

Work it!

Issue 8

Nov 08

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WELCOME TO OUR LATEST EDITION OF WORK IT!

Here we are back again 'Work it' is in to the 8th edition of 'Work it'. And we have been busy since our last edition in April. There have been a lot of new programmes and practices that we are very excited about and will tell you more about inside.

As usual we relay on the feedback from local workplaces to give us the stories. To everyone who has provided us with information thank-you and can we also encourage others to do get involved with the 'health @ work bug'

For more details please contact

Project Manager- Fiona Teague Derry Healthy Cities on 02871 611384.

FARRANS
HEALTHCARE



Western Health and Social Care Trust

BuildHealth
www.buildhealthni.com

UNIQUE CONSTRUCTION PROGRAMM BUILDS HEALTH INTO WORK

Special points of interest:

- ◆ Free Business Health Checks available
- ◆ Local workplace activities
- ◆ Physical Activity in the workplace
- ◆ Monthly Health Campaigns

FH@W have been involved in an exciting initiative at the new capital developments site of Western Health and Social Care Trust's (Western Trust) Altnagelvin Area Hospital. Under the 'Buildhealth' Initiative a Men's Workplace Health Week was put in place to promote the health and wellbeing of construction workers as well as raise awareness of important health issues that otherwise they may not have had the opportunity to learn about.

A wide range of events and seminars for employees were organised including: life-style health checks, backcare information sessions, mental health awareness, healthy eating advice, cancer and stoke awareness workshops, and physical activity advice.

It is intended that this scheme will be used as a template for the promotion of health and well being of construction workers on other sites. To date a comprehensive health needs assessment has been carried out with staff and an inclusive action plan has been developed which will be rolled out on site over the coming months. (Pictured at the launch)



Project Supported by



Mr Alan McKinney, Lead Clinician A&E, Western Trust; Mr Darrell McGuckian, Contracts Manager, Farrans Healthcare; Mr Brian Grant, Engineer, Farrans Healthcare; Ms Fiona Teague, Project Manager, Foyle Health @ Work, Ms Lorna Elliott, Site Manager, Farrans Healthcare and Mr Dennis McKinney, Newton Stewart construction.

FREE BUSINESS HEALTH CHECKS!

Health Work Wellbeing is a Government-led initiative to improve the health and wellbeing of working age people

In partnership with Pricewaterhouse Coopers and Business in the Community Health Work Wellbeing is piloting an evaluation tool to help employers assess the cost of ill-health to their business and the impact of wellness programmes on these costs.

The evaluation tool is free to download and use. Log on to www.workingforhealth.gov.uk/

Employers/Tool for more details.

IMPROVE THE HEALTH OF YOUR WORK-PLACE!

It makes sound business sense to invest in the health of employees. Research shows that comprehensive workplace health programmes can be cost effective, can lead to sustained improvements in the health of employees, and can result long term in financial benefit to the organisation.

Foyle Health @ Work is in its 5th year in operation and is giving you the opportunity to become involved in an exciting programme. The initiative has evolved beyond health & safety to include lifestyle and health choices of employees and to create a work environment that fosters healthy behaviours and well being. To enrol your workplace in this programme contact: Fiona Tel: 028 7161 1384

O'NEILLS STAFF LIFESTYLE PROGRAMME

Local company O'Neills Irish International Sportswear Strabane have recently become involved in FH@W. To date staff have received support on issues such as; giving up smoking, they have had the opportunity to have health checks which included height, weights, BMI, cholesterol, glucose and Blood pressure checks.

The pilot 8 week lifestyle programme looked at healthy eating and physical activity. With staff having the opportunity to attend weekly work-shops as well as the opportunity to attend an optional weigh in.

Approx 100 staff have participated in the lifestyle programme. Kieran Kennedy—Chief Executive said: *"We are very pleased to be working with Foyle Health @ Work. Our staff are a very important part of our business and we recognise the workplace has a major influence on peoples health. Any measures we can take to influence healthy behaviours and increase staff knowledge on health can only be good for business"*

Look out for feedback and results from this pilot programme in our next edition of *Work it!*



DID YOU KNOW

The Confederation of British Industry estimated the cost of absence to business to be £13.2bn in 2007 with around 7 working days lost per employee per year due to ill health.

Local Pharmacies

Providing support for workplaces

Since its launch in December 2006, the regional pharmacy smoking cessation service has successfully helped over 10,000 smokers to set a quit date and achieved consistently higher four-week quit rates than many other service providers.

In addition to this increasing awareness of better sexual health and providing new services more accessible to the public Community pharmacies are now available to provide advice in relation to sexual health. They offer additional services such as Chlamydia testing and emergency hormonal contraception

This success highlights the opportunities that pharmacists have for health promotion and their ability to positively exploit the interface with the public, healthy and sick alike, to provide an effective regional public health service.

Local workplaces can know also avail of this valuable service by accessing in house smoking cessation services or sexual health information workshops.

To learn more about support that is available to workplaces from the local pharmacy service please contact Joe Brogan - Director of Pharmaceutical Services Western Health and Social Services Board email

Joe.Brogan@whssb.n-i.nhs.uk

FACT!

Experts predict by 2025 there will be 4.2 million people with diabetes in the UK - a rise of 46% on current figures. At present, 2.3 million people in the UK are diagnosed with the metabolism disorder while more than 500,000 also have the condition but are unaware of it.

NEW ALCOHOL CAMPAIGN AIMED AT WORKPLACES

WDACT and the 5 Western Community Safety Partnerships and FH@W are working together to deliver a 'Christmas Campaign' to highlight the social and personal risks associated with Binge Drinking. The campaign will build on the "a Drop Too Far" brand and will target workplaces across the western board area.

Objectives are:

* to encourage employees to think about their alcohol intake

* to promote sensible and responsible drinking over the festive period.

To date workplaces that have agreed to take part in the campaign have included: Limavady Borough Council, Raddison Roe Park Resort, Derry City Council Firstsource Centre, L'Derry, Strabane District Council, O'Neills Irish International Sportswear.

To find out more about how your workplace can get involved contact Denise McCallion WDACT Tel: (028)8225 3950

**Enjoy your Christmas celebrations
have a sensible one!**

17 million working days are lost annually due to alcohol related abuse.
Source: Faculty of Occupational Health, Guidance on alcohol and drug misuse in the workplace (UK), 2006

1 in 11 children are living in a family where there is an alcohol problem.
Source: Draft NI Hidden Harm Action Plan, 2008

40% of all acute A&E hospital admissions are alcohol related.
Source: Barnford Review of Mental Health and Learning Disability in NI, 2007

P.S. Alcohol could cost you your job, your family or your health. Don't go too far this Christmas



AinoActive is an proven and effective solution for improving workplace healthcare and employee wellness.

We enable you to reduce personnel health risks, decrease the amount of absenteeism, lower health insurance premiums, prevent premature retirement and increase productivity while enhancing your corporate well-being. Investing in employee health pays and we have proven that 84% of health risks are reduced within the first 6 months of the programme.

Aino Active:

Offers the best return on investment to enhance employee working-ability with long-term commitment at the individual level.

AinoActive is a highly effective and motivating solution for middle-sized and large workplaces.

A unique operating model – we work locally and always bring our service to your employees.

Utilises the latest technology in its tailor-made solutions to be more effective than common, standardized wellness models.

AinoActive's personnel consist of health and wellness professionals including nutritional science experts, physiotherapists and doctors.

Aino Active are running a pilot project in order to improve workplace health and employee wellness of companies in Northern Ireland. If you would like to know more information about or participate in this project please contact Yolande Bell on 02890472287 or 07876135263. Alternatively send an email to yolande.bell@hoffrenconsultancy.fi

Increasing physical activity levels will help prevent and manage over 20 conditions and diseases including cancer, coronary heart disease, diabetes and obesity. It can also help to promote mental wellbeing. (National Institute for Health & Clinical Excellence May 08)



WHERE ARE YOU ON THE 6-STEP WORKPLACE HEALTH LADDER?

Successful workplace health promotion programmes are part of an overall organisational workplace health action plan.

Foyle Health @ Work engages with local workplaces in a step by step process to design and implement a programme tailored to meet the needs of the organisation and staff.

The following steps make this process easy to understand and implement. It also "Legitimizes" the workplace health promotion program, which increases the likelihood of continued resources and support;

Foyle Health @ Work provides continuity for the program and helps serve as a means to evaluate the effectiveness of the health promotion programs.

Has your workplace began the process? If so at what stage? If you are simply not sure where to start con-



MONTHLY HEALTH CAMPAIGNS

Nov 08

- ◆ 1-30 - [Lung Cancer Awareness Month](#) - The Roy Castle Lung Foundation
- ◆ 5 - National Stress Awareness Day - [International Stress Management](#)
- ◆ 14 - [World Diabetes Day](#) - International Diabetes Federation
- ◆ 16-22 - [Mouth Cancer Awareness Week](#) - British Dental Health Foundation
- ◆ 17-22 - Anti-Bullying Week - [Anti-bullying Alliance](#)

Dec 08

- ◆ 1 - [World AIDS Day](#) - National AIDS Trust
- ◆ 1-31 - Children's Cancer Month - [CLIC Sargeant](#)
- ◆ 2 - [International Day of Persons with a Disability](#) - United Nations

Jan 09

- ◆ 22-26 - Cancerspeak Week - [Macmillan Cancer Support](#)
- ◆ 19-23 - Food Allergy and Intolerance Week - [Allergy UK](#)
- ◆ 24 - Eat a Breakfast, Save a Life Day - [Feed the Children UK](#)
- ◆ 26-30 - Be Loud - [Beating Bowel Cancer](#)

Feb 09

- ◆ 6 - Stress Down Day - [The Samaritans](#)
- ◆ 2-8 - [Salt Awareness Week](#)
- ◆ 22-28 - Eating Disorders Awareness Week - [Beat \(the Eating Disorder Charity\)](#)

Mar 09

- ◆ 1-31 - Great Daffodil Appeal - [Marie Curie Cancer Care](#)
- ◆ 8—International Womens Day— [United Nations](#)
- ◆ 11 - No Smoking Day— [Ulster Cancer Foundation](#)

RECIPE CORNER



With the winter Evenings well upon soup is wholesome and warming,

pumpkin or butternut squash can be used for the following.

Serves 4-6

1kg (2.2lbs) Pumpkin, peeled and diced

2 onions, chopped

2tbsl Cajun Seasoning

1 tablespoon oil

2 beef tomatoes, or can of chopped tomatoes

1.1 litre (2 pints) vegetable stock

Black pepper to season

Chopped parsley to garnish

Heat the oil in a large saucepan and fry the pumpkin and onions for 5 minutes.

Add the Cajun seasoning and tomatoes.

Cook for 3-4 minutes

Stir in the stock and bring to the boil.

Cover and simmer for 30 minutes until the pumpkin is tender

Allow to cool slightly and then puree in a food processor or blender.

Finish with the chopped parsley and serve.

Handy tip: You can make this soup in larger batches and have some in the fridge to be used as a warm snack instead of tea and biscuits. It can be frozen too!

HEALTHY EATING

The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



If you want to get the balance of your diet right, use the eatwell plate by the Food Standards Authority.

The eatwell plate makes healthy eating easier to understand by showing the types and proportions of foods we need to have a healthy and well balanced diet. To download a copy go to: www.eatwell.gov.uk.

The eatwell plate shows how much of what you eat should come from each food group. This includes everything you eat during the day, including snacks.

So try to eat:

1. Plenty of fruit and vegetables
2. Plenty of starchy foods e.g. bread, potatoes try to use wholegrain varieties.
3. Some milk and dairy foods
4. Some meat fish eggs and beans and other non dairy sources of protein.
5. Just a small amount of food and drinks high in sugar

Look at the eatwell plate to see how much of your food should come from each food group. You don't need to get the balance right at every meal. But try to get it right over time such as a whole day or week.



Project Manager— Fiona Teague
Derry Healthy Cities
C/o Old Nurses Home
Altnagelvin Hospital
24 Glenshane Road
Derry/Londonderry
BT47 6SB
Tele: 02871 611384
Fax: 02871 611396
www.foylehealthatwork.com
e-mail: fionat@derryhc.com

WORKPLACE PROFILE

Exercise in the Workplace

Michael Bond—Bond Fitness, Strabane

Tel: 028 7188 4821

- ◆ Fit employees are less likely to get sick.
- ◆ Fit employees have more energy. One of the many benefits of regular exercise is increased and sustained energy throughout the day.
- ◆ Fit employees have more self-confidence. A fit and healthy individual tends to have a high level of self-confidence, because they have proven to themselves that they can accomplish what it takes to obtain a level of physical fitness.
- ◆ Fit employees tend to take on more leadership roles. Because of the many positive benefits of a lifestyle, a fit individual tends to make a good leader.



**LAUNCH THEIR STAFF
 WORKPLACE HEALTH &
 WELLBEING PROGRAMME**

Local employer Firstsource has launched its staff health & well being programme on Thursday 30th October to encourage employees to focus on health, lifestyle and fitness. The well being day was organised in partnership with Foyle Health @ Work. As well as giving information and advice on stress management; drug and alcohol awareness; advice on smoking cessation; cancer information and advice, the day also aimed to raise funds for the Foyle Hospice and staff were encouraged to wear pink to raise awareness of breast cancer.

Firstsource employees were offered blood pressure checks as well as complementary therapy such as massages and reflexology treatments. Local gyms also explained how exercise and fitness can provide practical programmes to address specific needs and offered membership discounts.

Sean Canning, Firstsource UK Operations Director, commented: "Promoting a healthy work-life balance has always been a priority for Firstsource and this well being day is just one way to foster a positive attitude to health in the workplace. It is also a great way to raise money for a good cause."

The health & well being day was also used to carry out a staff health needs assessment, to be used to develop a health action plan for staff. All staff who completed the health assessment were entered into a prize draw to win bicycles.

Firstsource Human Resources Officer Grainne O'Kane said: "In today's busy life and work environment, we at Firstsource recognise the importance of healthy living. Our staff is very important to us and as employers, we are committed to positively influencing employees' health. Any measures we can take to influence healthy behaviours and increase staff knowledge on health issues can only be good thing and we welcome the opportunity to work with Derry Healthy Cities in order to achieve this goal."



Santa Stroll on the Banks of the Foyle Needs your Support

On Sunday 7th December 2008 at 12 noon the Santa Stroll on the banks of the Foyle Fundraising event is taking place to raise money for three local charities, Foyle Hospice, Macmillan Cancer Support, Children in Crossfire. On the day the charities are aiming for 2,500 adults and children to participate, all dressed in Santa suits, meeting at Sainsbury's and walking along the banks of the beautiful river Foyle to the Waterside Train Station and back. There will be a shorter walk for families and younger children.

The event promises be a fantastic family day out and of course Santa will be leading all the walkers. The event was launched last week and to date we have had an incredible response from the local community said Noel McMonagle from the Foyle Hospice.

Entry Fee is £10 for adults and £5 for children. Everyone will receive a Santa Suit and a special Santa Commemorative Medal at end of the walk.

To register for the event and receive your individual Santa Suit please contact Foyle Hospice or Children in Crossfire. Alternatively, you can call into the Foyle Hospice Shop in Derry or Strabane

Paul Sweeney from Macmillan Cancer Support said "this is a wonderful family fundraising event that is open to all ages and the real Santa will be making his way from Lapland to walk with us. All funds raised from the event will support three local charities to make a difference. We need your support. Register early to avoid disappointment"