

## Health Events 2008

March • April • May • June

### March 2008

10th-16th  
Prostate Cancer Awareness  
Prostate Cancer Charity  
Tel: 020 8222 7622

### April 2008

11th-30th  
Bowel Cancer  
Awareness Month  
Bowel Cancer UK  
Tel: 020 7381 9711

8th-14th  
Mental Health Action Week  
Mental Health Foundation  
Tel: 020 7803 1101

14th-18th  
National Depression Week  
Depression Alliance  
Tel: 0845 123 2320

### May 2008

11th-17th  
National Breastfeeding  
Awareness Week NHS  
www.breastfeeding.nhs.uk

18th May-17th June  
National Smile Month  
British Dental Health Foundation  
Tel: 0870 770 4019

19th-23th  
Walk to School Week  
Living Streets & Travelwise  
Tel: 020 7820 1010

### June 2008

1st-30th  
Help a Heart Campaign  
British Heart Foundation  
Tel: 0845 241 0976

8th-14th  
Diabetes Week  
Diabetes UK  
Tel: 020 7424 1000

9th-15th  
National Men's Health Week  
Men's Health Forum  
Tel: 020 7388 4449

9th-15th  
Carers Week  
Tel: 0845 241 2582

14th-22th  
National Bike Week  
Tel: 0845 612 0661

## COMMUNITY HEALTH FORUM

*Dates*

Within the Community Health development team there are four Health Forums representing the four townships – Halewood, Huyton, Kirkby and Prescot (Whiston and Cronton).

The forums aim to improve knowledge of health issues and the opportunity to exchange information between PCT staff and other partners.

### Halewood Health Forum

St Mary's Care Centre Hillingden Avenue  
1.30pm – 3.30pm

Friday 4th April 2008 • Friday 2nd May 2008  
Friday 6th June 2008

### Huyton Health Forum

KCVS Training Room Nutgrove Villa  
1pm – 2.30pm

Friday 14th March 2008 • Friday 11th April 2008  
Friday 9th May 2008 • Friday 13th June 2008

The forums are held in a friendly and informal atmosphere. They are delivered/served by the Community health development Team and compliment locality based working in the areas. They are held each Friday and provide valuable feedback to the PCT as well as information on health and social care issues.

### Kirkby Health Forum

Kirkby One Stop Shop – Meeting Room 1  
10am – 12pm

Friday 14th March 2008 • Friday 18th April 2008  
Friday 16th May 2008 • Friday 20th June 2008

### Prescot, Whiston & Cronton Forum

Bryer Road Community Centre, Prescot  
1pm – 3pm

Friday 28th March 2008 • Friday 25th April 2008  
Friday 30th May 2008 • Friday 27th June 2008

## Six Steps to Better Mental Health

Feeling distressed or anxious due to pressures of every day life and relationships can be very common - 1 in 4 people will experience a mental health problem in the course of a year and young people are no exception as 1 in 10 children under 16 years have a mental health problem. It is important that we all take steps to protect and enhance our mental wellbeing and recognise the connections between mental health and physical health. The following list gives some pointers:

**Let out your Emotions** Pent up emotions rarely go away and can often lead to greater problems so don't be embarrassed to show your feelings and emotions. It's ok to cry and express your anger appropriately to reduce the tension you are experiencing. Talk to someone you trust and can confide in regarding your concerns or contact a confidential helpline or service.

**Be Creative** Creativity can change negative feelings into a positive outcome - writing poetry, short stories, drama or painting may all help.

**Get Active** Exercise in any form is a good way of changing anxiety and emotions into positive energy so why not join in with the local walking groups, join the gym or try salsa dancing. It's a great way to feel good and make new friends.

**Time Management** We all lead busy lives but take time to relax and reflect about things. You are the most important person in your life... Make time for you!

**Socialise** Don't isolate yourself and feel lonely - friends give support encouragement and advice in good times and

in bad. Meeting people will act as a good distraction and provide "time out" from your worries. Try to meet new people by joining a local group or taking up a new activity where you can get involved.

**Seek Professional Help** If all else fails you may benefit from seeking professional advice. Talk it over with your GP to find out what treatment choices are available to you - it's confidential and there are many ways to get assistance and get you on the road to recovery.

### Useful Numbers

Knowsley Gateway Team .....0151 290 1646

Knowsley Older Peoples Team .....0151 289 5827

St Helens & Knowsley Early interventions in Psychosis Team .....01744 677 153

CALM .....0800 58 58 58

MIND .....08457 660 163

PALS .....08000730578

## KNOWSLEY SMALL GRANTS FOR HEALTH SCHEME

Funding available from the Knowsley Small Grants for Health Scheme has been increased. Individual grants can now be up to £1,250 and groups can receive a maximum of £2,500 in grants in any one financial year (April to March) for community health initiatives to help improve the health of the residents of Knowsley.

The next deadline for receipt of applications is Friday 2nd May 2008.

For an application pack please contact Emma Thomas, Scheme Co-ordinator on 0151 443 4987 or email: emma.thomas@knowsley.gov.uk

## New Starters

Welcome to ... Paula Taylor joined the team in November 2007 as 'Arts in Health Officer' and is currently working on new projects feeding into Mental Health, CVD and the Obesity Strategy.

Paula is based at Pilch Lane and can be contacted on 0151 285 6016 or by email on paula.taylor@knowsley.nhs.uk

Carol Winstanley joined the team in February and has taken up the Projects Support Officers role based at Pilch Lane. You can contact Carol on 0151 285 6004.

	Venue: Stockbridge Start: Heatwaves Leisure Centre Start time; 10.30am Length/duration; 60mins (2miles)	Venue: Kirkby Start: Millennium Green, Millbrook Park (next to St Chad's Church) Start time; 10.30am Length/duration; 60mins (2miles)
March	9th	2nd and 16th
April	13th	6th and 20th
May	4th	4th and 18th
June	8th	1st and 15th

For further information please contact:  
Allison Walters on (0151) 285 6014 • allison.walters@knowsley.nhs.uk

## THE KNOWSLEY HEALTH PROMOTION NETWORK

Dear all...

Welcome to the March issue of INFORM the Health Promotion Network Newsletter. The main focus of this issue and this event is the Target Wellbeing Programme funded by Big Lottery. You will recall from an earlier issue we in Knowsley had submitted a bid for funding in conjunction with some of our partners in the third sector via the Health & Well-Being Partnership. The Knowsley bid was successful and commended by Big Lottery.

The portfolio of 8 projects provides a welcome opportunity to work with organisations such as Landlife, Heart of Mersey and Age Concern.

The funding comes on line in March and the projects will commence during 08 with some planned launch events so look out for them. Congratulations to all those involved in putting these project proposals together, I am sure they will add to what is already a rich and varied range of healthy lifestyles projects you are all already involved in delivering.



www.Knowsleyhealthpromotionnetwork.org.uk

## Knowsley awarded North West Target: Wellbeing Funding

Knowsley has been awarded more than £800,000 as part of the North West Target: Wellbeing Programme funded by the Big Lottery. The local programme will be managed via the Knowsley Health and Wellbeing Partnership.

Target: Wellbeing aims to help people achieve healthier and happier lives. It's a programme of over 90 projects in the North West that increase exercise, encourage healthier eating and promote mental wellbeing. Funded by £8.9m from the National Lottery through the Big Lottery Fund, it's managed by Groundwork for the benefit of targeted disadvantaged communities across the North West. There will be 8 projects in Knowsley offering something for everyone:

- Families Fit for Life
- Ageing Well Plus
- Retain/Regain
- Pedal Away
- The Great Outdoors
- Café Society
- Pre School Nutrition
- Shimmy Shimmy Shake Shake

Target: Wellbeing aims to help people achieve healthier and happier lives. It's a programme of over 90 projects in the North West that increase exercise, encourage healthier eating and promote mental wellbeing. There will be 8 projects in Knowsley offering something for everyone:

- PRE SCHOOL NUTRITION
- CAFÉ SOCIETY
- GREAT OUTDOORS
- FAMILIES FIT FOR LIFE
- SHIMMY SHIMMY SHAKE SHAKE
- AGEING WELL PLUS
- RETAIN AND REGAIN
- PEDAL AWAY

For further information please telephone 0151 443 4987 or email targetwellbeingprogramme@knowsley.gov.uk

target wellbeing in Knowsley LOTTERY FUNDED

Funded by £8.9m from the National Lottery through the Big Lottery Fund, it's managed by Groundwork for the benefit of targeted disadvantaged communities across the North West.

## what's inside

- Page 1 Welcome Target Wellbeing
- Page 2 Target Wellbeing Projects
- Page 3 Knowsley Active Challenge Out Cold Supervised Tooth Brushing Programme Taster Fitness Sessions New Resources
- Page 4 New Starters Health Events Small Grants Tips to Improving Mental Health Step into Health Health Forum Dates



# target wellbeing projects



**Families Fit for Life** is a unique programme to be delivered in partnership between Knowsley Council for Voluntary Services and Homestart Knowsley aiming to provide parents and children with the skills, knowledge and opportunity to improve mental and physical wellbeing, while enabling them to live healthier more active lifestyles.

All families taking part will have the opportunity to access one to one volunteer support to help them through the programme. They will also receive training, including practical group work and residential sessions at Stephen Park in the Forest of Bowland.

Families Fit for Life will help those taking part to have healthier lives and may also benefit future generations.

For further information please contact Sandra Evans, at Homestart on 0151 480 3910.

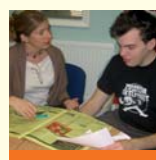


**Ageing Well Plus** aims to train older people to become volunteer senior health mentors and equip them to support other older people in their community to make healthier lifestyle choices and to have better access to community activities. Using a partnership approach it will:

- Target and engage older people in Knowsley
- Develop an holistic programme of physical activity and healthy eating
- Run a variety of workshops and activities
- Utilise the skills of specialist staff to improve both the mental and physical health of participants.

The project hopes to encourage older, less socially active individuals to join groups and mix with their peers and will provide training and access to information relating to physical activity, healthy eating and mentoring. Participants will also be encouraged to share general health information with their family, friends and community.

For further information please contact Paul Mavers at Age Concern on 0151 443 4875.



**Retain/Regain** supports employees in organisations across the Borough who are experiencing stress, depression or anxiety when returning to the workplace after a period of absence or individuals who have recently become unemployed due to the same conditions. It offers a solutions-based approach to working with individuals and their employers to enable them to retain or regain employment by offering:

- Disability Discrimination Act advice
- Liaison, consultation and mediation with employers
- Counselling and Cognitive Behaviour Therapy
- Career choice and planning
- Job search and preparation
- Support to access training and education options
- Stress management programmes for the workplace.

Retain/Regain is provided by Richmond Fellowship in partnership with Merseyside Listening Ear, and is staffed by specialist employment advisors and accredited counsellors.

For further information please contact Wendy Bayliss at Richmond Fellowship on 0151 707 0242.



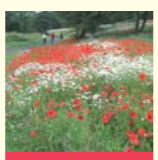
**Pedal Away** is a Borough wide initiative providing a variety of cycle related activities aiming to have a long term positive effect on the physical and mental well being of individuals.

Working with targeted groups to help them become more active within their daily routines, 'Pedal Away' will promote cycling as an accessible and enjoyable form of activity and offer participants the chance to take part in

regular group bike rides, led by qualified cycle trainers, who have experience and knowledge of cycling and health initiatives.

The cycle rides and related activities will be low-risk, focus on fun and enjoyment and increasing confidence in cycling with the aim of encouraging participants to cycle regularly.

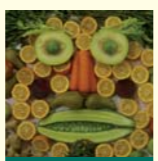
For further information please contact Ian Tierney at Cycling Projects on 01925 243213.



The **Great Outdoors** starts this Spring by using wildflowers to improve local parks and greenspaces in Knowsley. This Landlife project will promote the outdoors and better access to nature encouraging more people to use their parks, community gardens, allotments and greenspaces as a step to better health. Wildflowers also improve the health of the environment around us and make better places for wildlife – which means healthier places for people too.

Great Outdoors will be working with carers and families, older people, those with mental health issues, and heart and circulation problems to improve their well-being by making more use of their local outdoors. Wildflower seed sowing, walks, and sociable outdoors events are being planned. Health agencies are also being invited to learn more about the benefits of ecotherapy.

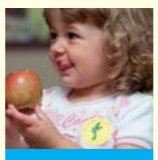
For more information contact Janet Pell at Landlife on 0151 737 1819.



**Café Society** will work with local people to create a community café in Knowsley. This initiative will be the development stage in the café's life and will help to root it in the community – giving an opportunity for local people to have roles in running an exciting social enterprise.

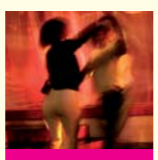
The project will take a creative consultation approach whereby groups will work with artists, designers, gardeners and cooks to realise their plans. Participants will directly affect the development of the café - from the fantastic food served, to the inspiring environment it is served in.

For further information please contact Squash Nutrition on 0151 727 3994.



**Pre School Nutrition** will develop, pilot and evaluate a nutrition-training course and programme of support for early years caterers, staff, parents and children. The programme will focus on assisting early years settings to promote healthy eating in order to help children aged two to five years to develop healthy food preferences and meet the national nutrition targets: reduce sugar, saturated fat and salt and increase consumption of fruit and vegetables.

For further information please contact Modi Mwatsama at Heart of Mersey on 0151 928 7820



**Shimmy Shimmy Shake Shake** provides a community based dance project offering nine week courses of two weekly dance sessions in twelve neighbourhoods. The project provides an accessible form of exercise promoting active lifestyles in which dance will be used to break down perceptions and barriers which may exist with more traditional physical activity programmes. There will be sessions to suit all ages, abilities and experience of dance.

The initiative will also train local residents to be able to deliver dance skills in their neighbourhoods, building sustainability into the project.

For further information please contact Linda Richings at Knowsley MBC on 0151 443 2275.



## KNOWSLEY ACTIVE CHALLENGE 2008

The scenic grounds of Knowsley Hall are the backdrop for this year's new look Active Challenge on Sunday May 18th. The 5K Active Challenge involves teams of work colleagues, friends and family who can walk or run the 5K course. In addition to the revamped Challenge a wide range of events will be taking place as outlined below:

### Programme Outline

Start	Activity	Cost	Age Group/Ability
9.30 am	Guided Scenic 2 mile walk	Free	Open to all ages
10.15am	Active Junior Challenge Open 2K Run	Free	3 age groups 8-9 years 10-11 years 12-16 years
11 am	Active Challenge Closing date for entries Fri. 9th May 2008	£28 per team aged 16 years and over with at least one female member	Teams of 4 people
1pm	Guided Cycle Ride NEW!	Free	Suitable for all ages and abilities
TBC	Orienteering NEW!	Free	TBC

Besides the 'big 5' there will be stands offering advice and information on all aspects of health and wellbeing, as well as a host of other activities and fun from 10am-2.30pm including interactive games and taster sessions on bikes, netball, baseball, softball and lacrosse. The grounds of Knowsley Hall also provide a great setting for a picnic on the day.

For entry forms or for more information, please contact Steve Guy in Knowsley's events team on 0151 443 2153. Or E-mail Steve on [steve.guy@knowsley.gov.uk](mailto:steve.guy@knowsley.gov.uk)

Information and entry forms are also available by visiting [www.knowsley.gov.uk](http://www.knowsley.gov.uk) (Events) or [www.runliverpool.org.uk](http://www.runliverpool.org.uk)

## 'OUT COLD'

A film made by a group of Knowsley young people reminds us that it's tough growing up when you're trying to grow up tough.

'Out Cold', a new peer-education resource has been made by young people involved with Knowsley Youth and Play Service Interventions Team as part of a Silver Youth Achievement Award programme and funded and supported by North Huyton New Deal for Communities and Knowsley Drug and Alcohol Action Team.



The story follows an eclectic group of young people as they travel on a mini bus returning from a sexual health awareness away day. An argument causes the bus to crash, the driver is knocked unconscious and the group are left to fend for themselves in uninhabited countryside. No food. No lighter and worst of all - no mobile signal! The characters have to pull together but as the plot unfolds it emerges that they have all played a part in a 'spiking' incident during a night out resulting in terrifying consequences for Julie the focus of the story.

Lyndsy Ledden plays 17 years old Nicky, a wild member of the group who likes staying out late in bars and clubs comments on her experience that, "Young people today are all involved in something either good or bad and we wanted to show the effects of what can happen when things go wrong. Knowing I might help someone else in the way they think about life and which path they want to take feels like such an achievement."

The DVD is available together with a resource pack for use in schools, youth clubs and other projects that work with young people.

For more information about 'Out Cold' contact Ian Whiteside from Knowsley Youth and Play Service on 0151 443 5323.

## SUPERVISED TOOTH BRUSHING (STB) IN KNOWSLEY

Unfortunately dental health in the Knowsley Borough is poor, with dental health amongst children living in Knowsley, particularly amongst 5 year olds, significantly worse than the national average. In response to this situation a supervised tooth brushing programme using fluoride toothpaste has been introduced within full day childcare settings.



These early year settings are a mix of children centres and private nurseries and some 420 members of staff have received training before rolling out the tooth brushing programme which should benefit more than 1670 children.

Staff are encouraged to keep a daily tooth brushing register which will inform the PCT of the number of children tooth brushing on a daily basis. Parents have been briefed and emphasis placed on the fact that the tooth brushing activity in the nurseries should not be in place of oral care at home, but in addition to this.

The response from nursery staff and parents/carers has been very positive and children are reported to enjoy the activity with some parents saying that their children are 'not having tantrums about tooth brushing at home anymore.'

For further information please contact the Oral Health Team on 0151 489 1754.

## TASTER FITNESS SESSIONS

Monday	5.15-6.00pm 5.15-6.00pm	Khai - Bo Bums & Tums	Kirkby Sports Centre Huyton Leisure Centre
Tuesday	12.15-1.00pm 5.15-6.00pm 6.30-7.30pm 7.30-8.30pm	Studio Cycling Self Defence Class Step Aerobics Dance Class for Beginners (to include salsa, jazz funk/hip hop) Dance Class Intermediate	Kirkby Leisure Centre Kirkby Leisure Centre Huyton Leisure Centre Huyton CVS Building Huyton CVS Building
Wednesday	12.15-1.00pm 5.00-6.00pm 5.15-6.00pm	Fit Ball Pilates Boxercise	Kirkby Sports Centre Huyton CVS Building Kirkby Sports Centre
Thursday	5.30-6.30pm	Tone 'n' Trim	Huyton CVS Building
Friday	1.00-1.45pm	Fitball	Huyton Leisure Centre



Please contact number below for details. All sessions are free of charge to NMBC and PCT staff. Please note that places for the Studio Cycling are strictly limited and must be booked prior to the session. To book your place please contact Donna Barry on 0151 443 5714/07747631162 or [Donna.Barry@knowsley.gov.uk](mailto:Donna.Barry@knowsley.gov.uk)

Information can be obtained in large print, audio and other languages on request. \*These classes are in response to requests from staff.



## HEALTH PROMOTION SHOP NEW RESOURCES – MARCH 2008

Looking for a DVD, video, puzzle, leaflet, hands on activity to get your health message across? Well the Health Promotion Library has just taken delivery of over 50 new titles to help you do just that. A sample of the resources are listed below but for more information contact Julie McKie, Health Promotion Library Resource Officer on 0151 290 1096 or email Julie on [julie.mckie@knowsley.nhs.uk](mailto:julie.mckie@knowsley.nhs.uk)

Subject	Title	Source
Child Health	Baby Led Weaning DVD	Mark IT Television
Dental Health	3 Teeth Model	Health Edco
	Our Teeth Educational Puzzle	Health Edco
Healthy Eating	Deluxe Food Puppet Set	J&B Products
	Rolls of Fat 1lb & 5lb Model	Health Edco
Hygiene	Video - Head Lice : An Itchy Problem	Marsh Media
	Video - Hygiene for Guys	World Educational Media
	Video – Wash those Hands!	Marsh Media
Long Term Conditions	Clogged Artery Model	Health Edco
	Consequences of Diabetes 3D Display Kit	Health Edco
Women's Health	The Female Reproductive System – Chart	Anatomical Chart Co
	How to perform BSE	Health Edco
	Pelvic Radiotherapy in Women	Cancer BACUP
	What you should know about Breast Care – Folding Display Kit	Health Edco
Men's Health	Know your balls...check em out – Video Pack	Orchid Cancer Appeal
	Men's Breast Cancer Awareness Model	Health Edco
	Testicular Health Table Top Display Kit	Health Edco
Risk Taking Behaviour	Wheel of Choices Game	Health Edco
Drugs & Alcohol	Consequences of Drug Abuse 3D Display Kit	Health Edco
Smoking / Tobacco	A Year's Worth of Tar Model	Health Edco
	Clem's Phlegm Model	Health Edco
	Smoking and Your Baby Folding Display Kit	Health Edco
Sexual Health	Safer Sex Interactive Learning Resource	Contraception Education
Sun Awareness	Slow burn – The Sun's Effects on the Skin Display	Health Edco
S.R.E.	Flirting, Romantic and Sexual Signs Pack	Headon
	Friendships & Relationships Pack	Headon
Miscellaneous	Icebreakers, Warm Ups, Energisers, Group Dividers and Closing Activities	TACADE
	Stress in Retirement DVD	John H. Dempster Associates