

# Harborough Health News

Volume 1, Issue 2

Spring 2008

## Harborough District Health Network: Annual Forum update

**Polite notice:** Please make a note that the annual event originally scheduled at Hothorpe Hall for 10 June 2008 has been postponed. A new date has not been set. Unfortunately several issues have arisen that made postponing the event inevitable.

The theme is ***Use it or Lose it: Data and Information Sharing***, and the forum is still looking to have guest speakers from the PCT, EMPHASIS, and the East Midlands Public Health Observatory (EMPHO).

In order for the event to be successful we need your help to accomplish its core objectives:

- \*Quality networking opportunities on the day,
- \*A mutual understanding of current and planned projects, and
- \*Improved long-term partnership working.

We are looking for local examples of projects that have used robust data for planning and implementation. If you have an example (or two) that you would be willing to share please contact Aaron Bohannon at [a.bohannon@harborough.gov.uk](mailto:a.bohannon@harborough.gov.uk) or on 01858 821185.

## Interim Director of Public Health joins PCT

Dr Judy Jones has joined the Leicestershire County and Rutland PCT as interim Director of Public Health. Dr. Jones was previously the Deputy Regional Director of Public Health for the Department of Health's regional public health team and NHS East Midlands.

Trained in both public health and general practice, Dr. Jones is also an honorary senior lecturer with the University of Nottingham. She took up her first public health role in 1996, a joint public health and general practice appointment for North Nottinghamshire and the University of Nottingham. Prior to this she had been a GP in Scotland and lecturer at the University of Manchester.

More recently, she had a significant role in the team developing *Choosing Health*, the national public health strategy, specifically ensuring that the priorities were reflected within the NHS local planning guidance and in Healthcare Commission standards.

Judy said: "I am really pleased to be joining the PCT at this exciting time. I look forward to working with you all to help fulfil the PCT's ambition to make Leicestershire and Rutland the healthiest place in England."

## Health Improvement Liaison Group

The Health Improvement Liaison Group (HILG) was initially created to bring together environmental health departments across the county to co-ordinate activities in relation to the Health agenda moving promotion of public health into local authorities.

With this focus on health promotion being added to the statutory duties of Environmental Health Officers, it was felt that there needed to be some co-ordination and communication between authorities to deliver a more combined service to group together their limited resources.

The group has gone from strength to strength in the seven months since its creation with all county authorities, including Rutland, being members and the group has the backing of the Chartered Institute of Environmental Health (CIEH) and the Leicestershire Chief Officers Group, to whom the group is reportable. The group has an action plan for the coming year for which it strives to attain the targets provided.

"The HILG is an excellent opportunity for Harborough District Council," said Aaron Bohannon, Environmental Health Technician. "It facilitates better partnership working amongst LAs and really helps move the Health Improvement agenda forward."



Voluntary Action South Leicestershire  
Leicestershire County and Rutland Primary Care Trust NHS

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## Welcome from the Editor

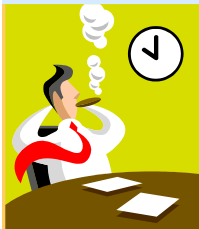
Welcome to the Spring 2008 issue of the Harborough District Health Network newsletter, *Harborough Health News*.

As you'll see there is a lot of good stuff happening in the district and we're happy to share it with you.

The Annual Health Forum has had to be postponed and that is a shame. The purpose of the health network is to foster networking and partnership working amongst LA and PCT colleagues as well as with the wider spectrum of public health professionals within Harborough District.

In order to reschedule a successful event we'd like to hear what you would like to get from the day. Please drop an email to me at [a.bohannon@harborough.gov.uk](mailto:a.bohannon@harborough.gov.uk).

## Tobacco Talk



Well, it is almost a year into the Health Act 2006, better known as the smoke free law, and there have been no riots, no anarchy, no string of non-compliance. Similar to other countries who have gone smoke free the fear and uncertainty have given way with few problems to support and compliance since the law came into effect.

Another recent legislative change regarding tobacco is the youth purchase law. According to Michelle Lister, Enforcement Officer with Leicestershire Trading Standards, "There are no particular problems in the Harborough area at present although we are always keen to receive information concerning the sale of tobacco products and indeed other age restricted products to underage children. We would also invite people to contact us if they notice a vending machine located in such a position that it would not be properly supervised, for example, in a pub corridor leading to toilets."

Stop smoking has become a very popular topic as these two legislative changes came into effect and Harborough District Council is working with Resolution to offer Harborough District as comprehensive a cessation service as possible.

"Supporting Students to Stop Smoking—A Toolkit for Schools" is a new resource for use in schools. The toolkit is a joint effort of the Leicester City and Leicestershire County Councils, Leicester City and Leicestershire County and Rutland PCTs and Healthy Schools. If you would like more information please contact Healthy Schools on 01530 278136.

## Brooke House Health Project 2008

In its third year LCR, PCT and Harborough District Council delivered a 6-week health promotion programme at Brooke House College during January and February.

The 6-week programme covered Drugs, Sexual Health, Alcohol, Smoking and Physical Activity with a fun and educational delivery. On the last session the students were issued a free leisure pass valid for one week which was very well received!

It is hoped that the programme will be repeated later in the year.

If you would like to be involved or for further information please email [joanne.horrillo@lcrpct.nhs.uk](mailto:joanne.horrillo@lcrpct.nhs.uk)



The Chill Out Bus comes with games, computers and other activities. It is available to come to your school, club or village. To book contact Harborough District Council on 01858 821352.

## Healthy Harborough

The Healthy Harborough walks continue to go from strength to strength. Two new walks have recently been launched.

In Lutterworth Dawn Francis (LCRPCT) has piloted a buggy walk on a Thursday morning for six weeks, with a view to continuing if the walk is successful. Fifteen or more mums have turned up each week and have already expressed their wish to carry on! In Kibworth and Fleckney a new walk has started on a Tuesday afternoon, alternating between the two villages. About 20 walkers turned up to the first walk in Kibworth.



Walk leader training to support the project is being held in Kibworth and new walk leaders are always welcome. For more information contact Jo Elliott 01858 82 82 82.

### The Active Together Harborough project

Dodge ball at Harborough leisure centre is still going very strong with new people taking up the unusual high energy sport every week! The session is open to all and costs just £2.00pp per hour. A new chair-based exercise class has started in Broughton Astley. Seated exercise designed to strengthen muscles and maintain flexibility for older adults or those less mobile is available on the third Friday of every month and is completely free, so come and give it a go.

Netball for Fitness and fun sessions has proved a huge success in Lutterworth with ladies of all ages and fitness levels taking part. The netball sessions are run by a qualified coach who will pass on lots of hints and tips to re-introduce you to the game. The sessions have been attended by up to twenty women who have not played netball for years and are getting back into the swing of it!



Harborough Joggers, meet every Thursday at 6.45pm to pound the streets of Market Harborough in the name of fitness! Many of the participants are people who have never even jogged before but now find themselves being able to run miles without stopping!

An exciting new dance project is set to be piloted in Harborough very soon. Up to £10,000 in funding has been secured by Harborough District Sports and Activity Alliance in partnership with Harborough District Council to run 'Step Out'. The funding is for a variety of dance types to be provided in several rural/small village locations throughout the district. The idea was to make physical activity opportunities more accessible and affordable to those living in sometimes isolated, rural locations. The project is also an ideal way to encourage people to utilise and become more familiar with their local facilities.



The pilot will start at the end of April at Broughton Astley and Tilton on the Hill, it will then be rolled out to a further five locations in the district. Currently the types of dance that are on offer range from ballroom and salsa to belly dancing and Egyptian!

Gilmorton will be hosting this year's tennis festival with four weeks of tennis coaching available for adults aged 16+. The cost of the coaching will be just £10 and will be led by a professional tennis coach who will be able to help beginners or assist those who want to brush up on their skills!

For more information contact Marianne on 01858 82 82 82 or email [m.boyle@harborough.gov.uk](mailto:m.boyle@harborough.gov.uk)

## Healthy Workplace Award

The Healthy Workplace Award is a county-wide scheme which has been piloted by Blaby District and is now being promoted in the Harborough district.



To receive the award workplaces must achieve certain standards of food hygiene, offer healthy eating choices, as well as promoting physical activity and smoking cessation. The scheme is the

result of partnership working with Leicestershire dieticians, Environmental Health teams and Leicestershire County and Rutland Primary Care Trust. In Harborough district the scheme is being co-ordinated by Jo Elliott, Health Promotion Officer, Harborough District Council. Two workplaces have already signed up to the scheme: Nissan at Magna Park and CDS Global in Market Harborough.



The scheme offers a unique opportunity to reach groups who may not otherwise access health care e.g. shift workers, especially men.

For more information contact Jo Elliott 01858 82 82 82

## The Great Mental Health Adventure

### The Great Mental Health

**Adventure** has been promoting positive mental health in schools within the district by empowering young people to understand their mental health. The programme has multi-agency support including Leicestershire Healthy Schools.



Delivered by qualified tutors a series of four sessions lasting an hour and a half were delivered over a four week period at John Wycliffe Primary School in Lutterworth. The adventure takes the young people on a journey where they explore the world of emotions through drama, crafts, inspirational demonstrations, games and worksheets. Addressed are the cause and effects of their feelings and emotions and how they impinge on everyday life.



It aims to enable young people to become more aware of their own emotions and be more empathic towards others whilst encouraging young people to be more proactive in looking after their mental health. It

also empowers young people to accept themselves and take responsibility for their actions and to look after their emotional needs when something goes wrong.

Throughout the spring the Great Mental Health Adventure will be visiting the following schools in the district; St Joseph's Primary School and Church Langton School, thus preventing the stigma attached to mental health. We all have mental health; let's ensure we learn to look after it!

If you would like further information please email [joanne.horrillo@lcrpct.nhs.uk](mailto:joanne.horrillo@lcrpct.nhs.uk)



**Hundreds of cans** and bottles of alcohol have been confiscated by police from underage drinkers as part of the Home Office Confiscation of Alcohol Campaign. Three of the local policing units across the South of Leicestershire put extra officers on the streets over the half term break (8–16 February) to tackle the serious issues of underage drinking and alcohol related anti-social behaviour.

"We have taken a zero tolerance approach to this problem during this campaign. The link between anti-social behaviour, criminal damage and underage drinking is well documented and young people who have been drinking can be noisy, disruptive and rude which can be offensive and upsetting to residents," said Chief Inspector of the south area Jim Holyoak. "The key aim behind the strategy is to reduce alcohol fuelled anti-social behaviour in several different ways. By confiscating the drink and dispersing the young people from the area but also by trying to engage with them and make them realise what affect their behaviour has on others and how gathering in large groups can be intimidating."

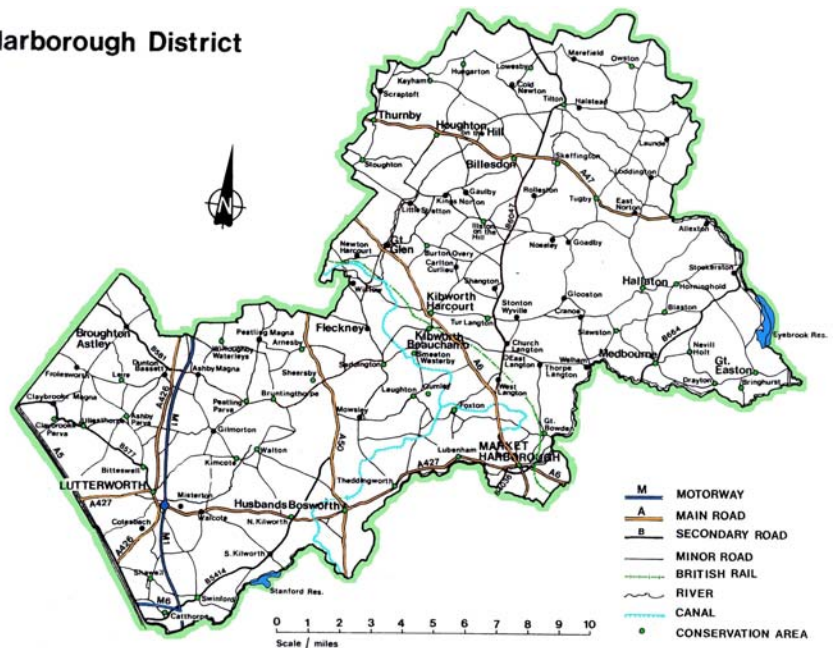
In total, over a hundred litres of alcohol, which included beer, wine, spirits, cider and alco-pops was confiscated over the eight day campaign – filling two large wheely bins. The campaign was targeted at young drinkers but officers also gathered information about where they are getting the alcohol from and they will use that information to target future campaigns such as test purchasing operations. Inspector Mark Chell, Commander of Blaby local policing unit, said; "The campaign was put in place to reduce alcohol related crime and disorder by tackling the minority who consume and sell alcohol irresponsibly. But the police cannot do it alone. We need the help and support of our partners and the community to tell us when and where the young people are getting the drink from."

The Confiscation of Alcohol Campaign involved a combination of uniform and plain-clothed officers conducting extra patrols on areas that have been identified by local crime analysis as being 'hotspot' areas. The extra patrols were funded by Home Office money which was divided between the three stations in the south which took part - Blaby, Oadby and Wigston, and Harborough.

If anyone has any information about licensed premises which may be selling alcohol to under 18s, or information about where young people are gathering to drink illegally then please call Leicester (0116) 222 2222 or you can call Crimestoppers which is free\* and anonymous, on 0800 555 111. \*Please note, some mobile phone service providers may charge for this call.

Harborough Health News  
 \*Updated\*  
 Annual schedule:  
 Summer '08—August  
 Autumn '08—November  
 Winter '08—January  
 Spring '09—April

### Harborough District



## Spotlight on: Chris Sewart, Town Development Manager, Harborough Improvement Team

Formerly a Rural Centres Officer for the Rural Community Council (Leicestershire & Rutland), Chris Sewart is the new (Market Harborough) Town Development Officer. Chris works with, and provides support to, the Harborough Improvement Team (HiT). His role is to develop an approach that ensures the engagement and commitment of all stakeholders in the town in the development and improvement of services for the residents, businesses and visitors to Market Harborough. We spoke with Chris and we found out that the HiT priorities include public health.

**How long have you been in post?**  
 Chris: 12 weeks, and it's flown by!

**What is your previous experience related to public health?**  
 On the surface I initially thought very little but then when I consider some of the projects (developing a walking guide and history trail for Thurmaston old village, developing funding bids for new play equipment in Shilton & Thurmaston, and supporting the refurbishment and development of a wildlife area in Broughton) then they all have elements

of developing a healthy community.

**Regards to public health, what is your role, and the role of the Harborough Improvement Team (HiT)?**  
 My role is to signpost and support HiT to consider any health initiatives that may dovetail with the projects they're undertaking. As a commitment to developing this HiT would like to hear from anyone in the community who would be interested in becoming the Health Community Champion.

**Regards to public health, what vision/ goals does HiT have for Market Harborough?**  
 The HiT team are currently working on turning many of the ideas that came out of the *Hands on Harborough* event that happened in 2007 into an action plan that clearly sets out what the group want to achieve and prioritises projects and actions. This action plan will be HiT's 'calling card' that aims to re-energise and refocus the team, develop further community involvement and interest new partners.

**How do you feel HiT and the Health Network could work together for mutual benefit?**  
 At HiT we need to be aware of the priorities of different groups like the Health Network and ensure that, whatever projects HiT are involved in, we talk to and develop local initiatives with other groups that have a mutual interest. This pooling of information, goals etc will only strengthen and develop partnerships and potentially help access additional support and funds.

**Any last words?**  
 We have two Spring Clean events coming up. Both events are in May and are being organised by the HiT Environment group. On the 17 May there will be a clean-up of the land around the phone mast (next to the market car park) on Northampton Road - meet at 10am on Northampton Road, to 2pm. And on the 31 May a general litter pick will take place in the town centre - meet at 10am outside Sainsbury's, to 2pm. All equipment such as gloves, bags, and litter pickers will be supplied by Harborough District Council and refreshments by Sainsbury's. Contact Chris for further information.