

Eastleigh Healthy Living Network

Supported by



Annual Report 2004/2005



**“Working to
achieve better
health for
local people
and reduce
inequalities”**

Chair's Report

The Eastleigh Healthy Living Network (HLN) has seen another exciting project year throughout 2004/05.

Communication has been a major theme during 2005, with the network publishing two issues of 'Health Talk' the HLN newsletter. In May this year the network was proud to launch its Website (www.healthyeastleigh.org.uk). In just a few months the site has attracted more than 1876 visitors. In addition the HLN project team have been meeting people face to face at various community events around the Borough.

Local people have been taking the opportunity to stay healthy by taking part in the network's activities. The very successful Cook and Eat Healthy Eating in Schools Project soared in popularity with a little help from Jamie Oliver's campaign to improve nutrition for children in schools. The ever-popular 'Healthwalks' project continues to go from strength to strength, with approximately 100 people

participating in organised walks led by volunteers each week.

The next challenge facing the network is the sustainability of its projects post lottery funding. Staff have been working on innovative solutions and it is anticipated that most of the activities available through the HLN will be able to continue in some form.

Many thanks to all those individuals and organisations who continue to make this a successful project.



Chris Reed



Aims and Objectives

The Eastleigh Healthy Living Network brings together a variety of initiatives designed to improve the health and wellbeing of people living and working in Eastleigh Borough. It aims to provide opportunities for all to be healthy by establishing a range of healthy living satellites and improving access to health promoting activities.

Key objectives

- To improve access to and participation in, healthy living opportunities and activities for those who live and work in the Borough.
- To improve access to information about healthy living

opportunities and activities for other health and well-being related information.

- To improve the emotional development and well-being of children, improve the emotional wellbeing and skills of parents, and to improve access to childcare opportunities.
- To improve the emotional well-being of young people
- To reduce the incidence of work related stress amongst people who work in Eastleigh.
- To reduce social isolation and risk of accidents amongst older people.
- To reduce the prevalence of risk factors for Coronary Heart Disease.

Statutory Links and Partners

The network is a multi agency initiative, supported by a range of local statutory and voluntary organisations. By adopting a partnership approach to work the HLN has been able to contribute towards the delivery of several health promoting local projects for example:-

Street Sports 2005

Summer 2005 saw the launch of Street Sports. This community-based project ran throughout July and August providing the opportunity for young people to take part in a variety of sports all within walking distance of their homes. Five of these sports were delivered completely free of charge and were operated on an open access basis where participants simply turned up for sessions when they liked.

The inaugural Street Sport programme proved a massive hit and was very successful in engaging the local community as well as encouraging participants to take part in physical activity and make use of the Boroughs local recreation facilities.

'The Fing' Dance Nights

Set up in partnership, the Fing dance nights are aimed at young people between the ages of 11-17. The Fing is held on the third Saturday of each month at Fleming Park Leisure Centre. For more information contact Sarah Holland at Hampshire Youth Service on **01962 717035** or Helen Coleman at Eastleigh Borough Council on **023 8068 8107**.

Young People

Teenage Drop-In Centres

Young person friendly facilities providing advice, counselling and support on a range of issues identified by the young people themselves – including sexual health, drugs and alcohol, bullying, relationship and family issues. Services can be found in Hedge End at the Hedge End Teenage Drop-in Centre, The Box Youth Club in Wildern Lane and at HYPE Youth Club in Satchell Lane, Hamble. Young Persons counselling and sexual health services are also available at Connexions, High Street, Eastleigh.



Young Peoples Support Worker

The Young Peoples Support worker provides information and support to young people on a wide range of topics at the various teenage drop-in centres within the Borough of Eastleigh.

Key Achievements 2004/2005

- Produced 'Rollercoaster', a drama resource pack to support and enhance existing sexual health and relationship education in schools and youth settings.
- Developed smoking cessation sessions with young people at the teenage drop-ins.
- Delivered college tutorials on Sex Relationship Education and Healthy Living for young people with learning difficulties.

Working People

Stress Project

Working to support local businesses, this workplace project aims to assist in the reduction of work related stress within the workforce.

Key Achievements 2004/2005

Local companies have an increased understanding of the issues relating to work related stress due to advice and support made available through the stress project. Revised working practises have resulted in the adoption/improvement of workplace stress polices and risk assessments aimed at reducing work related stress.



Website

Information

In May 2005 the Healthy Living Network launched its Website www.healthyeastleigh.org.uk, as a means of improving access to health and well being related information. The website provides details of all the Healthy Living Network projects, advice on how to stay healthy and reduce the risks of ill health, and direct links to other sources of good quality health-related information such as NHS Direct.

In addition to the Website the Network has also developed an information pack which contains details of all the activities and services available through the Eastleigh Healthy Living Network project. To obtain a pack, or for more information please see the Contact Details section on the back page of this report.

Coronary Heart Disease

Cook and Eat

Offering intergenerational cookery classes for parent/carers and young people, this project aims to increase the awareness and understanding of the importance of a balanced diet, basic cookery techniques, food budgeting, menu planning, food safety and hygiene and sourcing local food.

Key Achievements 2004/2005

- Formed partnership with other agencies to develop the project
- Four local schools successfully completed the Cook & Eat course.

Work is currently taking place to develop a toolkit for school use, with information on how to implement, sustain and continue Cook & Eat courses within school settings.

Active Lifestyles

Promoting physical activity, the Active Lifestyles project offers 'Healthworks', an exercise on prescription referral scheme, and 'Healthwalks', a led and independent walking initiative.

Key Achievements 2004/2005

- Expansion of 'Healthworks' to include Wildern Leisure Centre at Hedge End.
- 527 new referrals were made to the Healthworks scheme between April 04 – March 05
- 6249 walkers took part in led walks through the Healthwalks scheme between April 2004 – March 2005



Older People

H.I.S.P

A programme to provide accessible, independent support to people who are housebound and unable to access information from normal statutory outlets/services. Full information service by various media on a variety of issues – e.g. health, transport and finance.

Key Achievements 2004/2005

- The team of one full-time and one part-time worker helped over 1000 people with more than 1100 queries and undertook a total of 277 home visits.
- Our form filling service helped more than 250 people complete a range of forms.
- Played a major role in developing the directory Getting Through the Maze for Eastleigh and District Disability Forum.

Eastleigh Handyperson Scheme

The Eastleigh Handyperson Scheme offers free home safety, security advice and information and, a low cost minor repairs service to elderly and disabled residents of the Borough. In March 2005 the Handyperson scheme joined forces with Hampshire Fire & Rescue who now provide and fit smoke detectors free of charge for scheme clients as part of their Home Fire Safety Check Initiative and in June 2005 the scheme linked up with the Eastleigh Gardening Service.

Key Achievements 2004/2005

316 jobs undertaken. Of these 45 related to home safety, 13 jobs addressed energy efficiency issues, 63 focussed on home security and 180 jobs related to general household maintenance. 13 referrals have been made to Hampshire Fire & Rescue Home Fire Safety check initiative'.

Access to Services & Healthy Neighbourhoods

Healthy Neighbourhoods

The Healthy Living Network continues to work in partnership with local communities to develop activities/ services in their neighbourhoods that improve skills, reduce inequalities, and improve the health and well being of the people who live there.



Key Achievements 2004/2005

In 2004-2005 the following community based projects were able to take place as a result of successful applications to the Chance For Change small grants scheme, available through the HLN :

- Talking Memories
- School Breakfast Clubs
- Educational equipment for Mums & Toddler group
- Summer activities for Children
- Art & craft sessions

Kids & Families

Mobile Crèche

A service, which provides crèche facilities to a variety of organisations, at various locations across the Borough.

Key Achievements 2004/2005

• During the last year the Mobile Crèche has provided child care facilities for children at organisations who offer training, development and support for parents and carers. Parents have been able to participate in learning and supportive activities with the knowledge that their child is being cared for in a safe and friendly environment.

In addition the service has successfully recruited additional trained crèche workers allowing for further expansion.

Confident Parents, Confident kids

Courses, workshops and classes, which aim to improve parenting skills for those with children aged 5 to 13 years of age.

Key Achievements 2004/2005

- 15 CP/CK courses took place
- 80 parents completed the course



What's New

Eastleigh Youth Counselling Service

A FREE and confidential counselling service is available for young people through the HLN.

The service offers general counselling as well as counselling for low self esteem, depression, anger management, drugs and alcohol, bereavement, anxiety, stress, family conflicts and relationship issues.

The service is based in the Connexions building in Eastleigh Town Centre for more information contact **07747 075 025** or **023 8065 2654**.



Who's New

Young Peoples Support Worker



A new young peoples support worker Kari Roberts, has been welcomed on board by the HLN. Funded by the Big Lottery, Kari's role is to provide young people with information and support on a range of issues and offer a sign posting service to sources for further help.

Kari can be found:

Mondays 3 - 4.30pm

The Box Drop-In
Wildern Lane, Hedge End

Tuesdays 3 - 4.30pm

HYPE Drop-In
Hamble Community School, Satchell Lane, Hamble

Or telephone: 023 8065 2654

Community Links

The Eastleigh Healthy Living Network Summer 2005 Roadshow

This summer saw the Healthy Living Network Team out and about at a variety of community events, which included the under 5's activity days in Hedge End and Eastleigh, the Hamble food and drink festival, the launch of the Community Safety Partnership 2005/08 Crime and Disorder Strategy at Hiltingbury and the very successful day at the swan centre in Eastleigh. The team's aim was to promote the many community based projects available through the network, and publicise the HLN website www.healthyeasleigh.org.uk and information pack.



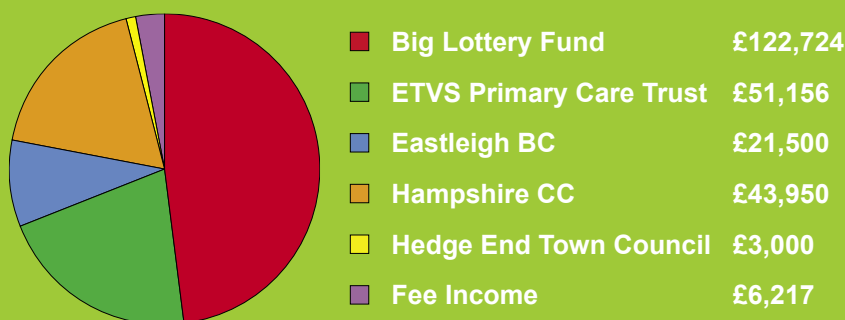
Financial Highlights

In 2004/05 the HLN continued to receive funding from a variety of sources. At 48% the largest contribution to the project was from the Big Lottery Fund. 46 % was made up of financial contributions from local partner agencies including ETVS Primary Care Trust, Eastleigh Borough Council, Hampshire Youth Service and Hedge End Town Council. The remaining 6% was raised from Fee Income.

In addition to financial support, the Network also received significant "in kind" contributions from the wide range of agencies involved with the project. This year these took form of project materials such the donation of Aprons and Cooking Equipment to the Cook and Eat Project and staff time to support the development of new and existing Healthy Living Network activities and services.

Big Lottery Fund	£122,724
ETVS Primary Care Trust	£51,156
Eastleigh Borough Council	£21,500
Hampshire County Council	£43,950
Hedge End Town Council	£3,000
Fee Income	£6,217

Funding Sources 2004 / 2005



Facts & Stats

Number of contacts to Healthy Living Network projects by age and gender

Overall Users to Projects	21,920
Male	7,561
Female	14,359
0 – 15 years	3,678
16 – 24 years	6,494
25 – 64 years	6,800
65 +	4,948

Key Contacts

H.I.S.P.

Julie Lamont
023 8090 2405

Active Lifestyles

Marianne Lewis
023 8068 4813

Cook & Eat

Louise Morgan
023 8068 3353

Healthy Neighbourhoods

Jacqueline Rolls
023 8068 8367

Hedge End Drop-In & BHH Drop-In

Catherine Thomas
01489 782727

Eastleigh Handyperson Scheme

Mandy Adams
023 8068 8343

Confident Parents Confident Kids

Wendy Price
01489 788695

Hamble Community Sports Complex

Barbara Wilkie
023 8045 2321

Mobile Crèche

Pat Statham
023 8068 3351

Stress Project

Tricia Harper
023 8068 8423

Young Peoples Support Worker

Kari Roberts
023 8065 2654

The Box Drop In Centre

Jenny Critchlow
01489 789638

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For more information please visit : www.healthyeastleigh.org.uk