



# Health E-News Bulletin

**ISSUE 03 - MARCH 2009**

*Health Improvement - Keeping you informed*

Welcome to the monthly issue of the Health E-News Bulletin. We aim to keep you updated with national, regional and local news, events and other relevant information which relates to the six key areas of the Department of Health's White Paper "Choosing Health: Making Healthier Choices Easier". We will also include more broader public health information. This is being produced collaboratively by the Halton & St Helens Health Improvement Library Service, the Library & Knowledge Service, and St Helens Health Partnership.

## **ALCOHOL**

### **Watching alcohol on TV can encourage drinking – New study shows**

New research has shown for the first time that the portrayal of alcohol in films and TV advertisements has an immediate effect on the amount of alcohol that people drink. The research, published in the journal *Alcohol and Alcoholism*, found that people who watched films and commercials in which alcohol drinking featured prominently immediately reached for a bottle of beer or wine and drank an average of 1.5 bottles more than people who watched films and commercials in which alcohol played a less prominent role.

The article can be viewed online here:

<http://alcalc.oxfordjournals.org/cgi/content/full/agp003v3http://www.alcoholconcern.org.uk/services/doc/1430>

### **Scotland to outlaw sale of alcohol to under 21s**

The Scottish government today published its alcohol action strategy, which could see some areas ban the sale of alcohol to under 21s. It will also introduce a minimum charge for a unit of alcohol. Under the framework, licensing boards will be legally obliged to consider whether alcohol related problems in their area are serious enough to warrant increasing the minimum age for off licence sales from 18 to 21. Local police chiefs will be able to ask boards to consider this at any time.

<http://www.scotland.gov.uk/News/Releases/2009/03/02085300>

### **Raising alcohol prices could save NHS £1bn a year**

Chief medical officer Sir Liam Donaldson has proposed enforcing a minimum price of 50 pence per unit of alcohol in a bid to reduce the effects of drinking on health and society. In his annual report, Sir Liam says such a move could result in 3,390 fewer deaths, 97,900 fewer hospital admissions, 45,800 fewer crimes and 296,900 fewer sick days a year - leading to an annual saving of more than £1bn.

**On the State of Public Health Report:**

### **The Faculty of Public Health (FPH) welcomes the Chief Medical Officer's proposal to introduce a minimum price per unit for alcohol.**

Professor Alan Maryon-Davis, President of the FPH, says: "Alcohol can and does destroy lives. There are communities across the country suffering from crime, violence and poverty, and it is cheap and readily available alcohol that too often lies at the root of these problems.

<http://www.fph.org.uk/advocacy/press/default.asp>

## **CANCER**

### **NICE clarifies breast cancer guidance**

The National Institute for Health and Clinical Excellence has re-worked its breast cancer guidelines in a bid to standardise care across the country. NICE has produced two guidelines - one for early cancer and the other for advanced cancer - to clarify best practice treatments and provide advice for patients. Under the new guidance, all suitable patients with early breast cancer are to be offered immediate reconstructive surgery after mastectomy.

#### **Early breast cancer:**

[http://www.nice.org.uk/newsevents/pressreleases/press\\_releases.jsp?domedia=1&mid=A8ED50D3-19B9-E0B5-D4D4045BC9C05767](http://www.nice.org.uk/newsevents/pressreleases/press_releases.jsp?domedia=1&mid=A8ED50D3-19B9-E0B5-D4D4045BC9C05767)

#### **Advanced breast cancer:**

[http://www.nice.org.uk/newsevents/pressreleases/press\\_releases.jsp?domedia=1&mid=A92DC941-19B9-E0B5-D4A1809A2D67F6C2](http://www.nice.org.uk/newsevents/pressreleases/press_releases.jsp?domedia=1&mid=A92DC941-19B9-E0B5-D4A1809A2D67F6C2)

### **Cervical screening age - experts to review evidence**

A panel of experts is to carry out an evidence review to determine whether women under the age of 25 should be routinely screened for cervical cancer, Health Minister Ann Keen announced. Cervical screening currently starts at age 25 years in England, in line with World Health Organisation recommendations and the advice of leading experts in this country including the independent Advisory Committee on Cervical Screening (ACCS). The Health Minister has asked the ACCS to review the latest available evidence relating to the risks and benefits of cervical screening in women under 25 years.

[http://www.dh.gov.uk/en/News/Recentstories/DH\\_096207](http://www.dh.gov.uk/en/News/Recentstories/DH_096207)

### **Screening may provide early ovarian cancer warning**

Preliminary results from a large UK clinical trial, part-funded by Cancer Research UK, suggest that ovarian cancer screening may help to detect the disease in its early stages. The UK Collaborative Trial of Ovarian Cancer Screening (UKCTOCS) involves over 200,000 women between the ages of 50 and 74 years, who were recruited from 27 Primary Care Trusts (PCTs) in England, Wales and Northern Ireland between 2001 and 2005. Of these, about 100,000 are being regularly screened, and will continue to be invited for screening until 2011, with follow-up continuing until December 2014. The other women are not being screened.

<http://info.cancerresearchuk.org/news/archive/newsarchive/2009/march/19070441>

### **Healthy lifestyle could prevent many cancers**

A report by World Cancer Research Fund (WCRF) has calculated that over 40 per cent of breast and bowel cancer cases in the UK could be prevented if people led healthier lifestyles. The 'Policy and Action for Cancer Prevention' report, which was collated by a panel of 23 world-renowned experts, sets out recommendations for governments and individuals on how to reduce their cancer risk. The report authors estimate that 43 per cent of bowel cancer cases and 42 per cent of breast cancer cases in the UK could be prevented if people ate more healthily, did regular exercise and maintained a suitable weight.

<http://info.cancerresearchuk.org/news/archive/newsarchive/2009/march/19051630>

#### **Policy and Action for Cancer Prevention Report:**

[http://www.wcrf-uk.org/research/cp\\_policy\\_report.php](http://www.wcrf-uk.org/research/cp_policy_report.php)

## **Government urged to put money where the mouth is to curb mouth cancer**

See Section: **ORAL HEALTH**

### **CHILDREN/YOUNG PEOPLE**

#### **Lord Laming urges step change in leadership and practice to improve child protection**

Lord Laming today called for a step change in leadership and practice to help protect children from harm as he published his report into how children's services have progressed since 2004. His far-reaching report, *The Protection of Children in England: A Progress Report*, was commissioned by the Children's Secretary Ed Balls in November 2008 and looks at Children's Services across England. The report recognises that Every Child Matters is the right framework for safeguarding children, but that more must now be done to ensure that it is implemented in practice to provide the best quality care and protection for every child at the front door of each of the key services.

[http://www.dcsf.gov.uk/pns/DisplayPN.cgi?pn\\_id=2009\\_0053](http://www.dcsf.gov.uk/pns/DisplayPN.cgi?pn_id=2009_0053)

**Report:**

<http://publications.everychildmatters.gov.uk/default.aspx?PageFunction=productdetails&PageMode=publications&ProductId=HC+330>

#### **Government commitment to delivering Laming recommendations**

Children's Secretary Ed Balls today welcomed Lord Laming's progress report on child protection in England and on behalf of the Government accepted all of Lord Laming's recommendations. Mr Balls pledged that the whole of central Government would work with local government and front line services to drive forward the wide-ranging proposals. In his report, *The Protection of Children in England: A Progress Report*, Lord Laming acknowledged that Government reforms introduced through Every Child Matters provided a firm foundation, but there now needs to be a renewed commitment to child protection at every level of government and across all local services.

[http://www.dcsf.gov.uk/pns/DisplayPN.cgi?pn\\_id=2009\\_0052](http://www.dcsf.gov.uk/pns/DisplayPN.cgi?pn_id=2009_0052)

### **DRUGS**

#### **Targeting cannabis users - New tools to help people cut down or quit**

Hot on the heels of last month's cannabis campaign, two new digital services have been launched to help people quit the drug. Aimed at young people, a text messaging service enables them to get instant advice and information from trained healthcare professionals. The second initiative gives people online help to cut down or quit for good using cognitive behavioural therapy, which has been shown to help people assess and control their cannabis use. The approach uses five steps, including setting realistic targets and goals and getting help from other cannabis users, and offers advice on handling cravings and dealing with peer pressure. The services are provided by FRANK – a joint Department of Health and Home Office advice service run around the clock – and are designed to complement its website and helpline.

<http://www.talktofrank.com/article.aspx?id=3233>

#### **NICE Guidance: Needle and syringe programmes**

Needle and syringe programmes: providing people who inject drugs with injecting equipment  
The guidance promotes the optimal provision of needle and syringe programmes (NSPs) among injecting drug users. It is for NHS and other professionals who have a direct or indirect role in, or responsibility for, NSPs. This includes those working in drug (and alcohol) action teams (D[A]ATs), pharmacies, local authorities and the wider public, voluntary and community sectors. It may also be of interest to people who inject illicit substances and non-prescribed drugs, their families and other members of the public.

<http://www.nice.org.uk/Guidance/PH18>

## **DrugScope responds to publication of NICE guidelines on needle and syringe programmes**

DrugScope, the leading independent centre of expertise on drugs and drug policy, has welcomed the publication of new guidance from the National Institute of Clinical Excellence (NICE) on the benefits of needle and syringe programmes (NSPs).

[http://www.drugscope.org.uk/ourwork/pressoffice/pressreleases/DS\\_response\\_NICE\\_needle\\_exchange\\_guidelines.htm](http://www.drugscope.org.uk/ourwork/pressoffice/pressreleases/DS_response_NICE_needle_exchange_guidelines.htm)

## **ACMD report on tackling hepatitis C**

More testing, encouragement to take up combination drug substitution treatments and provision of sterile syringes are among the recommendations to tackle hepatitis C made by the Advisory Council on the Misuse of Drugs (ACMD). The ACMD's report on hepatitis C makes clear that infection is a significant public health issue. Estimates in 2003 show that in England and Wales there were 190,000 individuals infected with the hepatitis C virus. The majority of these and new hepatitis C infections are within the intravenous drug injecting community.

<http://drugs.homeoffice.gov.uk/news-events/latest-news/acmd-hepatitis-c-report>

## **MENTAL HEALTH**

### **Alan Johnson and James Purnell announce further action to target credit crunch stress**

A package of measures to help unemployed people who are experiencing depression or anxiety to get back to work were announced today by Health Secretary Alan Johnson and Work and Pensions Secretary James Purnell, including greater provision of talking therapies and a new network of employment support workers. Speeding up the roll out of talking therapies will provide better access to the services. A greater number of people who are on long-term sick leave or unable to seek employment due to depression will be helped to recover so that they are ready to go back to work.

<https://nds.coi.gov.uk/Content/Detail.asp?ReleaseID=394865&NewsAreaID=2>

### **Investment in mental health essential as recession bites**

Mind today welcomes the Government's commitment to invest £93m in mental health services to prepare for the human cost of the recession. Mind's Chief Executive Paul Farmer said: "There has never been a more important time to invest in mental health. The recession is not just affecting people's bank balances; it is having a huge human cost too. Redundancy and money worries put strain on family relationships, cause sleepless nights, trigger stress and increase the risk of developing depression. When it comes to the scale of the current recession we are in uncharted territory about how many people could be affected and the impact this could have on mental health services."

<http://www.mind.org.uk/News+policy+and+campaigns/Press/recessiondepressioninvestment.htm>

### **Longer interventions and more choice needed, says Britain's leading anxiety disorders charity**

Anxiety UK, Britain's leading anxiety disorders charity supporting over 20,000 anxiety sufferers each year, has today welcomed the government funding to deal with anxiety problems caused by the recession, but has recommended that longer interventions and more choice are necessary to make a real difference to the anxiety epidemic caused by the credit crunch.

<http://www.mentalhealth.org.uk/information/news/?entryid17=68578>

### **Study suggests mental illness link to parents**

Children of bipolar parents have a 13-fold increased chance of suffering the same problem or other psychiatric disorders themselves, a study has shown. A team of psychiatrists assessed two groups of children aged six to 18 for signs of bipolar disorder - formally known as manic depression - or other problems such as mood or anxiety disorders.

<http://www.mentalhealth.org.uk/information/news/?entryid17=68333>

### **Got mental health problems? You're dumped**

A partner is four times more likely to leave you because of a mental health condition like depression than because of a physical disability. That's just one of the findings in new research for Time to Change – the nationwide campaign to end the stigma faced by people with mental health problems. It shows that our lack of acceptance of mental health problems extends well beyond the boardroom – and into the bedroom

<http://www.mind.org.uk/News+policy+and+campaigns/Press/14-02-09GotMentalHealthProblemsYoureDumped.htm>

### **See more about Time to Change**

<http://www.time-to-change.org.uk/>

### **Childhood temperament 'strongly associated' with being out of work in later life**

Children who are unhappy at school, complain of aches and pains or skip school for trivial reasons are more likely to be permanently off work sick when they are adults, new research suggests. The research, published in the March issue of the British Journal of Psychiatry, shows a strong association between childhood temperament and sickness absence in middle age.

<http://www.rcpsych.ac.uk/pressparliament/pressreleases2009/longtermsicknessabsence.aspx>

### **Men more depressed at prospect of redundancy**

Men facing redundancy were likely to be more depressed and anxious than women even though they claimed to be less concerned, according to a new study today.

Research found that job insecurity took a greater toll on men's health, especially for those under threat of being laid off compared with workers actually made redundant.

<http://www.mentalhealth.org.uk/information/news/?entryid17=68510>

### **GPs do not understand eating disorders, charity claims**

Only 15 per cent of GPs understand eating disorders and know how to help someone with such a condition, according to a report by eating disorder charity Beat. The charity said that although 59 per cent of those surveyed had gone to their GP for help with an eating disorder, there was an "information lottery" regarding whether the GP would know how to help.

Although some respondents said they were immediately referred to specialist care and received "immeasurable" help from their GP, others said they felt their GP thought they were "going through a phase" or needed their weight to drop before they were taken seriously.

[http://www.b-eat.co.uk/Publications/Reports/main\\_content/BEAT-001\\_Choice\\_or\\_Chance\\_WEB.pdf](http://www.b-eat.co.uk/Publications/Reports/main_content/BEAT-001_Choice_or_Chance_WEB.pdf)

## **NUTRITION/OBESITY**

### **Grants for hygiene and healthy eating initiatives**

The Food Standards Agency has today announced the launch of the 2009/10 grant scheme for local food hygiene and healthy eating initiatives. Grants of up to £10,000 are available for local projects on food hygiene or healthy eating. This scheme forms part of the Agency's work to promote the safe handling of food in the home, by working with schools and providing support for local food safety initiatives.

<http://www.food.gov.uk/news/newsarchive/2009/feb/grants>

### **Coffee shop and sandwich chains serve up healthier eating commitments**

Seven of the UK's largest coffee and sandwich shop chains have joined the growing number of companies working with the Agency to make healthier eating commitments. BB's Coffee and Muffins, Caffè Nero, Costa, EAT, Greggs, Pret A Manger and Starbucks Coffee Company UK have today announced their commitments to make changes to the food and drinks they serve, which will give their 11 million customers a week more opportunity to choose healthier options.

<http://www.food.gov.uk/news/newsarchive/2009/mar/healthiereatingcommitments>

### **MPs suggest limit on fast food outlets**

A committee of MPs today recommended that local councils should limit the number of fast food outlets to help dispel health inequalities in Britain. The government was warned that it must improve its health policy evaluation or risk wasting public money, in a report by the Commons health select committee. The committee also warned that money was being spent on government initiatives that might not work. And it criticised ministers for "insufficient thought" and "a lack of clear objectives" when creating health policy.

<http://www.epolitix.com/latestnews/article-detail/newsarticle/mps-suggest-limit-on-fast-food-outlets/>

### **GPs do not understand eating disorders, charity claims**

**See Section: MENTAL HEALTH**

## **ORAL HEALTH**

### **Government urged to put money where the mouth is to curb mouth cancer**

Britain's leading oral health charity has called on the Government to act on research detailing how simple cost-effective screenings can provide the early detection so important in saving the lives of mouth cancer patients. The British Dental Health Foundation, organisers of the UK's annual Mouth Cancer Action Week, has urged the government to fund an NHS-led oral screening programme. The charity's call follows a February 12th report published in the World Health Organisation (WHO) bulletin, which found visual oral screening an effective low-cost measure in preventing mouth cancer, which kills one person every five hours in the UK.

<http://www.dentalhealth.org.uk/pressreleases/releasedetail.php?id=364&offset=0&limit=10&type=&keyword=>

## **PHYSICAL ACTIVITY**

### **Experts analyse likely impact of London 2012 Olympics on physical activity**

The 2012 Olympics should be promoted as part of a series of "festival events" in order to involve as many people as possible and to leave a lasting legacy, a team of experts from Canterbury Christ Church University in Kent have concluded. The team analysed the potential impact of the London 2012 Olympic and Paralympic Games on physical activity, sports participation and health as part of a programme of research commissioned by the Department of Health.

<http://nds.coi.gov.uk/environment/fullDetail.asp?ReleaseID=395542&NewsAreaID=2&NavigateFromDepartment=False>

## **SAFETY**

### **Safe At Home - the National Home Safety Equipment Scheme**

On Friday 20 February 2009 Baroness Delyth Morgan launched 'Safe At Home' – an £18m National Home Safety Equipment Scheme which will be run by the Royal Society for the Prevention of Accidents (RoSPA) until March 2011

<http://www.surestart.gov.uk/events/newsevents/whatsnew/index.cfm?news=450>

**See also:** [http://www.dcsf.gov.uk/pns/DisplayPN.cgi?pn\\_id=2009\\_0036](http://www.dcsf.gov.uk/pns/DisplayPN.cgi?pn_id=2009_0036)

### **Child Safety Education Coalition - Reducing Unintended Injuries**

#### **Staying safe: improving practical safety education**

The DSCF has awarded a grant to the Royal Society for the Prevention of Accidents (RoSPA), in partnership with the National Children's Bureau (NCB), to establish a Child Safety Education Coalition (CSEC). The CSEC will work to improve the provision of practical safety education to give more children and young people the skills, knowledge and confidence to keep themselves safe in a range of situations, for example: in a

smoke-filled bedroom or unsafe kitchen, and so help reduce the likelihood of injury or harm to children and young people. RoSPA and NCB will also work together to co-ordinate the distribution of safety education for children and young people from all backgrounds.

<http://www.rospa.co.uk/csec/index.htm>

### **RoSPA calls for radical overhaul of health and safety**

A significant reduction in needless harm and easily preventable suffering would result if the UK's health and safety system underwent a radical overhaul, the Royal Society for the Prevention of Accidents has told a Health and Safety Executive consultation.

In its response, the safety charity says it is time for the HSE to develop a new dynamic between its work and the wider health and safety market, linking its activities much more closely to the hard work of the thousands of professionals who help to ensure effective risk management in the workplace.

[http://www.rospa.co.uk/news/releases/2009/pr669\\_10\\_03\\_09\\_occupational.htm](http://www.rospa.co.uk/news/releases/2009/pr669_10_03_09_occupational.htm)

## **SEXUAL HEALTH/HIV/AIDS**

### **More help given to victims of sexual violence**

More funding to help improve the emergency centres that help victims of sexual assault, was announced by Health Minister Ann Keen today. The National Support Team on Response to Sexual Violence will receive a £1.4 million funding boost to improve Sexual Assault Referral Centres (SARCs) across England that provide support for the victims of sexual violence.

<http://nds.coi.gov.uk/environment/fullDetail.asp?ReleaseID=394897&NewsAreaID=2&NavigateFromDepartment=False>

### **New UK teen pregnancy rates show rise for the first time in five years**

The number of teenage pregnancies in England and Wales has risen for the first time since 2002 according to new government statistics for 2007. The government had set a 10-year target of halving the rate of pregnancies by 2010. The new figures appear to have setback any chance of this being achieved. Rates for under-16 conceptions are actually back on the same level as they were in 2000. Despite this rates for all under-18 conceptions have been falling since 2002, up until the most recent 2007 figures

<http://www.avert.org/ukaidnews.htm>

### **Reacting to the rise in teenage pregnancies released today, Julie Bentley, Chief Executive, fpa said:**

“Given that we've had such a downward trend it's disappointing to see any rise. However, thousands of young women and men who may have become teenage parents haven't because of the work of the Teenage Pregnancy Strategy. It's therefore important that the Strategy continues. “Teenage pregnancy is extremely complicated. There's never a 'quick-fix' but this does show how important it is to get statutory Sex and Relationships Education (SRE) into schools quickly [1]. In our survey, parents told us the most important thing the Government can do to bring down teenage pregnancy is to have better SRE as well.”

<http://www.fpa.org.uk/News/Press/Pressreleases2009/26February2009>

### **More cash for contraception**

£20.5m package to promote contraception Call for action to areas with high teenage pregnancy rates. An extra £20.5 million will help young people get better access to contraception and support for teenagers and raise the awareness of the risks of unprotected sex, Public Health Minister Dawn Primarolo and Young People's Minister Beverley Hughes announced today

<http://nds.coi.gov.uk/environment/fullDetail.asp?ReleaseID=393819&NewsAreaID=2&NavigateFromDepartment=False>

### **fpa welcomes further Government funding for Speakeasy course**

fpa welcomes new funding of £530K from the Department of Children, Schools and Families to continue the excellent work of its national Speakeasy project. Speakeasy is a free course giving parents and carers the information and skills needed to talk to their children about sex and relationships.

<http://www.fpa.org.uk/News/Press/Pressreleases2009/23February2009>

## **SOCIAL INCLUSION/HEALTH INEQUALITIES**

### **UK care system could immediately be made fairer by implementing reforms proposed by JRF**

A new Joseph Rowntree Foundation (JRF) publication sets out four potential interim measures that could make the care system much fairer now, ahead of the government's green paper on its long-term plans to reform the care funding system due out later this year

<http://www.jrf.org.uk/media-centre/UK-care-system-implementing-reforms>

### **Research points to benefits of individual social care budgets**

Independent research has concluded that individual social care budgets can "greatly" improve the quality of life for carers, the government has said. Having access to an individual budget gives carers of people with disabilities more control and flexibility over their daily routines, the research is expected to say. But it notes there are "mixed views" about paying people to look after their relatives. Care services minister Phil Hope said: "I appreciate the mixed views and worries that exist on the issue of paying carers from individual budgets. For some people, employing close relatives might be a good solution, for others less so. Councils will need to take decisions based on the best possible advice."

#### **See Reports:**

<http://www.pssru.ac.uk/pdf/lbsenMAINsummary.pdf>

<http://php.york.ac.uk/inst/spru/pubs/1165/>

**See also:** [http://www.dh.gov.uk/en/News/Recentstories/DH\\_095462](http://www.dh.gov.uk/en/News/Recentstories/DH_095462)

## **TOBACCO**

### **Health Select Committee inquiry report calls for more action to reduce smoking to narrow the gap in health inequalities**

The importance of reducing smoking to narrow the gap in health inequalities is one of the key messages to emerge from the Health Select Committee's inquiry into health inequalities, released today. The Committee acknowledges that the Government has been effective in implementing some tobacco control measures, for example the public places smoking ban, but recommends ways in which smoking rates could be further cut to narrow the health gap between rich and poor

[http://www.ash.org.uk/ash\\_6wnl3ur2.htm](http://www.ash.org.uk/ash_6wnl3ur2.htm)

### **Smoking: A greater cause of premature deaths than poverty, Scottish study finds.**

A major new study shows conclusively that smoking is a much more significant cause of health inequalities than wealth or social class. Well-off smokers die earlier than poor non-smokers and smoking also cancels out the life expectancy advantage women have over men, so that women smokers die earlier than male non-smokers.

[http://www.ash.org.uk/ash\\_myrbzmjw.htm](http://www.ash.org.uk/ash_myrbzmjw.htm)

### **Teens hold the key to quitting**

A hard-hitting new Smokefree campaign - 'Worried' - launches today. The ads, aimed at parents who smoke, communicate an uncomfortable message to viewers - that teenage children worry about their parents' future due to the harmful health effects of smoking.

The campaign is supported by new findings which reveal that nearly half (46 per cent) of teenagers are more worried about their parents smoking than anything else, including money, bullying and divorce

<http://nds.coi.gov.uk/environment/fullDetail.asp?ReleaseID=392960&NewsAreaID=2&NavigatedFromDepartment=False>

## **OTHER PUBLIC HEALTH NEWS**

### **Phil Hope announces national autism strategy**

Autism campaigners are claiming victory after care services minister Phil Hope announced a new national strategy and guidance for the condition. Mr Hope said a consultation on the strategy would begin in April, and the final document would be unveiled by the end of the year. He said: "Implementation will be driven regionally to make sure it makes a real difference to the local services used by children and adults with autism, their families and carers. "We will also fund research on the prevalence of autism in adults and develop good practice commissioning guidance for the NHS and local authorities."

[http://www.dh.gov.uk/en/SocialCare/Deliveringadultsocialcare/DH\\_079431](http://www.dh.gov.uk/en/SocialCare/Deliveringadultsocialcare/DH_079431)

## **LOCAL & NATIONAL EVENTS/COURSES**

### **'GO' Men's Health Campaign in Halton and St Helens**

A free Health MOT available for men over 40 in this area. The MOTs are a good chance to meet one-to-one with our friendly staff to discuss any health worries that may concern you. To book your free session phone 01744 697433 (St Helens) or 0151 495 5450 (Halton).

### **SLIMGYMS – Health Advice & Exercise for Men**

Activity and advice sessions in venues around St Helens. For more information contact 01744 697432.

### **Get Checked – Awareness Events**

These events are to raise awareness of signs & symptoms of breast, bowel and lung cancer.

19.03.09 – Parr Leisure Centre, St Helens – 9.00 am – 2.00 pm

25.03.09 – B & Q, Widnes – 10.00 am – 2.00 pm

### **Children and Young People's Mental Health Training – Mental Health is Everybody's Business**

**FREE** interactive workshop compatible with Every Child Matters and the National Service Framework (Standard 9). Aimed at non-clinical professionals (Halton & St Helens). For more information contact Jen Brown on 01744 621835.

### **ASK (Applied Safety Knowledge) – Suicide Awareness Training**

**FREE** interactive training session that teaches a basic helping intervention when working with clients where suicide may be a risk factor. Aimed at anyone working with vulnerable adults, clients within a community setting and clients with a history of mental health (Halton & St Helens). For more information contact Andrew Perkins on 01744 457357.

### **WISE UP – Mental Health Awareness Training**

**FREE** training session that teaches an understanding of basic mental health issues. Aimed at non-clinical health and social care staff with a remit for working with the public or with vulnerable groups (Halton & St Helens). For more information contact Jen Brown on 01744 621835.

## **NATIONAL/INTERNATIONAL HEALTH EVENTS 2009 – April**

For a full list of Health Events and links please visit:

## **OTHER LOCAL E-BULLETINS**

### **ChaMPS Public Health Network Bulletin**

ChaMPS is your public health network for Cheshire and Merseyside PCTs, NHS Acute Trusts, local authorities and wider health organisations. If you would like to know more about joining ChaMPS and receiving this bulletin contact Viv Martindale, ChaMPS Network Administrator on 0151 643 5369 or email [vivienne.martindale@bwwpct.nhs.uk](mailto:vivienne.martindale@bwwpct.nhs.uk)

### **Cheshire & Merseyside New Documents Bulletin**

A weekly review of new documents produced collaboratively by primary care librarians across Cheshire & Merseyside. Contact the Primary Care Library on 0151 676 5650 or email [library.pct@sthk.nhs.uk](mailto:library.pct@sthk.nhs.uk) if you would like to receive this bulletin.

### **Your Comments**

The content of this bulletin highlights recent articles and/or documents appearing on a selection of websites, which we feel may be of interest to the wider health improvement area. All links are correct at the time of publishing. If you have any comments or suggestions about the Bulletin or would like to forward an item or news of an event, we would love to hear from you. Please forward this bulletin on to people who might otherwise not receive it. Contact [lynda.moss@hsthpcct.nhs.uk](mailto:lynda.moss@hsthpcct.nhs.uk).

### **Bulletin prepared by:**

Lynda Moss with contributions from Paula Wright and Linda Gittens,

### **Library Contact Details:**

St Helens Health Improvement Library – Tel. 01744 626667, Fax. 01744 457257  
Halton Health Improvement Library – Tel. 01928 593057, Fax. 01928 569532  
Library & Knowledge Service – Tel. 0151 676 5650, Fax. 0151 676 5663

### **Health Improvement Network**

If you would like to become a member of the Health Improvement Network or find out more information about the Network, please contact Linda Gittens on 01744 697433 or email [lindagittens@sthelens.gov.uk](mailto:lindagittens@sthelens.gov.uk).