



WORK IT!

Issue 12 September

Northern Ireland's only newsletter dedicated to workplace health

Welcome to our 12th issue of Work It. Northern Ireland's only newsletter dedicated to local workplace health and well being. In this edition we have a look at what's happening in the local area, details of free workplace health programmes and training along with useful links and websites.

We also bring you an update on our new and exciting pharmacy partnership programme in conjunction with Medicare and funded by the Community Development Health Network.

H&J Martin & Foyle Health@Work Build Better Health

6th June 2011 saw the launch of Men's Health Week for the construction workers involved in the renovation of Guildhall and Northern Bank, Derry/Londonderry.

Men's Health week ran from the 13th – 17th June and promoted good health and wellbeing for construction workers and raising awareness of many health issues which men sometimes find difficult to either talk about or find the time to address.

The programme included a week of events with a wide range of seminars for workers to sign up to including: health checks by professionals, coronary heart disease/stroke awareness, mental health awareness, healthy eating advice, cancer awareness sessions, and back care.



The idea for Men's Health Week came as a response to a health needs analysis carried out by Foyle Health@Work (funded through the Public Health Agency & Awards for All) in partnership with H&J Martin. Commenting on the Scheme; **Martina Campbell (Health & Safety Manager) H&J Martin** said:

“Foyle Health @ work initiative has provided H&J Martin with the expertise and support to establish a valuable health improvement campaign on our site. As a company we are now aware of the importance and benefits of promoting health awareness in the workplace and are delighted to have the opportunity to take part in this initiative”



Health Drive @ Work Project



Health Drive @ Work is a programme funded by the Community Development Health Network under their "Building the Community Pharmacy" partnership programme and facilitated by DHC in partnership with Translink and Medicare (OHares) Pharmacy. The programme was designed to promote employee health and to provide information, practical support and advice to staff as well as increasing confidence to address personal needs regarding health and wellbeing.



To Date we have:

- ◆ In the process of developing a workplace health and well being group.
- ◆ Implemented one to one health consultations for staff by pharmacist
- ◆ Referrals made to the pharmacy regards smoking cessation
- ◆ Carried out focus groups to identify needs.
- ◆ Wellbeing programme developed for staff
- ◆ Healthy Eating workshops completed

Future Plans :

Workshops to be carried out on Stress Management, Back pain, Cancer Awareness and Alcohol and Drug Awareness.



Health Drive @ Work Project



Pharmacy Services.

All you need to do is

Order your prescription from the surgery letting the receptionist know Medicare will collect it.

Phone the Medicare Pharmacy of choice and let them know you have ordered a prescription.

Our driver will collect the prescription and bring it to the Medicare store of your choice ready for collection at your convenience.

Repeat Prescription Service



The convenient way to get your regular medication.

MediCare Pharmacy Group's free repeat prescription service offers you the convenience of having your repeat medication prepared, without the need to leave your home.

Minor Ailments.

This NHS scheme means it is no longer necessary to visit your GP for minor illnesses as they can now be treated by your local pharmacist. Just visit your local pharmacy and you can get advice and treatment (free of charge) on the following conditions; coughs, colds, sore throats, hayfever, athlete's foot, diarrhoea, headlice, vaginal thrush. For more information on this service just call into your local Medicare Pharmacy.

Minor Ailments

Coughs + Colds + Hayfever + Athlete's Foot
Thrush + Headlice + Diarrhoea

Why wait to see your GP?

Go straight to your PHARMACIST



READY TO QUIT SMOKING?

You could **DOUBLE** your chances by joining our **FREE Smoking Cessation Scheme.**

Ask your MediCare Pharmacist today!!



For more information on any of these services contact **Brenda Mc Cartney** at Medi-care on 02871 267004 or call into your local Medicare pharmacy.

Whats happening in your area?

St Columbs College invest in employee health & wellbeing.

As part of their Staff Health & Well-being Action Plan, St Columb's College have just launched a 4 Week 'Virtual Walk Challenge'. The challenge aims at increasing physical activity in a competitive yet fun way over a 4-week period while raising money in aid of Foyle Search and Rescue. As part of this programme staff have had the opportunity to receive nurse-led health checks. This has resulted in some referrals to GP's regarding specific health conditions. Staff have also



had the opportunity to use the skin scanner and received information on how to avoid skin sun damage. This is all part of an initiative which includes specific programmes on Cancer, stroke and cardiac risk awareness. It will also look at managing stress and mental health matters, How to include healthy eating in diets , physical exercise and smoking cessation .

Holy Cross College Strabane launch health & well-being programme for staff

Holycross College are the first school in the Strabane area to become involved in FH@W and look at how they can promote a healthier workforce through working with the Foyle Health@Work (funded through Public Health Agency and Awards for All.)



Research has shown that a healthy workforce is a happier and more productive one. The college carried out a staff health survey in 2011, with 125 staff. Holycross College have agreed a Health at Work Action Plan with Foyle Health @ Work and are currently implementing a comprehensive programme throughout the school for all staff.

Free Programmes and Training for Workplaces



WHAT IS THE STOP SMOKING SUPPORT SERVICE?

- The Stop Smoking Support Service is on offer FREE to all organisations
- On request one to one Stop Smoking Support Clinics can be set up in Workplaces, taking into consideration the working patterns of both employer and employee.
- A trained Smoking Cessation Specialist will offer one to one, individual support for those smokers “who wish to stop smoking and are ready to quit”

Free!!

The six week programme will be tailored to meet the needs of the smoker, motivating and supporting at all stages of quitting First appointment: Initial assessment 30 mins ,Following over 5 weeks with 15 minute sessions on:

- ◆ Preparation on getting ready to stop
- ◆ Setting a Quit Date
- ◆ Advice & Guidance on selecting and using appropriate products/treatments suitable for smoker.
- ◆ Regular Carbon Monoxide testing
- ◆ Help in coping with withdrawal symptoms.
- ◆ Products provided free for over 12 weeks

If you want help in setting up this programme in your workplace please contact sabrina@derryhc.com

Free - Workplace health programmes

Samaritans Workplace Health Programme

Topics Covered

- ◆ emotional health awareness
- ◆ communication and listening skills (inc body language)
- ◆ understanding depression
- ◆ stress management
- ◆ understanding self injury
- ◆ understanding suicide
- ◆ sources of support (part of all sessions)

All sessions can be run in-house.

All sessions are tailored to suit the needs of the organisation in terms of time commitment. Maximum numbers for these sessions are 15-20, contact sabrina@derryhc.com for further information.

Mental Health First Aid for local workplaces.

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. It works on dealing with crisis situations 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

Advise 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.

To register your interest for future training or more information contact sabrina@derryhc.com or 71611384 for details on the next training dates. Or if you would like to have this course run in-house please register your interested asap as places are limited.





Sabrina Dunne
Project Manager
Foyle Health @Work

Derry Healthy Cities
Altnagelvin Hospital
24 Glenshane Road
Derry/Londonderry
BT47 4UL

Tel: 02871 611384

Fax: 02871 611396

Email: sabrina@derryhc.com

www.foylehealthatwork.com



Drugs and Alcohol:
www.drugsalcohol.info

Enjoy Healthy Eating:
www.enjoyhealthyeating.info

Get a life get active:
www.getalifegetactive.com

Help protect yourself:
www.helpprotectyourself.info

Know your limits:
www.knowyourlimits.info

Minding your head:
www.mindingyourhead.info

Space to breathe:
www.spacetobreathe.org.uk

Up-2-You: www.up-2-you.net

Call to all Workplaces to get involved in the Health at Work Programme

- ◆ Do you work in Derry/Londonderry, Limavady or Strabane Council Areas?
- ◆ Would you like your staff to make informed choices about their wellbeing?
- ◆ Would you like a happier, more productive workforce?
- ◆ Would you like free advice on how to set up a structured health plan for your staff?
- ◆ Would you like free or subsidised health promotion activities and training for your staff?

*If you would like more information about the Health @ Work Programme?
Contact sabrina@derryhc.com.*

Stress Savers

Start with these tips from [MedicineNet.com](http://www.MedicineNet.com):

Exercise. In addition to all its other benefits, exercise can emotionally remove one temporarily from a stressful environment or situation. Being fit and healthy also increases your ability to deal with stress as it arises.

Relaxation and meditation. There are hundreds of different types of relaxation methods that can relieve stress and promote physical and [mental well-being](#). Structured relaxation and meditation techniques range from audio CDs to group martial arts and fitness classes.

Time management. Good time-management skills are critical for effective stress control. Always using a calendar or planner, and checking it faithfully before committing to anything, is one way to develop time-management skills.