

Cheshire and Merseyside Healthy Providers Network



Welcome to the Second Cheshire and Merseyside Healthy Providers Network Newsletter. The network has been in place since summer of 2012. The purpose of the network is to provide a collaborative forum for acute trusts and provider trusts to work together on a common theme of improving health and reducing health inequalities.

Cheshire & Merseyside Healthy Providers Network are committed to putting health and wellbeing at the heart of every contact with patients, clients, our workforce and the communities we serve.

We support provider organisations to aspire to gain World Health Organisation (WHO) and/or Royal Society of Public Health accreditation.

We are pleased to announce that the Cheshire and Merseyside Public Health Collaborative Service has agreed to provide some funding to the network to enable it to continue and develop. The Cheshire and Merseyside Directors of Public Health have recognised the importance of the network as a resource for engaging with health providers to promote health in their settings.

Liverpool Community Health - RSPH Award!

Liverpool Community Health (LCH) NHS Trust's Public Health Team is celebrating after receiving an Award from The Royal Society for Public Health (RSPH) in recognition of their strong commitment to promoting public health across the organisation and its local communities. The Trust was the first NHS Community Health Trust in the country to be accredited with the award last year, and has now been re-accredited for a further three years. Helen Lockett, Director of Operations and Executive Nurse for LCH, and Rachael Gosling, Consultant in Public Health were formally presented with the award on behalf of the Trust at an awards ceremony which took place at the RSPH's Headquarters in London on



Movember – Mersey Care High Secure Services



Movember is a men's health event held in November with the aim of raising awareness of the key men's health messages, the main of which is 'Every man should maintain a healthy lifestyle, a good diet and take action early when they experience a health issue.

A number of staff members across high secure services are committed to growing moustaches to raise awareness of men's health. "Movember is all about bringing back the moustache, having fun and doing a little bit for a serious cause: men's health specifically prostate cancer, testicular cancer and mental health. Mo bros commit to grow a moustache for the 30 days of movember, and in doing so become the walking and talking billboards for the cause. The moustache is our ribbon, the symbol by which we generate conversation, awareness and raise funds for men's health





This year's Stoptober campaign was led by Alder Hey Children's Hospital, Health Promotion Team. The campaign was delivered collectively across the Cheshire and Merseyside Healthy Providers Network.

Campaign messages

- Stoptober is back for the second time - encouraging the nation's 8 million smokers to stop smoking for 28 days
- If you can stop smoking for 28 days, you are five times more likely to stay quit
- People taking part in Stoptober will be provided with a detailed 28-day step-by-step programme to support them in their smokefree attempt.
- Those who stop smoking for 28 days and longer will begin to experience financial, physical and health benefits including better sense of taste and smell and a reduced risk of lung cancer and heart disease
- The Stoptober programme is based on the gathering of data and research into the motivations, challenges and the realities of attempting to stop smoking

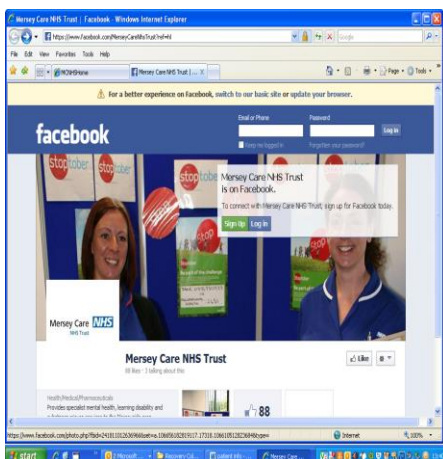
Health Harms:

- Smoking is the biggest cause of premature death in England and each year it accounts for over 80,000 deaths with one in two long-term smokers dying prematurely from a smoking disease

Facts and statistics

- Over 8 million people in the country smoke. While smoking rates have declined over past decades, the rate of decline has slowed in recent years
- The tobacco control plan sets up an 'ambition' to reduce smoking prevalence among all adults in England to 18.5% by 2015
- Most smokers have tried to quit and failed before. Although there are almost 5 million attempts to quit each year in England, only around 7% of quitters succeed in stopping for one year
- Whilst 68% of smokers tell us they want to quit, only 38% actually make an attempt
- Smoking is the biggest cause of premature death in England and each year it accounts for over 80,000 deaths in England and one in two long-term smokers will die prematurely from a smoking disease

Stoptober events were run across the Cheshire and Merseyside Provider Network with many providers getting involved. Below are some examples of the activities that took place for Stoptober.



For further information on any of the articles above or to join the network please email healthpromotion@alderhey.nhs.uk