

Work it!

Volume 1, Issue 1

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NEW HEALTH @ WORK PROGRAMME LAUNCHED!

The Foyle Health At Work Project was launched on Friday 10th September 2004 in the Chamber of Commerce offices in Derry/Londonderry.

The project, which is the first of its kind in Northern Ireland, is targeted at employers in the local authority areas of Limavady, Derry/Londonderry and Strabane. It seeks to address the issues of Coronary Heart Disease, Stroke and Cancer in workplaces as well as encouraging an overall healthier lifestyle for all employees.

This project is a new opportunity for employers to access an important support service that is pro-active in the workplace and focuses on the holistic health of workers and not just their physical health or safety within the work environment.

Workplaces that participate in the

programme will have the opportunity to experience a structured approach to workplace health, that will be based on the individual needs of both the employees and the work settings.

Derry Healthy Cities Director, Mr. Eamon O'Kane said "to ensure the project is successful we need the combined efforts of employers and

employees to improve the health and well-being of people at work.

This can be achieved through a combination of improving the work organisation and work environment, promoting participation and encouraging personal development. The programme will be as practical as possible and will encompass a wide range of activities "

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

Project Funded by



- **Special points of interest:**
- Smoking in the workplace
- Workplace health partnerships
- Working at Healthy Eating

Project Supported by



Pictures at the launch of the Limavady FH@W Project: Limavady Mayor: Jack Rankin, Martin McCook, Noel Crawford-Limavady Borough Council, Aaron Mullan-Raddison Roe Park Resort, Kathleen Guy and Kathleen O'Brien-Huco Lightronics, Fiona Teague-Project Manager.

LOCAL EMPLOYERS MAKING HEALTH @ THE HEART OF THEIR BUSINESS

Employers from the Local Authority areas of Limavady, Derry/Londonderry and Strabane were the first to sign up for the Foyle Health At Work Programme. Some of the employers include;

Huco Lightronic NI Limited is a private company based at Aghanloo Industrial Estate, Limavady. Hüco manufactures electronic circuits for lighting systems, largely for the export markets. Employing approx. 90 people, the production processes involved both high tech equipment as well as manual assembly. The company's Personnel Manager, Linda Norris said 'As stated in our company policies, our employees are our most important asset. To date we have been concentrating on

dealing with health issues after they arise. Now we need to concentrate on prevention. The health and welfare of the team is a priority within the organisational objectives, and I am pleased Hüco is involved in the fh@wp.'

Limavady Borough Council employ approximately 150 people. Job duties vary dramatically across departments. Martin McCook workplace health representative said 'we are keen to address the issue of workplace health, in the past we had looked at various programmes, however the external support was not always there, we look forward to the development of the programme.'

Radisson Roe Park Hotel has over 178 people employed. Their spa manager Aaron Mullan said "we are very excited about the Foyle Health at Work programme and see it as a vital support service for our staff".

Bank of Ireland Strabane which have a relatively small workforce are none the less determined that their employees have access to a health programme which is tailored to suit their needs. Customer services manager-Maura McBerth said "Larger branches of our bank had previously organised health programmes for their employees. We are keen our workers are provided with the same opportunity".

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Welcome to Work It!

Welcome to the first issue of 'Work it'. This newsletter will look at issues that are important to the health of all workers, and will have up to date features of what is happening in the area of workplace health. This newsletter is distributed to many workplaces throughout the Foyle area.

We hope to include many positive practices happening in workplaces throughout the area.

If you would like your event or workplace health activity to be included in the next issues of 'Work it'. Please contact Fiona or Sabrina, contact details on the back page.

Who are the Foyle Health @ Work Steering Group ?

Derry Healthy Cities are the programme leads on behalf of the FH@W Steering Group. They plan to create a support service for local employers and employees.

This Steering Group consists of representatives from:

- **Derry Healthy Cities**
- **Western Health and Social Services Board**
- **Health Promotion Department at Westcare**
- **Derry City Council**
- **Strabane District Council**
- **Limavady Borough Council**
- **Business in the Community**
- **Derry Chamber of Commerce/CPC Office Supplies**
- **Altnagelvin Hospital**

Did you know !!

37% of CHD deaths are related to inactivity compared to 19% related to smoking!

CONTINUED FROM PAGE 1..

Strabane District Council has a workforce of 160, who work duties again vary greatly from department to department. Chief Environmental Health Officer Paddy Cosgrove said " *we have provided some health programmes for our staff but our own time resources can be limiting, it is encouraging that such a service is open to employers and employees*".

CPC Office Supplies Ltd are suppliers of office stationery and office furniture, based in Maydown Industrial Estate in L'Derry. Mr Ian Crowe, Managing Director said *'this programme is a great opportunity for local employers to invest in their business through the health and well being of their work force and CPC are pleased to have been selected for the programme and look awareness and life style'*

Foyle Meats are a meat processing plant who employ 277 employees, at their base in Lisahally, Campsie. Kevin Tyre- Health and Safety Officer said *'the management are keen to provide the opportunity to address various issues of employees health.'*

Fruit of the Loom are preparing to implement a workplace health programme for their staff of 300 employees, Roisin Doherty OH Nurse- said *"This organisations prides itself on health and safety legislation, however- developing the health of the employees has not always been addressed. I am pleased to see the provision for a workplace health in the area"*

Smoking in the workplace

Smokers take 50% more sick leave than non-smokers. It is estimated that 35 million working days are lost each year in the UK due to smoking related illness.

Benefits of stopping smoking.

- After 20 minutes: Your blood pressure and pulse will return to normal
- After 8 hours: The level of oxygen in your blood returns to normal
- After 12 hours: Your body's level of toxic carbon monoxide declines, and returns to non-smoking levels after 36 hours
- After 24 hours: Your risk of a heart attack is already decreasing
- After 36 hours: Nerve endings killed by cigarette toxins begin to grow again
- After 3 days: Your sense of smell and taste are as sharp as a non-smoker's. You already feel more energetic, and notice an improvement in your breathing
- After 2 weeks: Circulation improves
- After 3 months: Breathing problems (e.g. coughing, shortness of breath, and wheezing) decrease
- After 1 year: Your risk of heart disease drops to half that of a smoker
- After 5 years: Risk of stroke is no more than that of a lifelong non-smoker
- After 10 years: Lung cancer risk is half that of a smoker

(Health Promotion Department—Westcare Business Services, 15 Gransha Park, Derry/Londonderry Tel:7186 0616)



The FH@W will be providing the opportunity for smoking cessation support, with Loyds Pharmacy funded through the Western Tobacco Control Group. Support workers will come along to your workplace to provide support for those wishing to give up smoking. Contact Fiona/Sabrina for more details.

January-Cervical Cancer Awareness Month

Cervical cancer is rare but having a smear test every 3-5 years is an important health check.

Action Cancer provides cervical screening on its Mobile Detection Clinic. Supported by local retailer, Supervalu, the mobile clinic travels to workplaces and community groups throughout Northern Ireland offering screening by female staff. Having a regular smear test helps reduce your chances of developing cervical cancer by spotting any problems before the trouble begins.

Who needs to have a smear? Women between 20-64 years of age who are, or have been, sexually active. Cervical cancer is rare in women who have never had sex.

If it is more than 3 years since your last smear

Tests may be carried out at your GPs Surgery; Well-woman Clinic; Family Planning Clinic;



Did you know !!
If present trends continue with regards obesity, by 2010 1 in 4 people wont fit into a standard office chair.



Lets get active!

My Doctor said "Only 1 glass of alcohol a day". I can live with that.



**There are 1440 minutes in every day..
Schedule 30 of them for physical activity**

Ill health and low morale can take their toll on the workforce. Physical Activity is used as therapy for most major issues affecting workplace health: mental health; musculo-skeletal conditions, including chronic lower back pain; weight management and prevention and management of many medical conditions including heart disease.

The good news is encouraging people to become more physically active doesn't have to be difficult, expensive or time consuming to have a positive effect on health.

The fh@w 'get active and eat' challenge will provide all employees with the opportunity to get active. No more excuses.

The challenge is a 12-week one. The goal is to increase physical activity and the intake of fruit and vegetables. Participating employees can get active together as part of a team or individually, and wherever suits them best, at work or at home. All those who successfully complete the challenge will receive a FREE t-shirt as well as other prizes for participants.

To find out what is involved in the FH@W 'Get Active and Eat' Challenge contact Fiona or Sabrina.

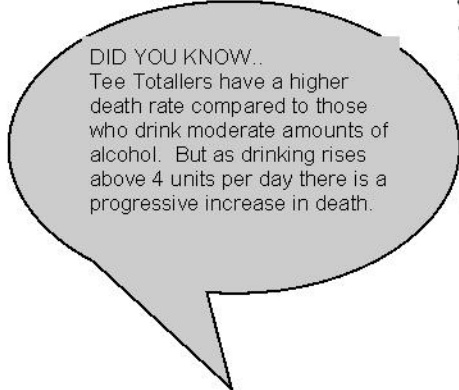


STRESSED At work?

Stress has been described as the asbestos of the 21st century. It is one of the main types of work-related ill health and the causes of thousands of days of sickness absence.

FH@WP in conjunction with 'Investing for Health' are providing the opportunity for workplaces to have a stress training programme tailor made to suite the needs and issues of their workplace, whereby both management and staff will be consulted.

If you feel your workplace would benefit from such a programme please contact Fiona/Sabrina.



DID YOU KNOW..
Tee Totalers have a higher death rate compared to those who drink moderate amounts of alcohol. But as drinking rises above 4 units per day there is a progressive increase in death.

