public.

MHFA does not teach people to be therapists. However, it does teach people how to recognise the symptoms of mental health problems, how to provide initial help and how to guide a person towards appropriate professional help.

More information including a course outline can be found at www.healthscotland.com/smhfa or contact Fiona Teague on 71611384 for details on the next training dates.



LIMAVADY BOROUGH COUNCIL - GET ACTIVE

Staff at Limavady Borough Council have completed a Six Week Step Challenge. Over 40 employees took up the challenge to record their steps daily using a step-o-meter and increase these steps each week. The feedback from staff was very positive and they enjoyed the challenge.

Employers may therefore find it is in their direct interest to help staff become more physically active. We are particularly pleased the Limavady Borough Council has participated in this initiative as an example to other workplaces locally to proactively address the health issues of their staff. It is also important to commend all staff who participated in this challenge.

Limavady Borough Council held a presentation day and healthy lunch for all staff involved.

(pictured here are some of the participants along with the Mayor Edwin Stevenson)



CROAGH PATRICK CLIMB

FOR MACMILLAN CANCER
SUPPORT

SATURDAY 17TH MAY & SUNDAY
18TH MAY 2008

ENTRY FEE £20 - MINIMUM
SPONSORSHIP £180

PACKAGE INCLUDES: RETURN BUS,
2 LUNCHES, EVENING MEAL &
ACCOMMODATION

FOR MORE INFORMATION CONTACT
FIONA TEAGUE - 02871 611384
OR PAUL SWEENEY - 07801 307 078

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!



Foyle Health @ Work

A Derry Healthy Cities Initiative

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Cancer

You can find some useful information on the following web-sites:

www.breastcancercare.org.uk

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.



British Heart Foundation

www.bhf.org.uk



Department of Health

www.dh.gov.uk



Workplace Health

www.hse.gov.uk



Workplace Health

www.cipd.co.uk



Alcohol & Drugs

www.hurt.org.uk



Backpain

www.backpain.org



Action Cancer

www.actioncancer.org



Ulster Cancer Foundation

www.ulstercancer.org



Skin Cancer

www.careinthesun.org



Health Promotion Agency

www.healthpromotionagency.org.uk



Food Standards Agency

www.eatwell.gov.uk



British Nutrition Foundation

www.nutrition.org.uk

