



Health Talk



Issue 2 - August 2005

healthylivingnetwork@eastleigh.gov.uk

Eastleigh Healthy Living Network

Eastleigh Business Centre,
Wessex House,
Upper Market Street,
Eastleigh, Hants
SO50 9FD
t: 023 8065 2654
f: 023 8065 3621

Drug & Alcohol Info Pack

A new drug and alcohol information pack is available for parents and carers living in Eastleigh Borough. The pack answers lots of popular questions that adults ask local services such as:

“Should I get a drug testing kit?” and “How can I stop my child using drugs?”

Up to date information covering common legal and illegal drugs is included. The pack also contains a directory of national and local organisations that can offer help and advice on both drug and non-drug related issues.

The pack is small and discrete and is free of charge. You can order a pack by sending your name and address to: **DrugsandDrink@etvspct.nhs.uk** or by phoning: **023 80 747 429**

Network Launches Website

We're here to help you stay healthy and fit - that's the message to Borough residents from the Eastleigh Healthy Living Network.

This message was highlighted at a special awareness event held at Eastleigh's Swan Centre on 7th May. Prominent among the Network's many projects featured was the successful Cook and Eat scheme which saw more than twenty parents and children completing a cookery course designed to encourage good food and a balanced diet to reduce obesity. Free healthy fruit smoothies and a tasty Crunchy Fruit and Vegetable Salad were available on the day for shoppers to taste and proved to be very popular!



There were performances from a group of young people participating in dance classes at The Point and face painting for younger visitors.

The event also launched the Healthy Living Network website which was available on the day for people to view and see what it has to offer.

To browse the Healthy Living Network website, log on to:
www.healthyeastleigh.org.uk

SUMMER OF SPORTS KICKS OFF!

Eastleigh can look forward to an action-packed summer as Street Sport gets ready to kick off for the new season.

Eastleigh Street Sport is a multi sports programme offering 8 - 16 year olds the chance to get professional coaching and represent their local area in a Borough-wide competition.

The project is sponsored by South West Trains and has received financial backing from government initiative Sportsmatch. The project is supported by Eastleigh Housing

Association, Swaythling Housing Association and Eastleigh Healthy Living Network.

Duncan Cobb, Eastleigh station manager, said: “South West Trains is pleased to support this worthwhile scheme which will benefit the young people of Eastleigh, providing an environment for them to have fun and keep fit at the same time.”

The scheme, which runs throughout the school summer holidays, offers free football, basketball and tennis coaching as well

as golf and skateboarding sessions at a small cost.

For further information and activity details, contact James Coney on: 023 8068 8489 or at james.coney@eastleigh.gov.uk



Healthy Eating for Eastleigh Pupils

Eastleigh schools are promoting healthy eating to encourage balanced diets and reduce obesity. Nightingale Primary School, Eastleigh has piloted an early morning breakfast club for pupils and an after school "Cook and Eat Course" for parents/carers and pupils as part of its work towards the National Healthy School Standard. The Cook and Eat initiative has been pioneered by Eastleigh Borough Council's Healthy Living Network Initiative in partnership with Hampshire County Council's catering service (HC3S) and the Winchester and Eastleigh Healthcare Trust.

The aim is to encourage parents and children to learn the importance of a proper diet as Eastleigh Cabinet Member for Health, Cathie Fraser explains "We have worked with the school's catering staff to provide the course which covered basic cookery, menu planning, food safety and hygiene which saw the pupils working with their parents in the preparation of meals. Given the success of this project and one last year at Stoke Park School in Bishopstoke we will be looking to run further courses once funding is secured."

Mayor of Eastleigh, Councillor Bernie Wright presented certificates and a Healthy Eating Recipe Book to all those who took part in the course at Nightingale.



The 'Fing'

Eastleigh now has a new dance venue for youngsters.



'The Fing' Dance Night flyers (left)

'The Fing Dance Nights' will be a regular attraction at the Fleming Park Leisure Centre. Set up by Hampshire Youth Service with support from Eastleigh Borough Council, Hampshire Police and Crimestoppers, the dance nights will be held on the third Saturday of each month.

Aimed at young people between the ages of 11 and 17 'The Fing' will follow the popular SNAP (Say No And Phone) discos format. This will mean a ban on alcohol, drugs and cigarettes at each event which will be supervised by Youth Workers and security staff.

Tickets are priced at £3.50 if bought before the event or £5 on the night. They are available from Fleming Park Leisure Centre. For more information contact Sarah Holland at Hampshire Youth Service 01962 717035 or Helen Coleman at Eastleigh Borough Council on: 023 8068 8107

Stress Awareness Training

Starting in October a one-day training course aimed at helping workers and managers develop an awareness of the nature of stress and to understand its causes and effects, will be available through the Health and Social Policy Unit at Eastleigh Borough Council. The course aims to develop an appreciation of the importance of work-related stress as a significant health and safety issue and increase the individual's ability to identify signs of stress in the workplace. It also aims to alleviate some of the basic problems that can lead to stress at work. There are no pre-requisite qualifications for students undertaking the course.

Students will undertake an assessment by means of a review of their own work practices and if satisfactory will receive a certificate underwritten by the Chartered Institute of Environmental Health.



For more details contact our Workplace Health Development Consultant on, telephone: **023 8068 8423** or email: tricia.harper@eastleigh.gov.uk