

Work it!

Volume 1, Issue 3

January 2006

INSIDE THIS ISSUE:

Welcome	
Walk Leader Training	2
Backcare at work	3
Workplace profile	3
'Give it a go'	4
EMAS	5
Useful websites	6

For more details please contact Project Manager-Fiona Teague Derry Healthy Cities on 02871 611384.

HEALTHY WORKPLACE WEBSITE GOES LIVE!

www.foylehealthatwork.com is up and running, and is the site to visit for useful ideas for workplace health. The new website was launched at Longfield Care Centre and is aimed as being a practical tool for workplaces who wish to develop healthy workplace practices and policies.

Present at the launch were representatives from some of the workplaces involved presently in the Foyle Health @ Work programme including Longfield Care Centre, Limavady Borough Council and Churches Volunteer Bureau—Strabane.

Commenting on website the Derry Healthy Cities Director-Mr Eamon O'Kane said *"The majority of businesses are failing to invest in improving and maximising the good health and well-being of employees in the workplace. However, managers are not always aware of where to go for support and practical assistance on workplace health issues, we have designed the website to be as informative and as practical as possible and we hope people will use it"*



Commenting on the Foyle Health @ Work Project, Manager of Longfield Care Centre, Mrs Louise McCloskey said; *"As a care employer our personal service to residents comes alive through our staff, if they are not fit, well and on top form, we risk disappointing our residents and damaging our hard won reputation, it is therefore essential to have a healthy workforce and we are very pleased to be involved in the Foyle Health at Work Project and commend Derry Healthy Cities on implementing this initiative"*

Project
Funded by



Special points of interest:

- ◆ Updates of activity in local authorities.
- ◆ Healthy living! 'Are you up for it?'
- ◆ Get Active updates.
- ◆ Business support available

Project Supported by



NEW DATE FOR WORKPLACE SMOKING POLICY TRAINING

The training previously set for workplaces who wish to develop smoking policies to keep in line with the legislation—smoking ban in work places and all from April 2007, has been rescheduled for **Tues 21st Feb 06 in Strabane District Council or Thurs 23rd Feb 06 in Limavady Borough Council from 10.00am-12.30am both days.**

This free training is being provided by Foyle Health @ Work in association with the Western Tobacco Control Group.

For further details contact Fiona/Sabrina.

HEALTHY EATING WORKSHOP FOR CANTEEN STAFF

Calling on all catering management and staff! Want to provide some healthy eating options/alternatives into your menu? Would you value some useful hints? FH@W with Foyle Trust community dietitian Deirdre Pena Hernandez are holding a workshop on **Monday 13th February 06 @ 2.00pm in the Gasyard Centre, Lecky Road, Brandywell, Derry/Londonderry.** The workshop will centre on, what is a balanced diet, adaptation of popular recipes, going back to basics for food preparation, how to promote healthier choices, keeping in tune with your customers and keeping them on your side and in your canteen and how to promote your new/healthier options etc.

For more information and to register a place please contact Fiona/Sabrina.

Welcome to our 3rd edition of Work it!

We hope by now you will have got some useful info, ideas or motivation to get started on your healthier lifestyle at work. If not there is no better time to start than now.. We have so much to tell you about we have had to add extra space in the newsletter.

In this edition we have everything to help your workplace become more stressfree, safe, active and even eat healthier. So enjoy and remember we are always pleased to get your views and feedback!

On average stress costs each workplace approx £930.00 per employee per absence & 30%-60% of this is stress related. (£475 direct-replacement staff overtime, lost service production. £455 indirect-unanswered calls lower team morale, absence management training.)



Ref CBI2004 Absence Survey

LOCAL AUTHORITIES LEAD THE WAY TO A HEALTHIER WORKFORCE



The local authorities of Strabane and Limavady have been encouraging their employees to adapt healthy lifestyles by signing up to FH@W.

Strabane District Council recently held a step challenge between the men from Technical Services Dept and Ladies from the Administrative offices. The 4-week challenge seen the men from the yard emerged victorious. Together the staff walked over 2000km. Brian McMahon, Chairman, congratulated all the staff that had taken part: *“Feedback shows that a physical activity programme for staff has many benefits, including improving health and well-being. Strabane District Council would like to thank Foyle Health @Work Initiative for helping to create a work environment that promotes and supports healthy behaviours.”*

Limavady Borough Council have recently had a number of their staff complete the ‘Get Active and Eat Well Challenge’ At the recent presentation staff were informed that in twelve weeks they had tallied up a total of 396hours in physical activity and had consumed over 2500 pieces of fruit and veg. Limavady Borough Council Director of Environmental Services- Mr.Noel Crawford said *“Limavady Borough Council has identified the importance of the health of all employees, and we are proactively implementing programmes such as the ‘get active’ initiative to focus on the overall health and well being of staff. To ensure a healthier local population we would encourage local workplaces to implement similar initiatives.”*



Would you or any of your colleagues like to become a walk leader?



This one day course facilitated by a Physical Activity Co-ordinator, trains adults how to:

- ⇒ Set up local walking for health programmes
- ⇒ Lead safe and enjoyable walks for people of all ages and abilities
- ⇒ Promote the health benefits of walking
- ⇒ Motivate people to take up walking.



DATES OF TRAINING

**Thurs Feb 16th 06—
Gorteen House Hotel,
Limavady**

**Wed March 8th 06—
Strabane District
Council**

*Please note places are limited!
(To find out more on any of the above courses contact Fiona/Sabrina)*

Healthy Living are you up for it?



NORTH WEST INSTITUTE
OF FURTHER AND HIGHER EDUCATION
www.nwi.ac.uk

FH@WP in association with the **North West Institute of Further and Higher Education** have joined forces in a unique opportunity to offer workplaces a specifically designed programme aimed at providing workers with practical and useful information on leading healthier lifestyles.

The programme can be delivered in the workplace, is 4 hrs long and can be adjusted to suite (e.g. 2 x 2hrs 4x1hrs). The programme looks at various issues including:

Living a healthy lifestyle

Benefits: weight control, increase self esteem

Getting the balance right

Defining the food groups –Fruit and vegetables, Dairy and Meat, Starchy foods, Fats and sugar group

Atkins versus G.I.

Diet versus disease

Healthy diets linked to long life

Dietary related illnesses

Changing the habits of a lifetime

Menus, recipes, adapting old favourites

How to eat out and still be healthier.

Change for the better

Stress and diet

Managing stress

Exercise and diet

Managing exercise

If you would like more information on the programme or to enroll your workplace contact Fiona/Sabrina

BACKCARE AT WORK



Back disorders are the commonest form of ill health at work. Tackling back pain effectively requires good management and a partnership approach, in which employers, workers and others play a role.

Here is a list of simple do's and don'ts that will help you deal with back pain and let you get on with your life.

DO'S

- ⇒ Do stay as active as usual, if possible. But see your doctor if you are worried about the back pain or if the pain persists or suddenly gets worse.
- ⇒ Do speak to your employer and, if necessary, discuss what can be done to help you stay at work.
- ⇒ Do find out about back pain. A summary of good advice can be found in guidance booklets like *The Back Book*

DON'T'S

- ⇒ Don't take to bed and wait for the pain to go away.
- ⇒ The sooner you get back to normal activity the better.
- ⇒ Don't worry. Back pain is rarely serious and worry delays recovery.
- ⇒ Don't avoid activity simply as a way of avoiding the pain.

(Ref:Backworks booklet – HSE publication)

If your workplace would like to have some training for staff in the area of back care/manual handling please contact Fiona/Sabrina.

What has Apollo 13, Chernobyl, and Axon Valdesse got in common?

They were all disasters that were caused by sleep deprivation at work!

WORKPLACE PROFILE

In each issue we are giving workplaces the opportunity to tell the world about their workplace health programmes. This edition it is the turn of **North and West Housing**.

North and West Housing are a large voluntary housing organisation providing for the general housing needs of the community and those in need. They employ approximately 500 employees at present and vary from office staff, who work regular hours to staff in schemes who work shift patterns

North and West Housing have been proactive in relation to their employee's well being. They continuously organise sessions on male and female health issues for example cancer awareness, chest, heart and stroke programmes. They have implemented successful smoking cessation initiatives, and staff have had the opportunity to participate in training programmes on issues such as: working with shift working, back care and stress management.

Their Personnel Officer Noeleen Farnan said *"We are always keen to address the health needs of our staff and are continuously trying to introduce new initiatives into our workplaces, we are pleased to be working with the Foyle Health at Work Programme and would recommend other workplaces to get involved in the initiative"*

'GET ACTIVE & EAT WELL CHALLENGE'

Over 110 of you cant be wrong! To date this is the number of people who have got involved in the challenge. We have been getting some positive results for those who have completed the 12-week challenge. The aim of the challenge is to encourage people to participate in more physical activity and increase their intake of fruit and vegetables in their daily diets. Here are some results to date:

PRE CHALLENGE	POST CHALLENGE
21% of participants consumed 3-4 portions of fruit and vegetables per day	71% of participants consumed 3-4 portions per day.
37% of participants took part in 2-4 hrs physical activity per week	86% of participants took part in 2-4hrs activity per day.
37% of participants did not take part in any physical activity during work time	86% take part in physical activity during worktime.
71% of graduates of the challenge said the challenge was a very good motivator for getting more active and eating more healthy.	
Although the programme is not a weight loss programme we are keen to highlight that the smallest changes in lifestyle can make big changes. Example: 66% of graduates have reduced their BMI's and lost excess body weight.	

To get involved in the 'Get Active and Eat Well Challenge' contact Fiona/Sabrina.



DID U KNOW

In 1 minute a 150lb person burns approximately 10 calories walking up the stairs and only 1.5 in the lift!

Go on give it a go!

So your interested in having some work-place health programmes at work but don't know what to do. Here are some proactive examples. Why not try one out to start with and let us know how you get on!

Healthy Eating

Changing canteen food, better labelling and information available offering more variety in vending machines and free fruit schemes. (INVISTA have relabelled food in their staff canteen to encourage staff to eat 5 portions of fruit and vegetables per day)



Physical Activity

Walking schemes, gym membership, and pedometer challenges. (Fairways Health Club at the Radisson Roe Park Hotel, Limavady have introduced a special membership package for all workplaces involved in the FH@WP)

Disease Awareness

Working with charities on issues such as heart health, and cancer issues.

Stress Management

Providing training, practical toolkits, workshops and seminars for management and staff will ensure everyone is aware of the issues. (FH@W with AMH and Western Investing for Health have provided training and audits for 18 workplaces)

Lifestyle Management

Diabetes, asthma and arthritis management, smoke cessation and weight management programmes. (Longfield Nursing home have completed a staff sponsored weight loss programme)

1 week into physical activity;

- * excess fat will start to burn.
- * you will have more energy and sleep better

1 month into regular activity:

- * your immune system becomes stronger, reducing changes of infection.
- * controlled weight means less chance of developing diabetes.
- *Your memory and concentration will improve.

3 months into regular activity

- * reduces the amount of bad cholesterol that we have in our bodies.
- * means that the chance of developing heart disease is reduced by half compared with someone who is inactive.
- * reduces high blood pressure a major cause of 'stroke'.

Get more Active at Work

There are lots of opportunities to be active at work. Look how quickly you can burn an extra 490 calories! This could lead to 2-4lbs weight

Inactive	Calories	Active	Calories
5 mins phone call sitting	5	5 mins phone call standing	25
Send an email to colleague 1 fl away	5	Walk to colleague 1 fl away	30
Drive or take bus to and from work	15	Walk for 10 mins of the journey each way	120
Eat a packed lunch	10	Walk 10 mins to a sandwich shop	60
Sit in the canteen 30 mins at lunch time	30	Eat lunch (15mins) and take a 15 min walk	135
Getting in lift for 3 flights of stairs	5	Walk up 3 flights of stairs	15
Park next to the entrance	5	Park car at far end of car park (5 min walk)	30
Spend 30 mins sitting at an office meeting	30	Have a 30 min walking meeting	180
TOTAL	105	TOTAL	595



As many as 25% of workers regularly skip lunch and rely on snacks to get through the day, many of them are often high in fat, salt and sugar!

HELP AT HAND



The Employment Medical Advisory Service (EMAS) is a statutory advisory body within the Health and Safety Executive NI (HSENI).

It is staffed by a specialist doctor and nurse. They give specialist advice on medical matters relating to work. They are statutorily required to:

- Secure that government departments, other relevant bodies and individuals are provided with advice on the means to safeguard and improve the health of people at work;
- Provide advice on health to those at work or those seeking or training for work;
- Can provide advice in relation to any work premises.

To find out how EMAS can benefit you as an employer and as an employee contact HSENI, 2nd floor Avenue House, 42/44 Rosemary Street, Belfast, BT1 1QE. Tel: 028 9040 8004 email: emas@mail@detini.gov.uk

TIPS FOR THE MALE OF THE SPECIES

When your driving a car, you have two choices when the oil pressure light comes on:

1. Stop and put oil in the engine.
2. Rip the light out of the dashboard.

Both of these options have the desired effect of no longer seeing a warning light, but only one of them has guarantees happy hours finding a reconditioned engine. Few men would continue driving with steam pouring out of the radiator or loose steering, yet we will carry on putting up with many symptoms of early disease much longer than do women. Here are some early warning signs from the HANE's expert men mechanics that should not be ignored or you might find yourselves looking for some pretty vital second-hand parts.

Oil pressure warning light: High blood pressure has few warning signs. That's why it is called the silent killer. Check your BP at least once a year before you develop blood in your urine, tunnel vision or have a stroke.

Ignition warning light: If you are charging your battery you will soon be able to start your engine. Losing weight a loss of appetite or difficulty in eating needs your doctors attention.

Rev counter: If you are over-revving on slight inclines your engine will wear out prematurely. Being unfit is one cause of a high heart rate which refuses to return to normal quickly after exercise.

Engine misfire: Timing is just as important to the heart as it is to the car engine. An irregular heart rate, especially with exercise, needs attention.



Extract from: *The Man Manual: 120, 000BC to Present Day, All Models, Shapes, Sizes and Colours - The Step-by-step Guide to Men's Health* Hardcover ~ Ian Banks



Foyle Health @ Work

Project Manager— Fiona Teague
Project Administrator - Sabrina Moore

C/o Old Nurses Home
Altnagelvin Hospitals

24 Glenshane Road

Derry/Londonderry

BT47 6SB

Tele: 02871 611384

Fax: 02871 611396

WWW.FOYLEHEALTHATWORK.COM

"Pure Products & Services" are specialist in Natural Nutritional Consultancy & Education on how people can help make those life changing choices in a practical and informative way.

TIPS TO BOOST YOUR IMMUNITY - HELP FIGHTING OFF THOSE WINTER CHILLES

BRIGHT: yellow, orange and red vegetables contain the nutrients needed to boost a weakened immune system. They are also rich in antioxidants - vitamin A, C and E so eat a wide variety - carrots, sweet potatoes and broccoli etc

KEEP ACTIVE: 30 minutes exercise (walk , swim etc) helps to tone up your cardiovascular system, which will in turn strengthen your immunity.

REST-UP: Sleep is the laziest way to stay healthy. During those night-time hours your body goes through the essential processes of repair and rejuvenation. Missing out on 2-3 hours of our sleep time can cut down our immunity by 50% the following day.

We have experience and knowledge in designing individual health plans for all ages tailored to individual needs, ie living with intolerances, allergies, obesity Eating disorders, Tiredness and more.

On an educational group bases in the workplace, community or private sectors etc.

Contact: Jacqueline Cartin Natural Nutritionist
for more info on: 02871 260218 or 07742922543
on Email: info@pure4life.org

Useful sites:

- www.bitc.org.uk/health
- www.workstress.net
- www.hse-ni.org.uk
- www.backpain.org
- www.bbc.co.uk/bigchallenge
- www.signupweb.net
- www.bhf.org.uk/thinkfit

The Health & Safety Executive has produced new management standards and guidelines on work related stress for employers and employees it is available at www.hse.gov.uk/stress

COULD YOU USE THE HELP OF A BUSINESS MENTOR IN YOUR ORGANISATION ?

HELP IS AVAILABLE !!

We can provide up to 15 business mentors from the fields of finance, law, health & safety, personnel, IT, property, production, transport and much more to help with get to grips with issues which you may otherwise not be able to afford, or have time to address.

The mentoring will be made available on a first come, first served basis to groups that do not have in house facilities or resources to address the issue. If any of you are interested, please get in touch. Recent referrals include :

- ◆ Setting up a company limited by guarantee
- ◆ Developing a business plan
- ◆ Setting up wireless broadband and LAN's
- ◆ Horticultural expertise for disabled group developing a garden centre business
- ◆ Advice on developing shared accommodation for community groups
- ◆ Advice on stamp duty, VAT and payroll
- ◆ Sales training for staff
- ◆ Developing a marketing logo
- ◆ Trustee Investments
- ◆ Property surveys for potential purchases
- ◆ Development of job descriptions
- ◆ Factoring and invoice discounting
- ◆ Insurance
- ◆ Risk assessments

The above list is just a sample of the type of mentoring available. If you would like to be considered, or if you would like to make a referral, contact: Tom McElhinney NI Director Community Action Network, c/o Business in the Community, Invista Ltd, PO Box 15, Maydown Works, Londonderry. BT47 6TH.

Tel : 02871861550; Fax : 02871 861577; www.can-online.org.uk

Don't forget to keep an eye out for local winners in the BBC Big Challenge Health workplace award! Winners will be notified very soon. Good luck to all who applied!