

Working with you, for you

How to make choices for a healthier future

IMPROVING and caring for our own health and wellbeing is important for everybody. Health is so much more than being physically well, it is also about understanding how your lifestyle now will affect your future health.

We want people to be able to understand this and to be supported and empowered to make good choices about their lifestyles and health conditions without the need for input from professional health and care services. This is called self directed care.

Torbay and South Devon NHS Foundation Trust, the new integrated care organisation, is committed to this new approach and is developing a new way of working with local people to make sure they have the information and support they need to make good choices so they can live their lives to the full.

In this feature you can read about some of our initiatives to promote health and wellbeing.

We are the largest employer in the area, with around 6,000 staff, and part of our job of providing health and social care to the local population is to make sure that health and wellbeing is achievable for everyone.

So, back in September, we held a wellbeing event as the start of a focus on our

new way of working with our staff and partners.

Dame Carol Black, director of health and improving the welfare of working people, talked to our staff and partners about the importance of wellbeing in the workplace.

You can read (right) about a wellbeing project launched by one of our speech and language therapists.

We also learned about how other areas like Cornwall are doing this through their 'living well' project.

Staff had the opportunity to make a pledge for wellbeing and now we want every person living in Torbay and South Devon to be part of this health and wellbeing journey too.

So, get active, be involved, connect with the people around you in your community, make your own pledge for your health and wellbeing, and let us have your ideas too!



Take a break while you work

IT'S a legal requirement that anyone working more than six hours takes a break of at least 20 minutes.

But let's be honest, we're often so busy, it's easier to just grab a quick sandwich and eat while you work.

It might be easier, but it's not good for you.

Even a short break can help us feel more energised and refreshed and better able to deal with the rest of the working day.

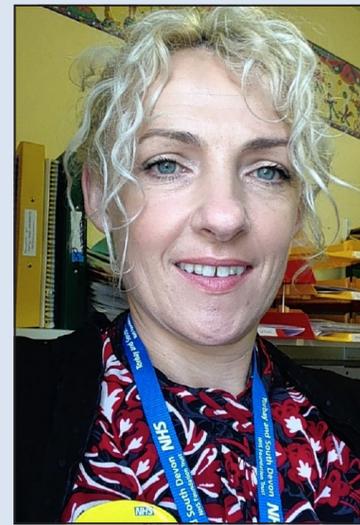
Speech and language therapist Charlotte Child was used to working without breaks, but is now an advocate of looking after yourself better at work.

Here, she explains why: "Last year, I took on a management role, and one of the themes of a course I went on was that you have to look after yourself to be able to look after your team.

"As speech and language therapists, we're often out on visits or in clinics — and breaks just seem an impossibility.

"It's strange how we always make sure patients have protected mealtimes, but forget it's equally important for staff.

"Then, in the summer, I



ADVICE: Speech and language therapist Charlotte Child

recruited a new member of staff who's not much older than my own daughter.

"I realised what a bad example we would be setting, if we brought her into a hectic work environment and didn't either take breaks ourselves or give her any space or time for a break during her working day.

"I felt it was my responsibility to encourage the team in to better habits.

"It had to start with me: if I take a break, the team feel they have permission to as well.

"We all need to take time out to refresh — even 20 minutes.

"Initially some people weren't keen, thinking it

was one less report written or one less patient seen.

"But it can be good for business, as most people actually feel better and work more effectively after a break.

"For us, it has become part of looking after each other at work: you can pop your head around a colleague's door, check if they've had a break and suggest a quick lunch together.

"Or, just give each other space from work interruptions.

"I produced little smiley fruit graphics for people to put on their doors when they're taking a break.

"If the sign's up, other staff know not to disturb them."

Why regular and

THANKS to modern life and technology such as cars, computers and TVs, we live more sedentary lives now than any previous generation.

Yet being physically active can help us lead healthier and happier lives.

To stay healthy, adults should try to be active daily and aim to achieve at least 150 minutes of physical activity over a week.

There's strong scientific evidence that exercise can reduce our risk of major illnesses, such as heart disease, stroke, type 2 diabetes and cancer by up to 50 per cent.

Physical activity can also boost self-esteem, mood, sleep quality and energy, as well as reducing the risk of stress, depression, dementia and Alzheimer's disease.

According to NHS Choices' Dr Nick Cavill, a health promotion consultant: "If exercise were a pill, it would be one of the most cost-effective drugs ever invented."

For exercise to benefit our health, we need to be moving fast enough to raise our heart rate, breathe faster and feel warmer. This level of effort is called moderate intensity activity.

One way to tell if you're working at a moderate intensity is if you can still talk but you can't sing the words to a song.

Mike Laukkanen talks about the road to fitness following a shock cancer diagnosis:

TWO years on from an experience that I will never forget, I cannot praise the NHS enough for all their care and support during a traumatic period for both

myself and my family. Christmas Eve, 2013, was the date that I was asked to visit Torbay Hospital for tests on a problem that had persisted for around four to five months prior.

Although I was fully aware of the outcome of the diagnosis, the level of service and professionalism throughout my initial visit could not have been higher.

I was diagnosed with testicular cancer, but immediately the consultant outlined the operation that would take place a few days later, the ongoing treatment that I would undergo and explained all possible outcomes.

The level of care and attention from the outset and the chance to talk things through and ask any questions stood me in great stead for the battle ahead.

'A 12-week fitness overhaul at a local gym in Torquay in which I lost 3st, completely changed my exercise, eating and drinking habits — something I have maintained throughout my recovery'



Torbay and South Devon **NHS** Foundation Trust

Are you drink aware?

THIS week it's alcohol awareness week. Many people enjoy a few drinks with friends in the pub or have a glass of wine with dinner. In moderate amounts, alcohol is not a problem, but too much alcohol can lead to a range of problems including hangovers, arguments, irresponsible (sometimes anti-social) behaviour and even violence.

In the longer-term, too much alcohol can cause or contribute to all sorts of health problems including:

- weight gain
- liver problems

- breast, throat and mouth cancers
- heart failure
- depression
- malnutrition
- impaired immune system.

In South Devon and Torbay, about 44,000 adults binge drink. Binge drinking is defined as consuming eight or more units in a single session for men and six or more for women.

On average, there are some 6,800 hospital admissions that could be due to alcohol per year.

FROM now until the new year it's traditionally party season and most people will go out and have a few drinks.

We all want to have a happy and safe Christmas and new year, so here are a few tips that may help:

■ **BE AWARE OF HOW MUCH YOU ARE DRINKING** — keep a count of how much alcohol you are consuming... you may be surprised by the results! If you have a smart phone, you can even download an app that will keep a record of how much you are drinking. (eg www.drinkaware.co.uk/app). Recommended safe drinking levels are for men no more than three to four units a day, or two to three units a day if you are a woman; also be sure to have at least two to three alcohol-free days every week.

■ **DRINK 'SPACERS'** — drink non-alcoholic drinks in-between alcoholic ones. By doing this, you will reduce your overall consumption of alcohol by 'spacing' out your alcoholic drinks.

■ **SET A BUDGET** — make a plan of how much alcohol you intend to drink and stick to it. If you are going out, take a drinks purse or wallet containing only enough money to buy the amount of alcohol you intend to drink.

■ **REMEMBER ALCOHOL IS A DEPRESSANT** — so don't

drink to help deal with stress, depression and anxiety, as it may well make matters worse. If you are doing this on a regular basis, then you should think about getting some help with your drinking.

■ **YOUNG PEOPLE ARE MUCH MORE VULNERABLE TO THE EFFECTS OF ALCOHOL, PHYSICALLY AND EMOTIONALLY** — alcohol is more concentrated in smaller bodies which in the short-term means that drinking and getting drunk can be dangerous for young people. Also, a young person doesn't have the experience needed to deal with the effects of alcohol on judgement and perception. They may do or say something they regret later, and they're much more likely to have an accident or get into trouble. Because of this there are no safe limits for alcohol consumption for younger people.

■ **DO YOU HAVE A PROBLEM WITH YOUR DRINKING?** If you think that you are having a problem with your drinking, or if you just want to cut down, then access to local

services in Torbay to help you couldn't be easier. If you have an internet connection, you can go to www.torbayalcohol.services.nhs.uk which has a range of self-help materials, alcohol information and an online screening and referral tool. You can also call us on 01803 604334 and speak to an alcohol referral co-ordinator.



Make YOUR pledge today

Fill in the form below and send it to Torbay and South Devon NHS Foundation Trust, St Edmunds, Victoria Park Road, Torquay TQ1 3QH. Or email us your details to torbaylifestyles@nhs.net

Name

Address

.....

..... Post code

.....

Email

My pledge for wellbeing is

.....

.....

.....

.....

.....

.....

My idea for improving health and wellbeing in my area is

.....

.....

.....

.....

.....

I am happy for this information to be published by Torbay and South Devon NHS Foundation Trust in future Y/N (please delete as necessary)

I am happy to be contacted by Torbay and South Devon NHS Foundation Trust about my idea in future Y/N (please delete as necessary)

Torbay and South Devon **NHS** Foundation Trust

"I pledge to give up smoking; my first step will be to contact the stop smoking service on 0300 456 1006"

"I pledge to walk the school run at least twice a week"

"I pledge to improve my diet by swapping crisps for unsalted, mixed nuts"

"I pledge to have at least three alcohol-free days each week. I'll save the money I would have spent each week and buy myself a treat at the end of the month."



Healthy lifestyle services

IF YOU would like to find out more about any of our healthy lifestyle services, call 0300 456 1006 (local rate number)

FITNESS — If you would like information about becoming more active, contact the Torbay community fitness coordinators on 0300 456 1006, Teignbridge coordinator on 01626 215 590, South Hams website www.southhams.gov.uk or contact your local council sports development office.

STOPPING SMOKING — If you want to find out more about stop smoking, call 0300 456 1006 (local rate number)

HEALTHY WEIGHT — If you would like to find

out more information about healthy weight and diet, you can find more information on our website or if you want to find out about one of our services you can call the nutrition team on 0300 456 1006 (local rate number)

ALCOHOL — If you would like help and support from our alcohol team, call 01803 604334, or via email torbayalcoholserVICET@nhs.net or go to www.torbayalcoholserVICES.nhs.uk

DRUG SERVICES — weekly open access sessions. For initial assessment and information, call 01803 604330 or call/text 07825027845.

moderate exercise is a miracle cure!

During the subsequent procedures and treatment, although uncomfortable and stressful, I was treated brilliantly and professionally by all the consultants, nurses and staff at Torbay Hospital.

This was the overriding factor in me recovering from the illness in such a positive manner.

Since being given the all clear, in April 2014, I have gone on to pass my Level 1 football coaching and undergone a 12-week fitness overhaul at a local gym in Torquay in which I lost 3st and completely changed my exercise, eating and drinking habits — something that I have maintained throughout my recovery.

In no small part, this change in lifestyle and the determination to overcome adversity was down to all the staff at Torbay Hospital and the excellent care, treatment and advice that I received from day one.

Their care of cancer patients is exceptional and any fear and apprehension that I was feeling at the very beginning, quickly evaporated and I never felt during the whole process that I wouldn't be OK.

I didn't manage to get any individual names of those who treated me along the way but I would like to thank all those involved.

Keep up the good work!



The Fitness-in-Torbay exercise referral programme is a 10-week exercise programme, supervised by fully qualified exercise professionals, and is open to anyone registered with a GP in the Bay. You'll need a referral to access the programme.

The cost is £36 and there are venues across Torbay offering:

- gym sessions
- chair-based exercise
- pilates
- toning tables
- yoga
- walking programmes
- water exercise.

Call us on 0300 456 1006 to find out more.

Take the first step ...

- leave the remote control on top of the television
- take the stairs instead of the escalator/lift
- park your car further away and walk the extra distance
- walk or cycle for journeys that are between distances of ¼ mile and two miles
- leave the car at home if you can
- do some mobility exercises first thing in the morning

■ go for a walk during your lunch break

■ use a pedometer or activity diary.

Bay Walks

BAY Walks is a programme of regular led walks in Torquay, Paignton and Brixham.

If you are looking to improve your health, or would like to meet new people, then Bay Walks could be for you!

It's fun and sociable to walk with others, and in the process you will discover interesting and beautiful parts of the Bay, enjoy the view and feel healthier in all ways.

All walks are led by trained volunteers, are free and open to everyone.

For more information, contact the Bay Walks co-ordinator on 0300 456 1006.

For more ideas about exercise for wellbeing log on to:

- www.torbay.gov.uk/sports
- www.torbaydirectory.com
- www.activedevon.org
- www.walkingforhealth.org.uk
- www.goskyride.com/torbay