

Foyle Health @ Work

derry
healthy cities

Work it!

Volume 1, Issue 2

July 2005

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For more details please contact Project

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02871 611384.

Getting active at work!



Employees from Strabane District Council getting in on the 'Get Active & Eat Well challenge'. Clare Mullen, Anne Robinson, Gillian Bradley, Aidan Lynch, Ryan Porter

To date over 400 employees have been provided with the opportunity to participate in the Foyle Health @ Work 'Get Active & Eat Well challenge'.

The challenge is a 12-week programme for workplaces who wish to focus on increasing physical activity and intake of fruits and vegetables.

The goal is for workers to increase their physical activity to 30-minutes per day and eat 5 servings of fruits and vegetables each day. Having this program at the worksite will create an environment that promotes and supports healthy behaviours.

Workplaces can compete in the challenge on their own or as a team, where it suits them at best at work or at home.

Vicky Stirling- 'Get Active & eat well challenge' participant said: *The get active & eat well challenge has helped me consider my daily intake of fruit and vegetables, the physical activity element has kept me motivated to get active"*

To get your workplace involved in the challenge contact Fiona on Tel:7161 1384.

Project
Funded by



- Special points of interest::
- Business Profile
- Lazy Exercise Guide for Busy People
- Workplace Stress Programme

Project Supported by



WESTERN
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Welcome

Welcome to the second issue of 'Work it'. The newsletter that looks at issues which are important to the health of workers.

Since our first issue you have been getting into the spirit of things with many activities and programmes taking place at various workplaces throughout the Foyle area.

We will shortly be reaching the end of year 1 of the programme and will be looking for new recruits! So if you feel your place of work could benefit from a health makeover,

The Foyle Health at Work programme is for you....

WORKPLACES

ENCOURAGED TO GO SMOKE FREE!

Workplaces who wish to develop smoking policies are being provided with the opportunity to receive free training.

The Western Tobacco Control Group are providing 2 workshops.

The dates are Thursday 1st September 05 in the Silver Birches Hotel, Omagh, and Thursday 8th September 05, 10.00am-12.00 noon.

For further details contact: Mark McBride-Tel: 028 8225 3951.

BBC Get in on it!

The BBC has launched an award scheme to find the Northern Ireland's healthiest employers.

It is called the 'BBC Big Challenge Health Works Awards 2005'. The scheme aims to inform, motivate and reward small and medium sized employers in particular on the benefits of taking health in the workplace to heart. The scheme aims to celebrate:

- employers who are already switched on to the importance of health in the workplace.
- unsung heroes in the workplace who go out of their way to inspire, encourage and ca-

jole their colleagues to lead healthier and fitter lives.

- employers who rise to the challenge this year and make health in the workplace one of their top priorities in 2005 and beyond.
- If this sounds like you, your colleague or your employer, then you can take part.

Closing date for applications is Dec 2nd 2005. For further information visit the BBC Website <http://www.bbc.co.uk/bigchallenge/healthyworkplace/awards>

WHAT'S BEEN HAPPENING—@ A GLANCE!

- Over 900 participants in the past 7 months
- Programme delivery on:
 - Smoke cessation
 - Cancer issues
 - Health checks
 - Healthy eating
 - Physical activity
 - Stress management
- Developed partnership programmes on health & safety.
- Initiating work for health issues relevant to immigrant workers.
- Developed a workplace physical activity challenge. And *much more!*

Eating out on us!



As a thank you to everyone who completed our recent health needs assessment, names were entered into a draw for meals for two. The following people will be enjoying meals for 2!:

Michael McLaughlin	Eamon McCotter
Maureen Henebery	Bronagh Crossan
Clive Kennedy	Raymond Whonskey
John McPherson	Robert Klis

The BIGGER Picture

The programmes above are tasters for how people can benefit from health initiatives in the workplace, it is however our aim to implement these changes into corporate plans and policies so health of employees remain top of the agenda. If your workplace would like to know more about healthy workplace policies and practices please contact: Fiona Teague Tel: 7161 1384



June—Men's Cancer Month

- There are over 200 different types of cancer which affect men.
- 1 in 3 men will develop cancer at some point during their lifetime.
 - 2 out of 3 cancers are preventable.
 - After lung cancer, prostate cancer has the 2nd highest mortality rate among men
 - The directly standardised mortality rate for cancer amongst men on the island of Ireland was over 100% higher in the lowest occupation class.
 - As the percentage of people over the age of 65 continues to rise the incidence rate of men suffering from Malignant Prostate Disease will undoubtedly continue to grow.

For more information on mens health visit: www.menshealthforum.org.uk, www.malehealth.co.uk

(Taken from the report from the mens health forum in Ireland Jan 2004)

Solution to workplace stress worries!

Foyle Health @ Work and Western Investing for Health have joined forces with AMH Consulting and training to offer an opportunity for workplaces in the Western area to avail of a stress audit and training programme.

Workplaces who have already completed in the programme have benefited from improved staff efficiency, staff retention and a recognised reduction in workplace stress. If you feel your organisation could benefit from the programme please contact Fiona Teague: Tel:028 7161 1384. please note numbers are limited.



Scene: Peter and Sid are sitting during their tea break discussing their work-places new health programme!

Peter: It says here that cardiovascular exercise can prolong life. What do you think Sid?

Sid: Well its like this, Your heart is only good for so many beats, and that's it...why would you want to waste them on exercise. Everything wears out eventually. Speeding up your heart will not make you live longer; that's like saying you can extend the life of your car by driving it faster. My reasoning is if

COME ON FLO, NOW THE DOCS CHECKED MY LUNGS OUT, LET'S HAVE A LOOK AT YOURS...



Asthma at Work Charter

Asthma at work-your charter is supported by a coalition of employers, employees and healthcare professionals. In it Asthma UK sets out 10 steps to reduce the impact of asthma in the workplace.

1. Nobody should have to breath 2nd hand smoke at work.
2. Employees should enjoy reasonable protection from asthma triggers at work.
3. Employees with asthma need to understand their own condition.
4. Employees should be protected from the causes of occupational asthma.
5. People who develop occupational asthma need immediate protection.
6. Health surveillance is vital in identifying occupational asthma.
7. Employees should look for the right help straight away.
8. Prompt diagnosis & treatment are crucial.
9. Employers and employees need to be kept informed.
10. Everyone should know how to help someone having an asthma attack.

Find out more ask a specialist asthma nurse tel:08457 010203 or visit www.asthma.org.uk

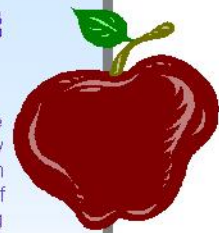
If you lead a busy lifestyle and cannot find the time to take up an intensive exercise programme, The Chartered Society of Physiotherapy has come up with a few tips on how to turn your routine or daily activities into a work-out. It is entitled the 'Lazy Exercise Guide for Busy People' Its available on

http://www.csp.org.uk/physiotherapy/features/lazy_exercise_guide.cfm

Healthy Eating linked to work!

Children of working mothers have healthier diets than those who stay at home, newly published research has revealed. The University of Glasgow, investigated the eating and lifestyle habits of over 2000 children and their parents.

They found that children of stay at home mums were more likely to eat unhealthy snacks. The findings have 'turned on its head' the belief that working mothers always dished up less healthy food.



HAVE YOUR BUSINESS PROFILED!

Each newsletter workplaces will be given the opportunity to highlight their healthy workplace practices and programmes to the world. This month **Huco Lightronics NI Limavady** is being profiled. Huco Lightronics have a mission statement which is "Working towards a brighter day". They have adopted a new concept into this statement with regards the health of their workforce. Through work with 'Foyle Health @ Work' they have adopted a work programme to encourage healthier lifestyles for their employees. To date they have:

- Looked at the current menu available in their Beyview restaurant to ensure healthy options are available.
- Provided workshops for employees on topics including; nutrition, cancer, stroke and stress.
- Organised a 5-a-side football tournament, provided workers with the opportunity to become walk leaders, provided discount packages for the Radisson Roe Hotel- Fairways Health Club, all to encourage physical activity.
- Held a 'Fruit Free Day' where employees were encouraged to try various types of fruit at no cost.

Personnel Manager—Linda Norris said "Participating in the Foyle Health @ Work Programme has resulted in a number of positive outcomes for both staff and organisation. These have included; staff increasing physical activity, a number people have stopped smoking, staff have received an insight into reducing the risks of a heart attack and gained awareness of breast cancer. We have also found an increase in staff morale and improved teamwork as employees are interacting with other departments whom they would not normally have any communication with. We would highly recommend the FH@W to other workplaces! "



Foyle Health @ Work

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WANT TO GET IN ON THE ACTION?

If you like something you have seen in this edition, or you feel that your workplace could get involved, please contact Fiona or Sabrina, and get involved



HEALTHY WORKPLACE AWARDS!

We want to recognise the efforts of workplaces who work hard at developing a healthier workforce, while also providing a support system for all workplaces. We are currently working on Criteria and all workplaces will be given the opportunity to nominate. Stay tuned for more details

Think Point?

Q: Should I reduce my alcohol intake?

A: No, not at all. Wine is made from fruit. Brandy is distilled wine, that means they take the water out of the fruity bit so you get even more of the goodness that way. Beer is also made out of grain.

Bottoms up!

PLEASE NOTE NOT RECOMMENDED BY FH@W



If you have a spare second why not check out these websites as you may find something of interest.

www.workingfamilies.org.uk
www.bbc.co.uk/health_at_work
www.bdaweightwise.com



www.hda.nhs.uk/html/improving/workplacehealth.html

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!

NOTICEBOARD

FUNATHON SEPTEMBER 11TH



This is a 30 mile sponsored cycling event in aid of Foyle Hospice and organised by Strabane & District Caring Services. It is a community health initiative. It is a cross community gender inclusive invitation to all ages from 16 plus to revisit those new year resolutions and get active, get fit.

Start from scratch NOW and build up sufficient fitness to cope with this Mini Marathon.(under Craigavon bridge and home via St Johnston). To express interest ring Martine 71 884986 with name, address and tel no. But don't wait—start cycling now—even 15 minutes a day.