

HART HEALTH AND WELLBEING NEWSLETTER

September 2016



**Cllr. Dr. Anne
Crampton**

Message from the Community Wellbeing Cabinet Member

The Health & Wellbeing Newsletter is back after a summer break and there's plenty to share in this edition.

We'll be looking back on the recent campaign for World Breastfeeding Week, and ahead to October when three major national campaigns will be taking place: Stoptober, UK Older People's Day, and World Mental Health Day.

Also in this edition, we take a look at the Men's Sheds initiative, British Cycling's Breeze programme which encourages more women to get on their bikes, and a project which is aiming to improve the health and wellbeing of Gypsies and Travellers in Hart.

Breastfeeding campaign success

Our social media campaign marking World Breastfeeding Week 2016 reached over 19,000 residents and over 14,000 representatives of businesses. The campaign raised awareness of mothers' rights to breastfeed in public, encouraged mums to share information about great places to breastfeed in the area using the Feed Finder App available at <http://feed-finder.co.uk/>, and signposted mums to breastfeeding support. The campaign also shared

findings from a survey conducted earlier in the year in which 68% of mums agreed that public buildings and businesses in Hart and Rushmoor provide a comfortable and supportive environment for breastfeeding.

Stoptober

Each year thousands quit smoking for 28 days with Stoptober starting on 1st October. For more information about the month or to sign up to receive free support including packs, emails, texts and an app, visit www.nhs.uk/smokefree/stoptober.

Earlier in the year NHS Quit4Life launched their new pregnancy service. All pregnant women and their partners will now be offered support from the moment of referral until their baby is 6 weeks old! For more information about this and other local support visit www.quit4life.nhs.uk/.

UK Older People's Day

Every year 1 October marks a national and international celebration of the achievements and contributions that older people make to our society, which gets a positive message out there that age is just a number.

This year, as well as funding local community celebrations, Hart District Council is working with a local film-maker to produce a series of short films which give a flavour of some of the ways in which older residents are giving their time and sharing their knowledge and skills with others.

The films aim to encourage people to think about the wealth of skills and experiences older people bring to our society, and inspire people of all ages to try something new.

Watch this space for more information!

World Mental Health Day

This year Hart District Council and Hart Voluntary Action will be marking World Mental Health Day with an information drop-in event at Hart Shopping Centre in Fleet on Friday 14 October.

People will be able to pop along any time between 10am and 2.30pm to pick up information about mental health and wellbeing, and speak to local groups and services who can help.

Please help us to promote this event by sharing the attached poster within your networks.

Local Authority Mental Health Challenge

The Council is looking to sign up to the Local Authority Mental Health Challenge as part of its work to support the health and wellbeing of residents. Launched by a partnership of national charities and The Royal College of Psychiatrists, the Challenge supports councils to promote better mental health in their area. The Council will be joining 82 other Local Authorities who are already signed up.

We all have mental health, like we all have physical health. And, like our bodies, our minds can become unwell. 1 in 4 people will experience a mental health problem in any given year. This means we probably all know someone who is living with a mental health problem.

The Challenge encourages councils to work with local partners to raise awareness, challenge stigma and support positive mental health in their communities. For more information visit www.mentalhealthchallenge.org.uk/.

A Men's Shed for Hart?

A Men's Shed is a big version of a typical garden shed, but for a group. It is a place where people can come together to make or mend things using a wide range of tools, share what they know with others, and have fun. Coming together in groups like this has been shown to be good for our health and wellbeing.

We don't have a Men's Shed in Hart yet but we think it's a great idea, so we are joining up with

Hart Voluntary Action and Hook Parish Council to hold a public open meeting on Monday 17 October, 7:15pm at Hook Community Centre. This will be an opportunity for anyone interested to find out more about Men's Sheds, hear from people who have been involved in setting up Sheds in other areas, and help shape a Men's Shed in Hart.

Please help us to promote this meeting by sharing the attached poster. Anyone wishing to attend should email liz.glenn@hart.gov.uk or phone 01252 774228.

Breeze - getting more women cycling in Hart

The recent Olympic medal success for Team GB's women cyclists was something truly inspirational to watch but you don't have to be Laura Trott to experience the benefits of cycling.

British Cycling's Breeze programme is the biggest programme ever to get more women riding bikes for fun and fitness. Breeze Champions are local volunteers trained to lead friendly and supportive rides from 3 to 30+ miles for women of all ages.

Over the summer Breeze has started up in Fleet and the regular rides are proving popular. Women are also being supported to get back on their bikes with a series of two free coaching sessions in September, delivered by qualified female coaches and Breeze Champions, and supported by Hart District Council.

If you love cycling for fun, meeting new people and are passionate about getting your local community on a bike, volunteering as a Breeze Champion could be the perfect role for you! There's no need to be a cycling expert, just be confident on a bike and keen to help others. If you're interested in this role please email liz.glenn@hart.gov.uk.

For more information about local rides and becoming a Breeze Champion visit www.breezebikerides.com.

Health and Wellbeing of Gypsies and Travellers

A new website and series of short films is being produced as part of a project to support Gypsies and Travellers to improve their health and wellbeing. The website and films will increase awareness of some common health issues, promote preventative messages, and encourage people to access local support and services when appropriate.

The project, which is being delivered by a charity called First Steps New Forest, builds on a piece of research undertaken in 2015 into the health and wellbeing needs of Gypsies and Travellers living in 'bricks and mortar accommodation' in East Hampshire, Hart and New Forest.

The website can be accessed at fshwb.org.uk and the films will be launched later this year.

Ping Pong going strong in 2016

The County Council's third annual Ping Pong event for over 65s will be held at Fleming Park Leisure Centre in Eastleigh on Saturday 29 October.

This year it will have a new dimension. The competition is for people over 65 who have not taken part before. Applications open on Monday 5 September and close on 5 October. To enter please visit www.hants.gov.uk/pingpong.

Steady and Strong classes

Steady and Strong classes will be starting up again at Hart Leisure Centre in October. The classes will focus on strength and balance exercises proven to reduce the chances of having a fall. For full details of all Steady and Strong classes visit www.hants.gov.uk/balance or contact the Hampshire County Council's Falls Prevention Physical Activity Co-ordinator by Email: wellbeing@hants.gov.uk or phone 01962 846605.

Healthcare for the armed forces

Whilst many aspects of health need for the armed forces community are the same as other members of society, there are sometimes significant differences.

A new e-learning package is now available to support health and social care professionals to appropriately respond to the needs of veterans, serving personnel and their families.

The e-learning is also relevant for charities and other organisations who work with or provide care and support to these groups.

The open access sessions are available at www.e-lfh.org.uk/programmes/nhs-healthcare-for-the-armed-forces/open-access-sessions/.

Voluntary sector spotlight

Surrey Heath Veterans & Families Listening Project

The project aims to enhance and improve the quality of the day-to-day lives of HM veterans of any age, as well as their families, through support, information, signposting.

Regular peer support groups offer veterans and their families the opportunity to enjoy a cup of tea and a chat with other veterans and families, meet with representatives of organisations that can help, and take part in wellbeing groups.

We meet every 2nd Tuesday of the month at Gilbert Road 10am till 2pm and no appointment is necessary. The sessions are open to people living in Surrey Heath and the surrounding areas. For more information visit <http://shvflp.webplus.net/> and to contact the project email surreyheath.veterans@yahoo.com.