

**Wear
a broad
brimmed
hat.**

action

The Health Improvement, Equality & Involvement Department Newsletter
for the community, voluntary and statutory sectors • Summer 2019

**Cover
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clothing.**

**Wear
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with 100%
UV
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**Use
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**Stay
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SUMMER IS HERE!

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care in the sun

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SPF



The Western Health and Social Care Trust's Health Improvement, Equality & Involvement Department is reminding people of the dangers of exposure to the sun and the use of sun beds over the holiday period.

Skin cancer is the most common form of cancer in Northern Ireland and accounts for one in every four cancers with the rates of malignant melanoma rising rapidly among young people. Since the late 1970s melanoma rates have trebled among 15 to 34 year olds and experts believe that, along with binge tanning on foreign holidays, the use of sun beds is a primary cause.

Sunburn in childhood is also believed to increase the risk of developing skin cancer in later life, so it is vital that children are adequately protected from the sun. Many people in Northern Ireland are of the view that they don't need to wear suncream at home, with only one in seven people reporting to use it. However UV rays can penetrate thin cloud and this can lead to burning; the more burnings a person gets the higher their risk of skin cancer.

Despite our unpredictable weather in Northern Ireland we are still exposed to significant levels of UV rays. We want everyone to enjoy the sun at home or abroad safely by

- wearing suncream factor 15 or above
- wearing a hat and sunglasses to protect your eyes
- avoiding sunbeds
- staying out of the midday sun.

It is also important to check your skin regularly for suspected skin cancers. A skin cancer may be a spot that bleeds easily, never heals properly or is always itchy. If any of your moles change size, shape or colour, or become itchy, sore, weep or bleed, see a doctor, or if you have been in the sun and feel dizzy or exhausted seek medical advice. The good news is that most skin cancers can be treated successfully if caught early enough.

SUMMER IS HERE!



CAMHS Photography Project



PPI Facilitators



HEAL Programme 16+



This has been a busy and rewarding few months in the world of PPI in the Western Trust. On the 22nd May we held our annual Engagement Event in the Mellon Country Inn, Omagh. This event showcased and celebrated the achievements of 8 PPI projects carried out through transformation funding from the Public Health Agency (PHA) and also to share learning from service users, carers and healthcare professionals on how to go about carrying out successful involvement work.

The 8 projects who received funding came from across a variety of directorates and programmes of care and included the following topics: development of electronic communication opportunities for those with limited verbal communication, development of a service user group in maternity services, photography project and development of young person's PPI forum, 16+ Communication App (16+CAPP), Service User involvement to improve the radiology experience at SWAH, development of service user involvement to help design cervical screening services and focus groups to develop and improve access to Pain Management services. These initiatives

SERVICE USER PERSONAL AND MEANINGFUL CO-PRODUCTION PATIENTS PUBLIC PLANNING EFFECTIVE CLIENTS CARERS DECISIONS INVOLVEMENT BENEFIT PARTNERSHIP DEVELOPMENT TREATMENT (PPI)

not only showcase the commitment to PPI across the Trust but also what can be achieved by effective and meaningful involvement of service users and carers to help develop our services.

The event was attended by Anne Kilgallen who commented "I am delighted to be here at this wonderful celebration event today which highlights the importance of service users involvement in achieving the Trust's vision. The Western Trust is committed to making the West a Great Place to Live, a Great Place to Grow Old and a great Place to Work and the challenge for us is to ask how can we make services work to meet our service users needs."

The PPI team has also spent time over the past few weeks collecting details of all the service user groups currently active across the Trust as well as any PPI projects taking place. These will be included in our upcoming PPI Annual Report which will highlight all of the excellent work being undertaken by staff, service users and carers across the Trust. We would like to thank everyone who has contributed to this work and hope to see all of the above develop further in the coming weeks and months.

action



Health Improvement, Equality & Involvement

Training Brochure

September 2019~March 2020

The Health Improvement, Equality and Involvement Department (HIEI), the latest training brochure is available now. This brochure offers free training courses taking place right across the Trust between April 2019 and September 2019.

The Edition 2 Training Brochure with courses running from September 2019 to March 2020 will be available early July 2019.

The Western Trust targets health inequalities within the West and aims to improve the health and wellbeing of all people who live and work within the Trust area. The HIEI Department works directly with staff and the public, as well as in partnership with other statutory, voluntary and community organisations.

Promoting the new 2019-2020 training brochure, Fionnuala McKinney, Assistant Manager, Western Trust said "We aim to build on the skills and capacity of people to deliver quality, effective health improvement programmes; co-ordinate and facilitate health improvement activities and provide information and advice.

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"The department is entering a new and exciting stage with the Trust's increased commitment to co-production, service user and carer involvement.

Fionnuala McKinney,
Assistant Manager, HIEI Department

involvement. We are now actively seeking service users and carers to work with the Health Improvement, Equality and Involvement team in shaping our training provision and development of new programmes so that our service becomes more responsive to your needs."

If you would like to register to attend any of the training, please visit the Western Trust's website and follow the link on the front page or apply via link below.

Course application form

<http://www.westerntrust.hscni.net/pdf/course%20application%20pdf.pdf>

If you are applying for Cook-it, please complete the specific application below.

Cook it application form

http://www.westerntrust.hscni.net/pdf/Cook_it_Application_form_2017_NEW.pdf

If you wish to support the Health Improvement, Equality and Involvement Department in shaping our health improvement services and training support, please contact either

Fionnuala Mc Kinney,

fionnuala.mckinney@westerntrust.hscni.net

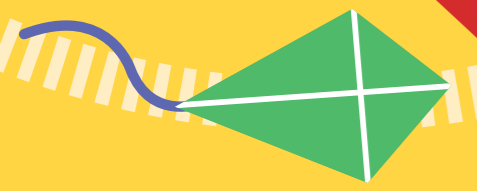
or Martin McCrory,

martin.mccrory@westerntrust.hscni.net



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THE POWER OF PLAY



One of the Western Trusts Infant Mental Health messages recognises the importance of play, specifically having fun and playing with your child.



It is important to recognise the power of play and fun in family life to promote health and happiness. Play strengthen family connections as playing encourages activities

which promote fun and create meaningful experiences. Loving, connected, predictable and responsive parenting is important for building resilience and wellbeing in children. Play provides opportunities to bond through shared experiences of fun and joy.

Play and learning are interconnected and have benefits for a child's intellect as well as his emotional, social, and physical development.



Unstructured play

Research shows us that play has many brain boosting and developmental and education benefits for babies and children. For children play is central to their childhood experience, as psychologist Jean Piaget notes "Play is the work of childhood." Free play, playing without direction from adults encourages life skills and self-containing opportunities for children to create, build, plan, negotiate, hide, jump and run.

Outdoor play

Playing outdoors promotes health and wellbeing for children and allows them to be active, enjoying and exploring the environment. In this way, play opens the children's wider world and invites opportunities for children to experience the value of our natural environment increasing their physical fitness, stamina, climbing, fine motor skills and agility skills.

Playing outside has many beneficial effects on physical activity and mental health to both



children and adults. "A growing body of evidence has suggested that exposure to nature may directly benefit health. There is a strong body of evidence attributing health to physical activity, and recent studies suggest that children who spend time outdoors are more active." Playing outside also provides many ways to boost emotional wellbeing through social connectedness and creating happy experiences and memories.

Pretend play

Pretend play allows children the opportunity to act out and negotiate social situations. This boosts their social skills and enables them to practice conflict resolution scenarios in the safety of their home or early years setting.

Using the Take 5 approach to wellbeing, play provides connection, being active, taking notice (what went well), learning (risks) and giving (turn taking).

Ask your children first ... "what do you want to play?"



SUMMER

FUN

As summer time approaches, you might be thinking about taking a holiday at home or abroad or thinking about dancing the night away at a summer festival.

Give a little thought to looking after your sexual health.

Remember when you are enjoying yourself especially if you are drinking alcohol or taking drugs your inhibitions can be lowered and you could end up having unprotected sex.

If you are going abroad it's not always easy to access good quality condoms. It's best to bring a supply with you. If you are having a staycation or planning on going to a summer festival you may not have access to a nearby pharmacy. Bring your condoms with you! This doesn't mean that you're looking for sex it just means you are prepared. Think about your contraceptive choices as well and plan ahead.

If you have unprotected sex you are at greater risk of exposing yourself to unwanted infection or an unplanned pregnancy.

You cannot tell by looking at someone if they have a sexually transmitted infection. Not all sexually transmitted infections have symptoms.

If you are concerned about any aspect of your sexual health contact any of the numbers opposite.

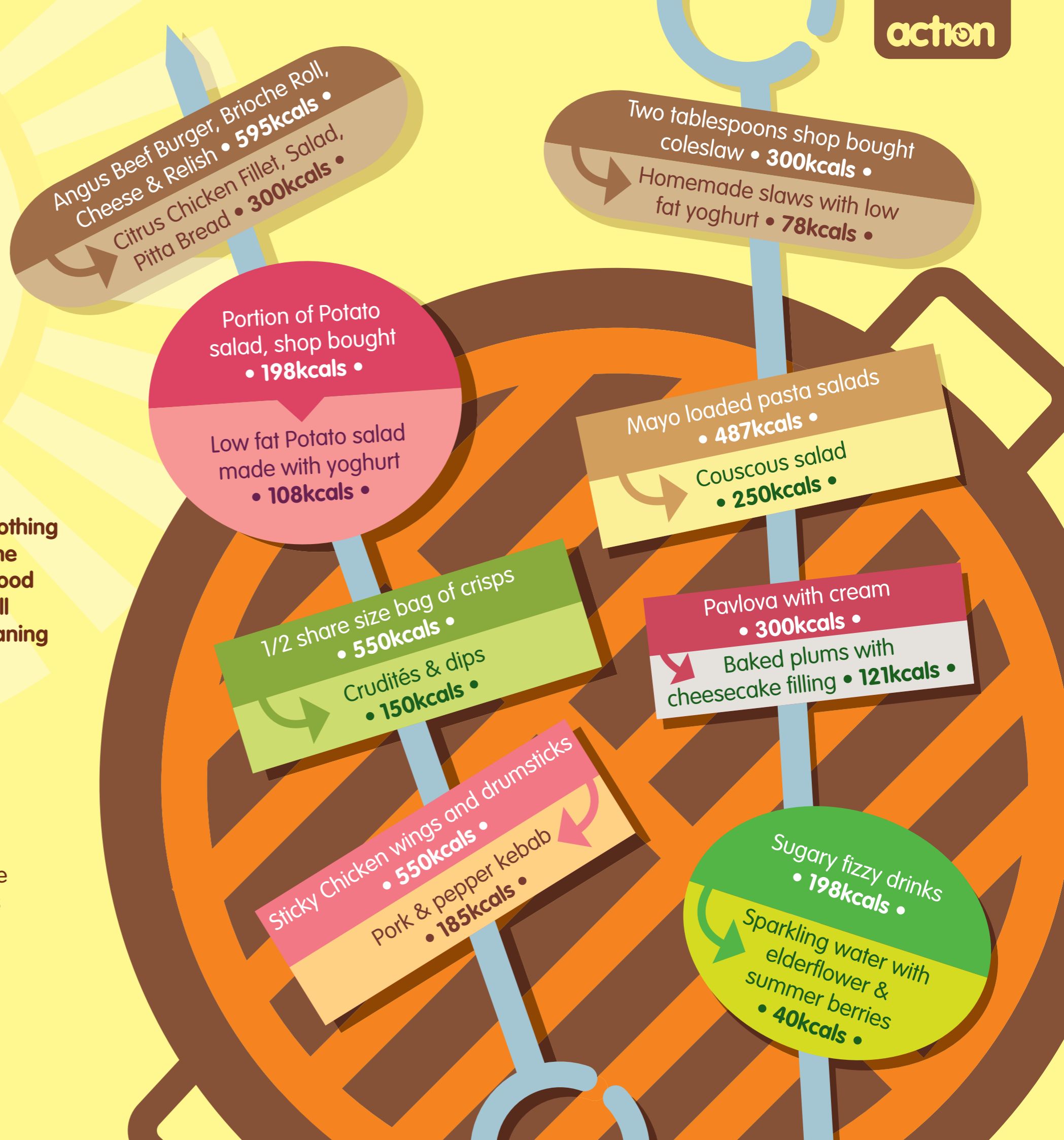


SUMMER BBQ SWAPS

The sun is shining, the grill is sizzling and there's nothing more glorious than a barbeque. The best part of the experience is getting to cook and enjoy delicious food with your friends and family. The problem is that all those delicious foods and nibbles are plentiful meaning that calories can be too!!

A day of barbeque eating has the potential to rack up a whopping 3200 calories and that's excluding a cold beer or glass of wine! **Bearing in mind that the recommended daily calorie intake for men is 2500 calories and 2000 calories for women.**

Before you load up at the barbeque, beware of these scary calorie counts and the simple, healthier swaps we can make.





COUCH TO 5K

In WHSCT our staff members are our greatest asset. It's important we support them to look after their own health so they in turn can support and care for our service-users.

In April 2017, 12 Trust staff gave up their Saturday to complete a one day Leadership in Running Fitness (LiRF) course through Athletics NI in order to become qualified Run Leaders. The course was funded by the Public Health Agency as part of the Physical Activity Action Plan for WHSCT Health Improvement, Equality & Involvement Department.



Participants committed to support delivery of Couch to 5k (C25K) programmes to their Trust colleagues over the next two years and went on to deliver an amazing 17 C25K programmes to staff in Enniskillen, Omagh and Derry. During this time our Run Leaders supported several hundred colleagues to become more active, complete their first 5k, and inspired many to continue their running journey on a regular basis and even progress to 10k, 10mile and half marathon level.

Some staff were so inspired by their participation in C25K they were among the 22 staff who completed a second LiRF course in February 2019. This second group of Run Leaders established 6 C25K programmes in Bellanaleck, Enniskillen, Omagh, Strabane, Gransha & St Columb's Park, Derry attracting over 220 staff.

A huge thank you to all these staff who have given their own time as volunteers to support their colleagues promote their health and wellbeing. You are a credit to the Western Trust.





Health
Improvement,
Equality &
Involvement

Campaigns

19/ 20

- **May 2019** Walking Month
- **6 -12 May 2019** Care in the Sun Week
- **May 2019 – Feb 2020** PANTS campaign
- **10 -16 June 2019** National Men's Health Week
- **17 -21 June 2019** Breastfeeding Awareness Week
- **10 June 2019** Infant Mental Health Week
- **1-7 August 2019** World Breastfeeding Day
- **27 August -21 September 2019** Childhood Obesity Campaign
- **10 September 2019** World Suicide Prevention Day
- **October 2019** Health Literacy Awareness Month
- **October 2019** Breast Cancer Awareness Month
- **1 October 2019** Positive Ageing
- **10 October 2019** World Mental Health Day
- **November 2019** Movember – Men's Cancer Awareness
- **1 December 2019** World AIDS Day
- **January 2020** Obesity Campaign
- **11 February 2020** Safer Internet Day
- **February 2020** Valentines Campaign (Sexual Health)
- **March 2020** No Smoking Day



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