

Health Champs' News!

January 2012

Less Waste means Less Waist!

UK households can be healthier and could save up to £1,500 a year by simply planning their weekly food shop, a new Change4Life survey has revealed today.

It shows that simple steps such as writing a shopping list and planning your weekly meals can save your purse pounds and your waist lbs too. The findings come ahead of a new Change4Life campaign that will encourage affordable healthy eating in the new year.

The survey asked 20 households to record what they ate and drank over a two week period. In the first week they ate and shopped as normal but in the second week they were provided with recipes and handy tips from Change4Life to help them plan healthier meals and shop smartly.

With the help of Change4Life in the second week, those that took part:

notched up average savings of £29 a week;

spent £15 less on takeaways a week;

snacked less; and some people even reported skipping fewer meals and eating more fruit and veg.

Encouragingly 85 per cent of those that took part said they would continue to plan out their weekly meals in the future. Public Health Minister Anne Milton said: "If you're busy and on a budget, you can still eat well. "Some people might think that eating a balanced diet is more expensive but that does not have to be the case. If we plan ahead we can make better choices and save money too.

"In the new year we will launch a new Change4Life Supermeals campaign that will help everyone plan and cook simple meals." Alex Pople, 25, from Somerset who took part in the survey said:

"Planning ahead really paid off for us, we saved money on our shopping and we didn't have to make a last-minute decision about what to eat every night."

For more information visit www.nhs.uk/change4life

Its party time!!! Have you got your ticket yet?

ACE CIC Staff and Volunteers are invited to an Evening Celebration event to highlight the achievements of ACE CIC during its first year!

Where: Weston Homes Community Stadium

When: Friday 27th January 2012

Time: 7pm

Cost: Volunteers and Staff £15 (partners and guests £25)

Tickets are on sale at Clacton and Harwich Hospitals, Kennedy House and the PCC

Health

Improvement

News for

Health Champion

Volunteers!



Happy Healthy New Year!

This edition is a special reminder of all the ACE CIC Health Improvement services. Keep it safe and use it throughout the year to signpost people to the right service to help them to improve their lifestyles.

www.acecic.co.uk

NHS

FREE!



HEALTH TRAINER Healthy for Life Workshops!



To book your
place or for more
information:

Health Trainers
FREE PHONE
0800 731 3133

WHAT:

5 Weekly Workshops

WHERE:

St Luke's School
(The Link)

WHEN:

Tuesday's 2pm
Starting in 2012!

WHO:

Anyone aged 18+ living in
North East Essex

Tiptree Healthy Living Workshops start in February 2012.

Anyone living or working in North East Essex can attend. This pilot project will start on Tuesday 21st February 2012 for 5 weeks with another set of 5 workshops beginning in March.



There is a new Diabetes Xpert patient programme running in Colchester beginning on Sat 7th Jan 10am- 12.30pm for 6 weeks. A Volunteer is needed to help the course to run smoothly, and

signpost attendees to Health Improvement methods and services.

This is an exciting opportunity to be a part of an innovative programme which saves lives; If you can help, please contact Ailish or Jill on **01255 206202**

Many of our Health Champions were nominated to be

Torchbearers for the London 2012 Olympics.

If you were one of these and have progressed to the next level of selection, please let us know.

There are also ACE Health Champions volunteering at the Games in a number of ways from the Faces of the Games to Ambassadors. Its is a great year to be involved with health promotion and we are hoping to link with the Olympic celebrations as much as possible... Watch this space!



Health Trainers



Who are we?

- Health Trainers are trained to help with health behaviour change and provide motivational coaching to help people to change their unhealthy habits for healthier ones.
- The Health Trainer scheme is part of a nationwide program to improve health and is a free service

How does it work?

You can see a Health Trainer six times on a 1-1 basis for up to one hour to:

- Assess your needs
- Develop a personal health plan
- Set goals
- Review your progress
- Recognise achievements
- Plan to cope with cravings and set backs
- Receive support to maintain changes

What can we help with?

- Weight Management
- Increasing physical activity
- Smoking
- Alcohol misuse
- Stress

In short, we aim to help people in North East Essex to reduce lifestyle related risks. We work with all the other ACE CIC Health Improvement teams to ensure you have the right support– at the right time– to achieve your goals.

Anyone can self refer to this service by calling

0800 731 3133 or by email:

healthtrainers@acecic.nhs.uk

**Appointments are available in community venues
across NE Essex**

Recently retired Sandy, 63, wanted to lose weight. At her initial assessment her BMI was well into the obese range, above 30 and her blood pressure was high. In the past she had tried many diets and diet groups, some of which were successful but the weight always went back on.

Sandy completed 12 SMART goals throughout her 6 sessions. These included completing food diaries, planning her shopping, walking along the seafront twice a week, using portion guides, making healthier meal choices when out and joining an exercise club.

Sandy lost just under 2 stone during the Health Trainer sessions, with her BMI reducing by 12%. She was extremely pleased with this and noticed other benefits such as improved wellbeing and lowered blood pressure. She finally had the confidence to get back into her swimming costume and go swimming. She also feels that this is not a diet and her whole thinking has changed, and she is now able to stay on track and not feel deprived as she has with previous 'diets'.

"I feel so much healthier and my week is so busy now. Walking, swimming and Phoenix club. I know I still have a long way to go, but feel confident that I will get there"

At her maintenance session 2 months later, Sandy was recognisably very different. She had gone from a clothes size 24 to 12 and has now reached her target weight with a BMI of below 25.

She is shopping for new clothes and enjoying trying things on. She is also spreading the word about the service to those she meets and wants to get involved as a volunteer in the future!

2012... A chance to change



A FREE 5 week weight management course for NE Essex residents with a BMI of 28 or over.

If you are not sure of your BMI or would like more information, please call the Weight Management team on 01206 363002

Colchester Venues	Day	Session start time
Colchester Cornerstone 5-7 Sir Isaacs Walk , Colchester CO1 1JJ	Thursday daytime	2pm
Greenstead Community Centre Hawthorn Avenue, Colchester, CO4 3QE	Wednesday daytime	9.30am
The Bluebell Centre Jack Andrew Drive Colchester CO4 9YN	Tuesday evening No session on 24/1/12	6.30pm
<i>Monkwick Clinic</i> Queen Elizabeth Way, Colchester, CO2 8LT	Wednesday evening	6.30pm
Essex County Hospital Outpatients Department, Lexden Road, Colchester, CO3 3NB	Monday evening	6.30pm
Colchester Cornerstone, 5-7 Sir Isaacs Walk , Colchester CO1 1JJ	Wednesday morning	10.00am
Musket Club, Fallowfield Road, Colchester, CO2 9LL	Thursday Morning	10.30am
Tiptree Community Centre 1a Claxton Close Tiptree CO5 OHA	Wednesday evening	6.30pm

Tendring Venues	Day	Session start time
Clacton Coastal Community Centre, Pathfields Road, Clacton-On-Sea CO15 3JL	Wednesday morning No session on 4/1/12	10.00am
<i>Jaywick Methodist Church,</i> Crossways, Jaywick, Clacton-On-Sea CO15 2NA	Wednesday daytime	11 am
Fryatt Hospital, 419 Main Road, Harwich, Essex, CO12 4EX	Monday evening	6 pm
Pier Avenue Baptist Church 117 Pier Avenue, Clacton-on-Sea CO15 1NJ	Thursday evening	6.15pm
Kennedy House Kennedy Way, Clacton on Sea, CO15 4AB	Monday evening	6.30pm

Smoking Cessation



The Stop Smoking Service provides treatment, advice and support in over 80 locations across North East Essex and is available to everyone who lives or works in this area.

We offer:

Smoking in Pregnancy advice

Stop Smoking Service Smoke Free Homes Programme

Smoking prevention and awareness programmes

Stop Smoking Training for Health Professionals and Health Champions.

Workplace Stop Smoking Service

Where and When can I access the services?

Cornerstone

Wednesday and Friday mornings by appointment

Thursdays 12.30pm - 1.30pm (Drop in) and 5.30pm - 6.30pm (Drop in)

Saturdays 11.15am – 12.15pm (Drop in)

Clacton Town Hall

Saturdays 9.30am – 10.30am (Drop in)

Fryatt Hospital, Dovercourt

Wednesdays 6pm – 7pm (Drop in)

Friday mornings by appointment

Saturdays 11am - 12am (Drop in)

How do people access the service?

Turn up at a Drop in or call 0800 7312656 or 01206 545134

for an appointment.

Call your GP surgery to make an appointment.

Email: acecic.stopsmoking@nhs.net for more information

The quitting timeline

- After 20 minutes your blood pressure and pulse return to normal.
- After 24 hours your lungs start to clear.
- After two days your body is nicotine-free and your sense of taste and smell improve.
- After three days you can breathe more easily, and your energy increases.
- After two to 12 weeks, your circulation improves.
- After three to nine months coughs, wheezing and breathing improves.
- After one year your heart attack risk is half that of a smoker.

After 10 years your lung cancer risk is half that of a smoker.

There is even an app for your
iphone!

[www.nhs.uk/Tools/Pages/
iphonesmoking.aspx](http://www.nhs.uk/Tools/Pages/iphonesmoking.aspx)



Sexual Health Services

SEXUAL HEALTH CLINICS

- ~ Appointments available
- ~ No doctor's referral letter necessary
- ~ Confidential Service
- ~ Immediate diagnosis available for some tests
- ~ Counselling and advice on all Sexually Transmitted Infections and HIV
- ~ Pregnancy Testing
- ~ Family Planning advice and Emergency Contraception

Clinics provided at:

Essex County Hospital - Lexden Road, Colchester, Essex, CO3 3NB Phone 01206 744459

Clacton and District Hospital - Tower Road, Clacton on Sea, Essex, CO15 1LH Phone 01255 201698

Harwich Fryatt Hospital - 419 Main Road, Harwich, Essex, CO12 4EX Phone 01255 201216

Family Planning

Available daily at venues around NE Essex.

Family Planning Answer Line - (01206) 868686 - A 24 hour answer line giving details of all the clinics for the week



Colchester Hospital University 
NHS Foundation Trust



Frisky or Risky Sexual Health, Drugs & Alcohol

**Pop into Cornerstone or
call us on 01206 363003**

for confidential help and advice for under 25's!

- ~ **FREE Condoms**
- ~ **FREE C Cards (under 25)**
- ~ **FREE Pregnancy Tests (under 25)**
- ~ **FREE Chlamydia Screening (15 - 24)**
- ~ **FREE Emergency Contraception Referrals (under 25)**



Health @WORK ESSEX

Health @ Work is a free health and wellbeing programme for all businesses and organisations in North East Essex.

We train staff to become Workplace Health Champions and offer health interventions (My Weight Matters, stress management workshops and NHS Health Checks) in the workplace for free.

There are over 80 different member businesses and organisations including Royal Mail, Sainsbury's, Children Centres.

Please contact us if you would like more information: 01206 288616.

healthtrainers@acecic.nhs.uk



Youth Health Champs

Youth Health Champions are active in Secondary schools and act as a primary source of contact for young people for advice on Health and Lifestyle matters, signposting to services. The Youth Health Champions also facilitate a variety of Health Promotion events within the schools such as assemblies and campaigns.

The YHCs act as advocates for positive health behaviour and are often more trusted than teachers or parents, particularly with marginalised young people. There are opportunities to develop innovative methods of Health Promotion delivery, and the programme encourages young people to take an interest and ownership of their own health.

Young people who participate in the programme gain accredited certificates and experience which helps with their personal development and CV.

Sean McNamee
Youth Health Champion Co-ordinator
07852 937365

Helen Whiddett
Youth Health Champion Co-ordinator
07960 489367



Events and HUB dates

DATE	EVENT	VENUE	TIME
Tues 10th Jan	Volunteer Promotion	Colchester Institute Colchester Campus	10am-12pm
Wed 11th Jan	Volunteer Promotion	Colchester Institute Clacton Campus	10am-12pm
Thurs 12th Jan	Health Checks	The Crescent	10:00am-4pm
Thurs 12th Jan	Health Checks	Tiptree Library	10am-1pm
Tues 24th Jan	Health Champ HUB -all welcome!	Fryatt Hospital, Harwich	11am-1pm
Thurs 26th Jan	Health Promotion	Harwich Kingsway Library	9am-4pm
Fri 27th Jan	ACE Celebration event Ticket only	Colchester United Stadium	7pm- 12pm
Tues 31st Jan	Health Champ HUB -all welcome	Cornerstone, Colchester	11am-1pm
Tues 21st Feb	Health Champ HUB -all welcome!	Kennedy House, Clacton	11am-1pm

Training dates

DATE	TRAINING	VENUE	TIME
Fri 13th Jan	Taster session for new Health Champs	Cornerstone, Colchester	10am-1pm
Wed 18th Jan + Wed 25th Jan	Level 2 Health Champion train- ing	659-662 The Crescent CO4 9YQ	10am-3pm
Thurs 19th Jan	Orientation Day (Mandatory Training)	659-662 The Crescent Colchester Business Pk	9am-4pm
Mon 30th Jan	Taster session for new Health Champs	Clacton Hospital Committee Room	10am-1pm
Fri 3rd Feb + Fri 10th Feb	Level 2 Health Champion training	Kennedy House, Clacton	10am- 3pm

If you would like to book a place on training or events please call

Tricia - 01206 288572