

Partnership Working

Immingham get's it Act Together!



Forward Steps, local community group for older people, and local organisations will be inviting all members of the public to visit the

Civic Centre, Kennedy Way, on 8th February 2008 anytime between 10.00am and 3.00pm and find out what's happening on their doorstep. Dave Bolton, chair of Immingham Forward, who are supporting the event said "We're calling this event Immingham's Health and Well-Being Day because residents will have the opportunity to try different activities and speak to officers from lots of organisations including Humberside Police, Falls Collaborative, Health Trainers and other health professionals and local community groups who need to hear their views. Residents will have an opportunity to try out Tai Chi, in-door kurling, chair based exercises and massages. They'll also be freebies and people over 60 can get new slippers! People should look out for publicity with Immingham's Health and Well-Being Day displayed on it."

The aim of the day is to inform, advise and bring people together in an informal atmosphere. For more information, contact Alison Hobbs, Voluntary Action on 01472 231123, Tanya Smith, Falls Collaborative on 01472 313534 or Neighbourhood Engagement Workers Alan Burley and Sharon Wright on 01472 572059.

As from February 2008 the Health Trainer Team and the Smoking Cessation team have joined forces in the battle to support people with quitting smoking.

David Hardy has trained four of the Health Trainers as Intermediate Advisors. This is part of a pilot to support people with no additional medical issues within the community who have requested one to one support with their Health Trainer.

Health Trainers are also linking in with the Smoking Cessation Team's drop in's providing support in attending group sessions where needed.

The Team would like to say Thank you to David and the advisors for the time, patience and support.

NHS Choices



Website training sessions have been running over the last few months with great success. Children Centre, Community Wardens, Connections, Job Centre Plus, Grimsby Institute Staff and Hull University Lecturers and other staff have attended the training to gain more practical resource knowledge of the benefits to using the website both for personal benefits but also for supporting and gaining information for the people they are working with.

If you would like a training session please contact Lee Smith on tel: 07828015666



Steps Referral Scheme

Hi, my name is Lisa Stafford I am a Health Trainer who works in Immingham and Hainton Heneage and Park. As part of my role I have become linked with the Steps Referral Programme.

The aim of the Steps Referral Programme is to promote physical activity within the health wards of North East Lincolnshire.

The Steps scheme focus on offering leisure centre and community based activities that help individuals to carry out daily activities, such as gardening, housework and walking.

The scheme is for anyone over 16 years of age with the risk factors for developing heart disease.

I am currently shadowing 2 of my clients through the programme at The Immingham Swimming Pool. I see my client's at the beginning, middle and end of the scheme to get a feel of how the scheme is working for them.

Before starting with the scheme a medical form has to be completed by a health professional eg. GP, Practise Nurse. I myself as a Health Trainer cannot sign off medical forms. The form is then passed onto the relevant Leisure Facility for them to ring up and book an induction.

The first session you will be given an induction of all the machines and weights and an individual training programme to suit your needs as everyone is individual and has different health issues.

Both of my client's are doing very well and enjoying being on the scheme. Client 1 feels more energetic and feels good that they have got time for themselves. Client 2 feels that sometimes it is an effort to get there but feels so much better after the session.

From the experience I have gained from my 2 client's and the feedback that I have got from them both it is a worthwhile scheme to get involved in.

Health Trainers move to a bigger brighter office!

Health Trainers Zia, Lisa and Carin have a new base/office on Newmarket Street, off Freeman Street, Grimsby.

After several attempts to move to their new venue before Christmas which was hampered by a few little hiccups along the way, it has finally happened. Foresight, the centre for Visually Impaired People, has moved into a bigger complex.

Members of the community are invited to have a look around with the opportunity of registering for new courses and activities. With activities commencing from 21st January.

The centre offers more courses than before, as they now have purpose built rooms for the activities. The course subjects include; Computers, Photography, Card Making, Jewellery Making, Pottery, T'ai Chi, Gentle Keep Fit and Visual Awareness Training. It has two 'help yourself to a drink' areas where people can drop-in, have a cuppa and a chat in nice relaxed surroundings.

The centre is open 0-4pm
The Health Trainers have a dedicated office on the ground floor within this complex to see clients from East Marsh and Hainton Heneage and Park areas. So if you are in the area pop in and see us, we will show you around, make you a cuppa and discuss the Healthy Lifestyle changes that you really would like to make.

If you would like more details about the services Foresight offers, please call Foresight on 01472 269666





The Royal Institute
of Public Health

Could You Be an Associate Health Trainer?

So far we have trained 98 Associate Health Trainers!! Ranging from School Nurses, Nursery staff, mental health staff to occupational health and disability teams. The training is aimed at anyone who works in a paid or voluntary capacity with people in the community.

The RIPH Level 2 Award provides an introduction to the fundamentals of health and wellbeing. It reviews barriers to making a change of lifestyle and how to help people make changes to improve their health. It is relevant to people across a range of community and organisational settings. Organisations with an interest in the health and wellbeing of their workforce and customer/client groups will find the RIPH Level 2 Award valuable.

The aim of this award is to equip people with a knowledge and understanding of the principles of promoting health and wellbeing and of how to direct individuals towards further practical support in their efforts to attain a healthier lifestyle.

Health improvement is everyone's responsibility and for this message to be effective information needs to be cascaded among the general population.



The aim of this course is to train an Associate Health Trainers workforce across North East Lincolnshire to achieve the aim and objectives outlined below:

Aim

To improve health and reduce health inequalities

Objectives

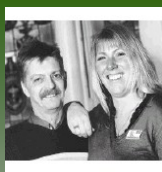
- Engage with members of the public to raise awareness of healthy choices and signpost to evidence based information
- Make contact with the people, especially those who may be isolated
- Signpost to core Health Trainers if support is required in making healthy choices
- Signpost people to other services and schemes such as Specialist Stop Smoking Service, STEPS and weight management, Walkwell etc
- Improve the individual Associate Health Trainer's health
- Improve the health of their family
- Improve the health of work colleagues

It provides an ideal way of equipping key staff with basic health information and methods of support which they can then use to inform and assist colleagues and/or customers.

Employers may wish to use this award as core modular training, to which they could add further training specific to their workplace needs.

If you would like more information please contact Debra Lewis on tel: 01472 302759.

Health Trainers in the Community providing Support



Those combating alcoholism, depression and weight problems have found comfort from local health trainers - who have become a lifeline for people with nowhere else to turn.

People like Roderick Denby Tuplin, whose life was consumed by a dependence on alcohol - or 58-year-old grandmother Pamela Staples, a victim of sexual abuse at the age of 12. The Government initiative - which was part funded by Neighbourhood Renewal - was introduced to this area by the North East Lincolnshire Public Health Team, who recruited the trainers from the local community and is run by North East Lincolnshire Care Trust Plus.

The trainers work with those who need their help on a one-to-one basis, talking through their problems and helping them to find the light at the end of the tunnel. And it works. Since April this year, the local authority's 11 health trainers have seen hundreds of people suffering from deep-rooted health problems. By September they had seen 262 people, and referred a further 393 to other services. For 55-year-old Roderick, his work with the scheme has changed his life "for the better". Drinking for 16 hours a day, Roderick's alcoholism turned him into "a zombie". Unable to function, unable to be with his children properly, he knew something had to give. It was then he was introduced to health trainer Carin Pollexfen. And six weeks on he has not touched a drop.

Roderick of Hildyard Street, said: "This young lady came along and transformed my life. "I was drinking alcohol between 14 and 16 hours every day and I was not eating proper food, instead I was having a drink. "I was suffering from claustrophobia and just staring at the walls of my flat. I had also been admitted to hospital." The separated father of four says he can look forward to a brighter future. "My main family live in Barrow and I hope I can sort out a move to be nearer to them. I'd love a little job - and marry a 20-year-old! But most of all I'd like to lead a regular life."

Roderick's trainer Carin said: "He actually came to me wanting to give up smoking, so we took him down that route first because it is a client-led service. It was a further two months before he decided that drink was his main problem and he wanted to give it up."

Taken From Grimsby Telegraph 7th December edition



Healthy Living Event

- ♥ Cancer Collaborative
- ♥ Falls Collaborative
- ♥ Alzheimer's Society
- ♥ Everyone Active
- ♥ Energy Efficiency Team
- ♥ Steps
- ♥ Walkwell
- ♥ Housing
- ♥ P.C.S.O.'S
- ♥ VANEL
- ♥ Midwifery Services
- ♥ Smoking Cessation
- ♥ Carter & Carter
- ♥ Age Concern
- ♥ Sexual Health

**Friday 28th March
12-3pm
St Peters Church Hall,
Willows**

**If you would like a stand
please contact Deanne on
tel: 07768577904**



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