Cheshire West & Chester Council
A year in the life of Public Health
2013
Visit: cheshirewestandchester.gov.uk
It has been an exciting time - we have been warmly welcomed into the Council and I am delighted to be part of the local authority and all the opportunities it brings to integrate public health into the other Council services such as education, social care, employment, housing, transport and environmental services. We will also continue our important work both with and alongside communities and other organisations in our localities to improve health and wellbeing - collectively we can make a real difference.

I am immensely proud of the work that the public health team and our partners do to reduce health inequalities and improve the health of people and communities in Cheshire West and Chester. We have made good progress in tackling early deaths from cancer, stroke and heart disease, but we still face challenges such as increased drinking levels, high levels of smoking and high numbers of people whose weight is unhealthy, particularly amongst our children. Of particular concern to me is the difference in life expectancy across our communities. Men from more deprived areas can expect to live ten years less than those from more affluent areas, and for women the gap is nearly eight years. Everyone knows that prevention is better than cure, so we need to look at making some changes to turn some things around.

It is a statutory responsibility of the Director of Public Health to produce an independent annual report on the health of their population. The report gives me the opportunity to highlight areas where I think we could do more to improve health and tackle some of the challenges highlighted above. The format of a “Year in Public Health” means that you can ‘dip in and out’ of the report throughout the year, and during 2014 we will release more information each month to add to each topic area. Each month of the year looks at a different topic, outlines a key fact, the ways we can improve health and we highlight organisations who are actively working on the topic. We also have some wonderful personal success stories, as told to us by residents who have made changes in their own life to improve their wellbeing.

I hope you like the new format of the report, which aims to present the information in a more readable and easy format. We hope this will encourage more people to read it, and in turn become part of our wider public health team.

If you are a regular reader of public health reports you may be wondering where all of our statistics and graphs have gone - if this is the case, you may find our separate “Public Health Statistical Compendium 2013” of interest... This is available online at www.cheshirewestandchester.gov.uk/publichealth2013. Much, much more data can also be found in the Joint Strategic Needs Assessment (JSNA) at www.cheshirewestandchester.gov.uk/JSNA

This is my first report as Director of Public Health for Cheshire West and Chester and it is important that I acknowledge that it has been produced by many people. I would particularly like to thank all those who shared their own personal inspirational stories, showing just how much can be achieved. I would also like to give a wholehearted thanks to the small co-ordinating team who pulled the report together – your commitment and enthusiasm are boundless – thank you Katie Tierney, Emma Cousens, Liz Noakes and Helen Pickin-Jones from Public Health. A full list of contributors can be found within our Useful Information and References pages.

Finally, my challenge to you as a reader of this report is to think, “what can I do to make a small difference to my own health”? I hope this report gives you some ideas, some information on where you can go to for support to make those changes, and hopefully some encouragement to make a change. We have many opportunities and challenges ahead of us, but you are not alone and together we can achieve great things.

I hope you enjoy reading the report – if you have any suggestions for next year’s report then please do get in touch, I would love to hear from you.

Caryn L Cox
Director of Public Health
November 2013
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Meet the Public Health team...
Alcohol

We know that most people are able to keep their drinking in check and as a result enjoy alcohol in a controlled way. For some though, alcohol can become a problem.

Addressing people’s drinking behaviours is key to helping those who may struggle with alcohol, particularly when we live in a culture where excessive drinking is fast becoming the norm. There is evidence to show that we only report between 40-60% of the alcohol we are really consuming, so it is important to understand just how much we are drinking.

So, how much is too much alcohol?
When we pour our own drinks at home it’s easy to drink more alcohol than we realise. Large wine glasses hold about one third of a standard bottle of wine, so having two or three drinks means that we could easily drink a whole bottle of wine – which is almost three times the recommended daily alcohol unit guidelines. Similarly, a pint of higher strength lager or beer accounts for 3 units of alcohol so it is easy to drink more than the daily unit guidelines - without even realising it.

We know that alcohol misuse can have a detrimental effect on our physical health and mental health and wellbeing. In Cheshire West and Chester admissions to hospital related to alcohol have increased by a quarter over the last five years.

* increasing risk drinkers regularly drink an average of 3 units a day whilst higher risk drinkers regularly drink an average of 8 units a day

DID YOU KNOW...
In our area 16,500 adults are likely to be higher risk drinkers and over 60,000 adults are at an increasing risk*
Alcohol Learning Centre (2013)

Alcohol Treatment
As well as addressing people’s drinking behaviour and the drinking culture that we live in, it is important to provide effective alcohol treatment which focuses on recovery for people with alcohol misuse problems. We want to improve people’s overall lifestyles, recognising that tackling alcohol misuse is just one aspect of this.
Hi, my name is Jon. I have not drunk any alcohol since Wednesday 26 October 2011.

I started drinking in my early teens. After my A levels I went to teacher training college in Liverpool and it was during this period that I increased my tolerance for alcohol substantially.

After a couple of years of working I left to start my own business, but unfortunately the business collapsed. I married my first wife in 1989 and had two daughters, however the marriage ended after 10 years. I managed to gain full time employment again and rose through the ranks and then re-married. My second marriage ended after five years, allowing me to concentrate on developing a social life to facilitate my drinking even more. Eventually the amount I was drinking caught up with me and I lost my job.

So, how much was I drinking? 2-3 bottles of wine and 1 bottle of vodka on workday evenings (about 38-45 units) and on Fridays and Saturdays I could let my hair down and drink even more. I went to my GP as I was feeling suicidal and initially went to get my prescription for anti-depressants renewed but broke down.

When the GP asked how much I was drinking, knowing that I was drinking far too much, I tried to ‘play the quantities down’, telling my GP that I only drank a bottle of wine and half a bottle of vodka a day. I was assigned a Community Psychiatric Nurse, but was told that I had to deal with the drinking first and was referred to Aqua House.

At Aqua House I was met with compassion and understanding. I was given a drink diary which really made me think about how much I was drinking and I was introduced to different strategies and interventions to help me. Planned reduction of alcohol was suggested and also a peer support group.

It worked and I now volunteer at this wonderful place and hopefully help the team to make a difference to the lives of the people who pass through the front door. Since the date of my abstinence, I feel like I have taken back control of my life.”

Aqua House provides an Alcohol Treatment Service in Chester. Here Jon talks about his experiences and how Aqua House has helped him.

Could you give up alcohol for 31 days?

Going alcohol free can be a valuable challenge for many and with the New Year comes an opportunity to consider taking a break from alcohol. The aim of Dry January is to encourage individuals to take part in a mass participation challenge to give up alcohol for a month, enabling them to lose weight, save money and get healthy.

www.dryjanuary.org.uk
Many of the health and wellbeing issues for the Lesbian, Gay, Bisexual and Transgender communities (LGBT) stem from homophobia, transphobia and discrimination. Homophobia can take many forms including negative stereotyping, the use of anti-gay language, exclusion from a service and verbal or physical abuse.

Those who have experienced discrimination and hate crime are more likely to demonstrate higher rates of anxiety, depression and substance dependency. Self harm, thoughts of suicide and suicide attempts have been related to difficulties in being openly lesbian, gay or bisexual in society, including having experienced rejection, bullying and being physically attacked.

Alcohol consumption and drug use are seen as coping mechanisms, but the consequences on health include an increased risk of cancer, obesity and alcohol dependency.
Bisexual and Health and Wellbeing

Chester Pride Festival

A Pride Festival is a celebration of the Lesbian, Gay, Bisexual and Transgender community and of diversity in the local area. Entertainment brings people together in a fun and safe environment and shows all people that, whatever their sexual orientation or gender status, they are not alone.

A key element of Pride is the ‘lifestyle area’ which features information from the public and voluntary sector and community groups. The aim of the lifestyle area is to provide information about health and wellbeing and raise awareness of available services and support in the local area. Healthcare professionals are available to chat to those in attendance to address issues, understand what the barriers are to accessing health services, and build relationships. This engagement ensures health professionals continue to take the issues of the LGBT community into consideration when thinking about the accessibility of mainstream services.

The lifestyle area includes the stop smoking services, drug and alcohol services, healthy living, sexual health, youth support, cancer screening, trans support, Age UK, domestic abuse, hate crime reporting, fostering and adoption, civil partnerships and much more.

Warren is a 27 year old gay male living in Chester, working as a drag queen, who volunteered to be part of the Lions Pride LGBT network organising Pride. Warren had this to say about Chester Pride:

“I have played a strong role on Chester’s gay scene over the past 10 plus years. As a well known face, I feel it’s vital that I show my support in order to get other LGBT people involved. It’s been such an experience being part of the organising group and working with different organisations and people in the community. I don’t recall everyone working together in this way before! Drag queens, Council officers, health professionals, the University, the Police, Fire Service, charities, local people and gay bar managers all sit on the Lions Pride group! I have learnt a great deal and it’s amazing to see the amount of people wanting to see Chester Pride be a huge success and giving their time freely, it’s fantastic and uplifting.”
As spring approaches, it’s a good time to start thinking about a fresh approach to our health and wellbeing.

We all have a sense of when we feel mentally and physically well, but sometimes we need extra support or a gentle nudge to look after ourselves so that we can keep well. The 5 Ways to Health & Wellbeing initiative is a great opportunity for everyone to join together in Cheshire West and Chester to make positive changes to their health and the way they feel about themselves. It addresses the important message that mental health and wellbeing are just as important as our physical health – feeling good is an important part of being healthy.

The initiative has been developed by the New Economics Foundation following an assessment of the latest scientific evidence. The set of simple actions – Connect, Be Active, Take Notice, Keep Learning and Give, is designed to improve wellbeing in everyday life and addresses key areas:

CONNECT: taking the time to connect and develop relationships can enhance our everyday life

BE ACTIVE: having a healthy body helps us to have a healthy mind

TAKE NOTICE: taking notice of our environment helps us to put things into perspective and allows us to be more appreciative

KEEP LEARNING: setting ourselves a challenge by trying something new can increase our motivation and confidence

GIVE: doing something for somebody else can be incredibly rewarding

With 1 in 4 people today experiencing mental distress during their lifetime, there has never been a better time to take your health and wellbeing into your own hands.
5 Ways to Health & Wellbeing in Action...

Tonya Chirgwin, Resources and Development Librarian for Cheshire West and Chester Libraries, shares her thoughts about 5 Ways to Health & Wellbeing:

“I first heard about 5 Ways to Health & Wellbeing in work, when we were looking for new ways to support the Council’s aim to ‘make Cheshire West and Chester an Altogether Better place to enjoy healthier and more active lifestyles’ - it seemed ideal! We rapidly developed a week long range of activities based on the 5 Ways in the libraries across Cheshire West and Chester. It was so successful that in 2013-14 all the libraries are working with the theme of 5 Ways throughout the whole year.

Libraries do so much more than just providing books, and 5 Ways has helped us realise the length and breadth of what we do and what we can offer, as well as helping our visitors to feel better!

On a personal level, 5 Ways really resonated with me. It spurred me on to take up cycling (Be Active) after a break of a number of years. I wrote a blog (Give) of my first slow and steady experiences on my bike. I did it for me but my friends, family and colleagues liked it (Connect). I also found that cycling meant I saw and encountered different things (Keep Learning). One of my best experiences was finding and picking blackberries in a hedge I cycled past (Take Notice) and making them into delicious crumbles that I could share with other people (Connect and Give). Over time I’ve seen that you can bring 5 Ways into lots of things you do. I am glad that I have.”

Focus on... Frodsham Young People Life through the Lens competition

Frodsham Young People Life Through the Lens competition has been developed to raise awareness of the 5 Ways to Health & Wellbeing. It aims to inspire young people through the art of photography, to incorporate the five simple steps into daily life which can help them to feel healthier and happier.

The Sunset photo - Winning photograph by Sophie Bridgewater from Chester.
Physical Activity

There are many reasons why physical activity should be built into our everyday lives, but with our busy lifestyles this is not always as easy as it seems.

However, as the clocks change and we look forward to the longer, lighter nights, it’s a great time to think about small lifestyle changes that we can make to increase our activity levels. We know that participating in physical activity has real benefits for our health – it can reduce our risk of diabetes and coronary heart disease, among many other physical benefits. Exercise is also fantastic for our mental health and wellbeing, as it releases endorphins that can make us feel happier and more positive as well as being sociable and enjoyable. Whether it be walking instead of taking the car, or taking the stairs instead of the lift, there are many ways that we can all start to be more active.

DID YOU KNOW...
Almost half of our adult population are not exercising enough.*

Public Health England: Cheshire West & Chester Health Profile (2013)

How can you be more active? Here are some Top Tips

Start Small...
Break exercise down into 10 minute sessions throughout the day
Be realistic about your goals... Make them achievable, such as walking 30 minutes every day

Make exercise part of your day...
Help to make it part of your day by keeping an activity diary

Keep Moving...
Look for opportunities such as using the stairs instead of the lift

Don’t Forget to have fun...
Have fun doing activities that keep you motivated such as ballroom dancing or yoga

Make sure you get plenty of variety
Pick a different activity to do each week so you don’t lose interest

Reward Yourself...
Recognise when you achieve your goals and reward yourself, perhaps with your favourite magazine or a new pair of trainers

British Heart Foundation

*The Department of Health recommend 150 minutes of physical activity a week
What’s happening in Cheshire West and Chester?

Cheshire West and Chester are committed to helping us to become more active and a number of initiatives are under way to support this. Over £30 million is being invested into new Lifestyle Centres in Ellesmere Port and Northwich to ensure that we have higher standards of leisure activities.

There has also been a focus on investing in sporting activities such as cycling. A cycling strategy was launched last year by the Council and significant investment has been made into developing current and existing cycle routes around our towns. The Council are proactively encouraging both their own staff and other employees to cycle to work and, in partnership with British Cycling, have trained a network of volunteers to become ride leaders who are now out in force, delivering led rides to people of all ages and abilities.

Focus on...
Physical activity and mental health

Helen Morgan* is a 46 year old from Chester who feels that physical activity has been a real benefit to her life. Here she tells her story:

“I am a 46 year old woman with a diagnosis of bipolar affective disorder, severe anxiety, obsessive compulsive disorder and conversion disorder. I first started at Bowmere gym in Chester in July 2012. I was given a programme designed for me, by an instructor who supervised, supported and encouraged me at all times and within a few weeks my mental and physical health improved immensely. When I was introduced to the power plate, my limbs stopped constantly shaking and leg cramps disappeared totally, which enabled me to sleep better and reduce medication. I never left home before starting the gym, but attending three times each week and getting into a healthy routine has given me the confidence that I was desperately lacking. I am a volunteer at the gym now and I believe it plays a major part in keeping me well. I am truly grateful to Maggie and Bowmere gym for the care, support and encouragement I have been given, and continue to receive”.

*we have changed the name of the client in this real life story to protect her anonymity
Good Sexual Health

Sexual health is an important part of physical and mental health, though our needs vary according to our age, gender, sexuality and ethnicity. Our relationships and sexual fulfilment are important elements of our sexual health, as are the access we have to information and services.

In Cheshire West and Chester we are committed to ensuring sexual health services:

- Are high quality and provided at convenient times
- Offer choice and information that build personal resilience and self-esteem, thereby enabling people to make healthy choices
- Provide quick access to confidential services that offer a comprehensive range of sexual health services and are available to anyone, regardless of whether or not they live in the Cheshire West and Chester area

If you would like to talk to a health professional or get tested, contact your local service. Most sexually transmitted infections are easily diagnosed through urine or blood testing and usually treatment with antibiotics provides a cure.

DID YOU KNOW...

Half of all men and 3/4 of women who have a Chlamydia infection don’t notice any symptoms and so don’t know they have it.

*NHS Choices (2013)*

Good sexual health can contribute to our overall health and wellbeing and includes benefits such as:

- A release of chemicals that make you feel happy
- Strengthening of the immune system
- Release of physical and emotional tension
- Good for the heart/exercise

We all need to look after our sexual health whatever our age and take time to understand the issues that surround contraception and sexually transmitted infections (STIs). For instance there are some STIs, such as Chlamydia, that you could be carrying without having any symptoms. This infection can affect fertility, so it is important to make use of the local sexual health services that are available.

You can also talk to your doctor or nurse at your local GP surgery or sexual health service. There are a range of services provided across Cheshire West and Chester offering appointment only or drop-in clinics – all are aimed at creating an atmosphere where people can talk openly about sex and relationship issues.
Young People’s Sexual Health

It is important to ensure that young people have the knowledge and skills to enjoy good sexual health throughout their life. Helping young people to understand their sexual health means that they can protect themselves against unwanted pregnancies and sexually transmitted infections.

Although the UK has the highest teenage pregnancy rate in Europe, successful partnership working and improved access to sexual health services for young people has contributed to a significant decrease in teenage pregnancy rates across Cheshire West & Chester.

Teenage mums are more at risk of post-natal depression and poor mental health and are more likely than older mothers to have low educational attainment and experience adult unemployment.

Focus on... Young People’s Outreach Service

Chris Heshon is a Sexual Health Outreach Nurse for the Young People’s Outreach Service covering Chester, Ellesmere Port and the rural area.

The service aims to target young people who may find access to sexual health services difficult, providing them with contraceptive choices and positive lifestyle choices. Her role means that she can deliver specialist information, advice and clinical care around sexual health to these young people.

Chris meets with young people, in settings such as Cafes, Children’s Centres and Youth premises, who often feel anxious about accessing services in a more mainstream setting. She helps to build their confidence and self esteem, helping to break down the barriers which may be preventing them from accessing mainstream services.

The service has proved very popular. One service user commented

“We all felt Chris was the kind of person we could talk to if we visited a clinic on our own”

The Family Nurse Partnership

The Family Nurse Partnership in West Cheshire supports new mums under the age of 19. Each new mum is allocated a family nurse who will visit her at least every two weeks from mid-pregnancy until the baby is two years old. The nurse provides practical guidance on staying healthy in pregnancy, what happens in labour and how to care for a new baby, as well as career and childcare advice and emotional support.
Breastfeeding benefits both mum and baby in many different ways. There are health benefits, as breastfeeding protects the baby from many infections and diseases, as well as protecting mum’s health.

Breastfeeding is more than providing nutrition – regular skin to skin contact brought about by breastfeeding helps to deepen the attachment between mother and baby.

The role of the family and the support they can provide is also integral to a new mum’s decision to breastfeed. Having extra help at hand, such as bathing, nappy changing and making meals and snacks can make a big difference to a mother, especially in the early months.

DID YOU KNOW...
Almost 7 out of 10 of our new mums start breastfeeding their babies

Department of Health Breastfeeding Statistics (2013)

Focus on... Young mums breastfeeding in Ellesmere Port

In 2012 we carried out some research with young mums in Ellesmere Port to find out their thoughts and opinions about breastfeeding and what barriers to breastfeeding they could identify.

This research helped us to recognise the importance of the wider family in supporting mum, leading to the development of the Team Baby campaign. The campaign promotes breastfeeding from the view of the whole family, whilst also addressing where to get support and top tips on breastfeeding in public.

Karrollynne Barber, a young Ellesmere Port mum who chose to breastfeed, is pictured (left) in the campaign to help to raise awareness, along with her mum Jackie. Karrollynne says...

“I’d been reading about the health benefits for my child and myself and just thought this was the best thing to do for us. My mum encouraged me to do it and said that she would be there for me. There are also so many ways that you can breastfeed without people noticing. Plus they say the best things in life are free!”
Focus on.. Changes to the national childhood immunisation programme

A number of changes to England’s national immunisation programme are planned to take place during 2013/14. Amongst these, two new vaccinations are being introduced:

• **Rotavirus:** Rotavirus is a common viral infection (sometimes called the winter vomiting bug) that can cause symptoms of sickness and diarrhoea. In most cases the infection will clear within a few days, but sometimes it can take longer. This can lead to the risk of a lack of fluid in the body which can lead to dehydration.

Since July 2013, a vaccine to protect babies against rotavirus has been introduced. Babies will be offered the immunisation at two and three months alongside their other routine childhood vaccinations.

• **Childhood Flu:** Flu can be very unpleasant for children. It has the same symptoms as adult flu, including: fever; chills; aching muscles; headache; stuffy nose; dry cough and sore throat, lasting for up to a week. For some children they may also develop a high fever or complications such as bronchitis. For children with long term health conditions such as diabetes or asthma, flu can be very serious and can lead to further complications.

Immunisation will be offered to pre-school children aged two and three years from Autumn 2013. The flu immunisation programme will be extended over a number of years to include all children aged two to 16 years.

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Childhood Immunisations

Immunity is the body’s defence system against serious disease. As a parent you may not like to see your baby or child being given an injection, but immunisation is an important step towards protecting your child against a range of serious diseases, some of which have the potential to cause disability or death.

Some of the diseases that your child could be exposed to, if they are not immunised, are diphtheria, tetanus, whooping cough, measles, mumps and rubella.

It is also important to remember that the more children who are immunised, the less the risk of children in the community who are unvaccinated spreading the disease.

The UK Childhood Immunisation programme offers immunisations that are safe and extremely effective.

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DID YOU KNOW...

Nearly all of our two year olds have been immunised against measles, mumps and rubella.

HSCIC - Health and Social Care Information Centre: Immunisation Statistics (2011-12)
A year in the life of Public Health  Cheshire West & Chester Council

JULY

DID YOU KNOW...
Almost a quarter of our young people aged 11-15 years are affected by mental health problems
Mental Health Foundation (2013)

Adolescent Health

Young people face a large number of challenges and pressures throughout their teenage years.

Adolescence is a time when individuals go through huge change, both physically and mentally and it is during this time that many young people choose to smoke, drink, take drugs and have sex for the first time. It is normal for a teen brain to seek out new experiences, risks and sensations as part of the process of the brain going through huge change and development.

However, the self monitoring, problem solving and decision making part of the brain develops last. This means that teenagers don’t always have a lot of self control or good judgement and are more prone to ‘risk taking behaviour’.

Focus on... Getting teenagers talking

So, how do we prevent teenagers from deciding to smoke or take drugs, and delay their decisions to drink alcohol and have sex until they are mature enough? There is a definite need to focus on getting 11 to 16 year olds talking. Evidence suggests at this stage they’ve yet to face these decisions and discussing these issues early helps to influence behaviour in later life. Conversations provide a way for teenagers to imagine themselves in new and challenging situations and help to build confidence and self esteem.

Just as important, and becoming increasingly recognised, is that the emotional wellbeing of children is just as important as their physical health. Good mental health allows children and young people to develop the resilience to cope with what life throws at them and to grow into well rounded and healthy adults.

We also need to be mindful of the risk factors that may affect their mental health in order to support them. There are a wide range of factors that could have an effect, such as family breakdown, death and loss, communication difficulties or low self esteem. Around the early summer months too the pressures of exams can also have a huge impact on the mental health of our young people.
Children’s Healthy Weight

Focus on.. Cheshire West and Chester families get ‘Fit 4 Life!’

The children’s Healthy Lifestyle programme ‘Fit 4 Life’ is designed to support families to lead healthier lifestyles by focusing on healthy messages about food and physical activity. Pupils at Dee Point, Westminster, Moulton and Willow Wood Primary schools were the first to participate in the four week Fit 4 Life schools programme. The pupils and their parents took part in fun, interactive activities, learning about the five food groups, the amounts of fats and sugars in foods, how to read a food label and how to achieve the recommended 60 minutes of physical activity a day. One parent commented....

“The course has been really good for my son and he is now trying new foods. He likes fish now and he’s drinking water and exercises more on his trampoline.”

Top tips for a healthy lifestyle...

1. Sugar swaps – swapping sugary snacks and drinks for ones that are lower in sugar can make a huge difference to children’s calorie intake
2. Meal time – it’s important for children to have regular, proper meals, where possible eating together, as a family, as children tend to copy what adults do
3. ‘Me size’ meals – even though they are growing it is important that children have the right sized meals for their age – not too little and not too much
4. Snack check – many snacks are full of sugar, salt and fat so keep an eye on the snacks they are having and how many
5. 5 A Day – make sure children have 5 portions of fruit & vegetables a day. It’s easier than you think – 1 portion is roughly a child’s handful
6. Cut back fat – grill or bake food and trim off the fat from meat you are cooking
7. Children need to do at least 60 minutes of activity a day to keep them happy and healthy. There are lots of ways to do this – walking to school and running around the playground count!
8. Up and about – don’t let children sit down doing nothing for too long – limit ‘screen time’ to two hours maximum each day

DID YOU KNOW...

1 in 4 of our 4-5 year olds are an unhealthy weight

HSCIC - Health and Social Care Information Centre (2011/12)

Helping children to achieve a healthy weight is a priority for Cheshire West and Chester Council

With so many opportunities to watch TV or play computer games and with convenience and fast foods easily available, there has been a rise in unhealthy weight amongst our young children, above the average for the UK. We know too that the lifestyle habits that we form in the first few years of life can stay with us for a lifetime, which is why a healthy start is so important. The summer months are also a great time to think about our children’s eating and physical activity habits before they return to school in September.

The national Change 4 Life campaign provides eight easy tips to help families to feel healthier together:

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The national Change 4 Life campaign provides eight easy tips to help families to feel healthier together:

1. Sugar swaps – swapping sugary snacks and drinks for ones that are lower in sugar can make a huge difference to children’s calorie intake
2. Meal time – it’s important for children to have regular, proper meals, where possible eating together, as a family, as children tend to copy what adults do
3. ‘Me size’ meals – even though they are growing it is important that children have the right sized meals for their age – not too little and not too much
4. Snack check – many snacks are full of sugar, salt and fat so keep an eye on the snacks they are having and how many
5. 5 A Day – make sure children have 5 portions of fruit & vegetables a day. It’s easier than you think – 1 portion is roughly a child’s handful
6. Cut back fat – grill or bake food and trim off the fat from meat you are cooking
7. Children need to do at least 60 minutes of activity a day to keep them happy and healthy. There are lots of ways to do this – walking to school and running around the playground count!
8. Up and about – don’t let children sit down doing nothing for too long – limit ‘screen time’ to two hours maximum each day
Cancer – Prevention and Awareness

Cancer is a relatively common illness with more than 1 in 3 of us likely to develop it at some point in our lives. However there are things that we can do to reduce the risk of developing cancer. Eating healthily, keeping our weight at a healthy level, taking regular exercise, reducing our alcohol intake and not smoking can all help to reduce this risk.

Early Detection

There are many factors which may influence a person’s chance of surviving cancer, not least the treatment that a person may receive, but early diagnosis can play a large part in an individual having a successful outcome from cancer.

We know our bodies well and are in tune with what is normal for us. However there are more than 200 different types of cancer which may cause different symptoms and it is important that if we notice any unusual or persistent changes in our bodies that we go and visit our doctor. We know for example that if bowel cancer is caught early 9 out of 10 people can be treated successfully.

It is also important to remember that cancer screening tests can detect cancer at an early stage before it has a chance to develop, and some tests can even prevent cancer too.

There are national cancer screening programmes for cervical cancer, breast cancer and bowel cancer so don’t miss out when your invitation arrives - make sure you attend your appointment.
Focus on... Skin Cancer

What could increase your risk?

- Too much exposure to the sun is the main cause of skin cancer. Getting a painful sunburn just once every two years can triple the risk
- Skin cancer risk increases with age, but more than a third of melanomas (the most serious type of skin cancer) occur in people under 55
- Being fair skinned, especially with fair or red hair and lots of moles or freckles can increase your risk
- Having a close relative who has been diagnosed, though most skin cancers do not run in families.

Sunbeds - some facts you need to know

1. Sunbeds give out harmful Ultra Violet (UV) rays and can be 10-15 times stronger than the midday sun
2. It’s a fact that using a sunbed once or more a month could increase your chance of developing skin cancer by more than a half
3. Even if you don’t burn sunbeds can still be dangerous. This is because they give off harmful rays which over time can damage your skin
4. Sunbeds aren’t a safe alternative to sunbathing - the damage to our skin’s DNA can build up to cause melanoma, the most serious type of skin cancer

Knowing these facts may make you think twice about using sunbeds. Also, following the Sunbeds Regulation Act 2010, it is now illegal for people under 18 years of age to use sunbeds.

What can you do to protect yourself from the sun?

The Cancer Research UK ‘Be Sunsmart’ campaign recommends the following:

- Spend time in the shade between 11am and 3pm as the summer sun is strongest around the middle of the day
- Cover up with a t-shirt, hat and sunglasses when the sun is strongest – suntan lotion is not enough
- Use at least Factor 15 sunscreen and use it generously and regularly – remember it does not give you 100% protection from the sun
- Take extra care with children as young skin is very delicate – be especially careful around the midday sun
- Report unusual moles or skin changes to your doctor
Seasonal Influenza (Flu)

For most healthy people, flu is an unpleasant but usually self-limiting illness that people, on the whole, recover from within a week. Flu is easily spread and even people with mild or no symptoms can still infect others.

For some though, flu is a serious illness; especially babies who are under six months, older people and those with underlying health conditions such as respiratory disease, heart disease or poor immunity, as well as pregnant women. This is because they are at greater risk of complications from flu such as bronchitis or pneumonia or in some rare cases, cardiac problems, meningitis and encephalitis.

Flu is more common in the winter months because this is when the flu virus has the best opportunity to spread from person to person due to cold temperatures and indoor living.

The national flu immunisation programme aims to offer protection for these vulnerable groups against the serious consequences of flu, which can lead to them having to be admitted to hospital. Family doctors start offering flu jabs in September, because it is important to get protection before the start of the winter months. These vulnerable people are offered a flu jab every year, because the vaccine is changed annually to reflect the likely strain of the flu virus that will cause the most serious illness.

Flu is easily transmitted, so it is important that we protect against the spread of flu to these vulnerable groups. Flu jabs are therefore also offered to healthy people who are likely to be close contacts, such as health and social care workers and carers. Making sure these people don’t spread flu and don’t fall ill from flu is important to prevent a crisis situation.

How to prevent the spread of Flu

- Cover your mouth and nose when you cough or sneeze
- Wash your hands frequently or use anti-bacterial hand gels to reduce the risk of picking up the virus
- If you are eligible, be immunised against flu before the flu season starts

DID YOU KNOW...

Only 1 in 2 people with underlying health problems and aged under 65 were immunised last year and even fewer pregnant women.

Public Health England / Department of Health Flu Plan (2013/14)
You should have the flu vaccination if you have any of the following serious medical conditions:

- Chronic (long-term) respiratory disease, such as severe asthma, chronic obstructive pulmonary disease (COPD) or bronchitis,
- Chronic heart disease, such as heart failure
- Chronic kidney disease at stage 3, 4 or 5
- Chronic liver disease
- Chronic neurological disease, such as Parkinson’s disease or motor neurone disease
- Diabetes
- A weakened immune system due to disease (such as HIV/AIDS) or treatment (such as cancer treatment)

Or are:

- Aged 65 years or over
- Living in a residential or nursing home
- The main carer of an older or disabled person
- A household contact of an immune compromised person
- A health or social care worker
- Are pregnant

Immunisation will be offered to children aged two and three years from Autumn 2013. If you do not hear by the middle of October, contact your surgery to make an appointment. The flu immunisation programme will be extended over a number of years to include all children aged two to 16 years.

Flu Symptoms

Flu symptoms tend to include:

- A sudden high temperature (over 39 degrees celsius)
- A sudden cough and accompanying symptoms such as headache, tiredness, chills, aching joints, sore throat, runny or blocked nose, sneezing or loss of appetite
- Flu is less common than a cold and it can sometimes be difficult to tell the difference between a very heavy cold and the flu as some of the symptoms are similar

The best remedy is to rest at home, keep warm and drink plenty of water to avoid dehydration. You can take paracetamol or ibuprofen to lower a high temperature and relieve aches.

Flu symptoms will usually peak after two or three days and you should begin to feel much better within five to eight days. However, you may have a lingering cough and still feel very tired for a further two to three weeks.
Smoking

We know that smoking isn’t good for our health and that by stopping smoking we will benefit our health in many ways, such as improving breathing and general fitness, as well as reducing the risk of serious disease and even death.

Smoking can cause a range of diseases and conditions including cancer, chronic obstructive pulmonary disease and cardiovascular disease. Yet smoking is still the biggest avoidable killer in the UK.

Stopping smoking can benefit our lives in many other ways too. It will save money (a 20 a day smoker will save over £1,000 in six months), the smell of stale tobacco will be gone, and there will be an improvement in the appearance of our skin and teeth. Stopping smoking also means our homes and cars will smell fresher and will reduce the risk of fire in our homes.

What’s more, the benefits of stopping smoking do not just impact upon us as individuals – those around us will benefit too. Second hand smoke can increase a non-smoker’s risk of getting lung cancer by 25%. We also know that exposing our children to second hand smoke increases their risk of health problems including asthma, meningitis and cot death.

DID YOU KNOW...

Two thirds of smokers would like to give up.

Our Stop Smoking services helped over 2,000 people stop smoking in 2012-13.

West Cheshire Stop Smoking Service and Cheshire East Stop Smoking Service (2013)

The Quitting Timeline

- After **20 minutes** your blood pressure and pulse return to normal
- After **24 hours** your lungs start to clear
- After **2 days** your body is nicotine free and your sense of taste and smell improve
- After **3 days** you can breathe more easily and your energy increases
- After **2 to 12 weeks** your circulation improves
- After **3 to 9 months** coughs, wheezing and breathing improves
- After **1 year** your heart attack risk is half that of a smoker
- After **10 years** your lung cancer risk is half that of a smoker

The Quitting Timeline is taken from www.smokefree.nhs.uk
Focus on... Local Stop Smoking Services

We know that stopping smoking is not always easy and it can sometimes take a few tries. There are also lots of ways that you can quit smoking, but it’s about finding the way that works for you.

Getting support from an NHS Stop Smoking Service could mean that you are four times more likely to succeed. The Stop Smoking Services can offer you FREE help and support to help quit for good. Accessing the service is simple and with a dedicated Freephone telephone line, smokers receive a convenient, local appointment with a dedicated stop smoking advisor at first point of contact. A range of licensed stop smoking medications are also available and are based on prescription charges, so if you don't pay for your prescriptions the treatment is free.

Mr and Mrs Pearson accessed the service in March 2013, at their GP’s surgery, and stopped smoking soon after. Since stopping, they have been able to go on holiday and Mrs Pearson has bought a new car. Normally, they would have “scrimped and scraped” to afford it, but they are now noticing they have much more money since quitting five months ago.

Mr and Mrs Pearson said their stop smoking advisor was “absolutely brilliant”. “We’re still not smoking…so it worked”.

Both feel that their health has improved since stopping smoking – Mrs Pearson commented that when she used to go to the gym she would be “like a woman the age of 90” and was always out of breath. Now she is able to use the equipment and doesn’t get out of breath.

Call the Smokefree Helpline free on 0800 022 4332

INTRODUCING... STOPTOBER!

StopTober – the 28 days Stop Smoking challenge runs through October.

The campaign is the biggest mass participation stop smoking challenge, and resulted in 245,000 people across the UK signing up in 2013. Backed by Cancer Research UK and the British Heart Foundation, it is the first mass participation campaign of its kind to urge the eight million smokers in the UK to give up.

www.smokefree.nhs.uk/StopTober
Childhood Injuries

Childhood injuries are very common and getting scrapes and bruises is a normal part of growing up. We know that no matter how well we watch over our children some accidents still do occur. However most injuries are preventable, so there are things we can do to reduce the risk; whether this is through accident proofing our homes and gardens or improving our knowledge of road safety.

In Cheshire West & Chester a thousand children and young people aged under 18 are admitted to hospital every year with an injury. With children aged over five, injuries are more commonly caused outside of the home with falls and road traffic accidents occurring frequently. We are also seeing an increase in the number of young children (aged 0-5) being admitted with injuries that are mostly preventable.

DID YOU KNOW...
Over half of all injuries in our under 5’s occur in the home, with head injury being the most common

HSCIC - Health and Social Care Information Centre (2011/12)

Focus on... The Home Safety Top 10 for Children

1. Until your child is at least two years old, use safety gates at the top and bottom of the stairs to stop them climbing stairs and falling down
2. Don’t let children under five sleep in the top bunk of a bunk bed – they can easily fall out
3. Make sure flat screen TVs are fixed securely to the wall and are high enough to be out of reach
4. Keep matches and lighters out of young children’s reach
5. Cut back or tie up blind cords so that they are well out of reach
6. Keep hot drinks away from children – a hot drink can still scald 20 minutes after it’s made
7. Keep plastic bags of all types out of the reach of young children
8. Make sure bottle tops and lids on medicines are always firmly closed after use
9. Never leave a young child alone in a bath – not even for a second
10. If you have a garden pond fence it off, fill it in or securely cover it
INTRODUCING... STOPTOBER!
Stoptober – the 28 days Stop Smoking challenge runs through October 2013. The campaign is the biggest mass participation stop smoking challenge which resulted in 270,000 people across the UK signing up in 2012. Backed by Cancer Research UK and the British Heart Foundation it is the first mass participation campaign of its kind to urge the 8 million smokers in the UK to give up.

Focus on... Strength and Balance Classes

These happen all too frequently, as the risk of falls increases with age.

Falls can be devastating for an older person and result in a loss of confidence and an increase in anxiety that a fall may happen again in the future. However, there are lots of things that can be done to help older people to stay steady on their feet; whether this be addressing balance or assessing the home to reduce the risk of falls.

Top Tips for Staying Steady

Age UK have put together 8 Top Tips to help support older people to reduce their chance of a fall.

1. **Exercise regularly** – focussing on activities that challenge your balance, like gardening or dancing
2. **Ask about your medicines** – certain medicines can make you feel faint or affect your balance
3. **Check your eyes and hearing** – problems with either could affect your balance and coordination
4. **Visit your GP** – if you have had a fall or are worried about falling, a GP can help to put your mind at rest
5. **Vitamin D for vitality** – it’s essential for keeping your bones strong and the best source is sunshine
6. **Count your calcium** – a balanced diet rich in calcium helps to keep bones strong too, so make milk and dairy foods part of your diet
7. **Check for home hazards** – make sure your home is hazard free and well lit to prevent tripping
8. **Look after your feet** – problems with your feet can affect your balance and be sure to wear well fitted shoes and slippers.

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Focus on... Strength and Balance Classes

The Community Rehabilitation Team at Cheshire and Wirral Partnership NHS Foundation Trust provide support for people who have experienced a fall. Here, one patient talks about her experiences of using the service:

“I am an 82 year old lady living on my own, as I lost my husband three years ago. Since then I have had a number of health problems, but despite this I manage my housework and gardening on my own, with a little help from my grandson for the heavy jobs. It was while I was working in the garden that I had my fall. I lost my balance and fell on the patio. I shouted for help, but no one was around to hear me. Finally, about an hour later, my neighbour heard me and came to my rescue. The next day I felt stiff and sore, anxious and shaky. The biggest shock was the loss of confidence. I just didn’t feel safe doing anything.

The GP came to see me and told me about the Strength and Balance classes run by the Community Rehabilitation team. The Clinical Specialist Physiotherapist visited me at home and did a full assessment to find out what had caused the fall and suggested ways of reducing the risk of another fall. After the assessment the physiotherapist felt that I would benefit from the Strength and Balance classes.

The classes are free and run over 10 weeks and the exercises are tailored to suit each individual in the class. I have to make my own way to the classes, but since my husband died I get about using the Plus Bus. The classes are great fun and I was relieved that I didn’t have to get on the floor as the exercises are all seated or standing. We were also given exercises to do at home to make sure our muscles get stronger.

Each week I felt a little better, I made new friends and I became more confident about going out. I now go to Tai Chi classes with a lady I met through the classes. After a fall it really does shock you and you feel vulnerable. I realised how easy it would have been for me to become quite isolated. The Strength and Balance classes have given me the confidence to continue enjoying my life.”
Mortality in winter increases more in England than in other European countries, although they may experience harsher and colder winters than ourselves.

Knowing this means that there are many ways that we can work to prevent these excess winter deaths from happening.

What’s more, we know that older people who live in Cheshire West and Chester are more vulnerable to the cold than other groups, particularly from December through to March. Looking at ways to support these vulnerable people has become a priority for Cheshire West and Chester.

**Focus on... Local projects to support older people**

**Snow Angels** is a social enterprise established in 2012 to support older people who may be vulnerable during the cold weather, particularly those over 75 years of age, who may be living alone and suffer with respiratory problems such as Chronic Obstructive Pulmonary Disease.

Working in Vale Royal and rural communities such as Ashton Hayes, Snow Angels work with community groups to recruit local volunteers to carry out a range of tasks to support those in need, such as clearing snow, shopping and collecting prescriptions. Telephone contact is also maintained weekly, ensuring preventative action can be taken when appropriate.

As well as helping older people to feel safe and supported during the cold winter months, the Snow Angels scheme also helps to increase volunteering and build more resilient communities.

**Keep Warm, Keep Well** is a project established to support residents in the Chester area who are more at risk during the winter months.

Older, more vulnerable residents were identified by Age UK Cheshire. Following a home assessment they were supported in a number of ways such as helping with home repairs, help with shopping, fire safety assessment and managing medication. Residents were also provided with a free Winter Warm pack including a fleecy blanket and hot water bottle.

Cheshire West & Chester Council and partners are now working closely to further develop a programme that incorporates the good practice from both programmes with an aim to supporting residents throughout the year.
DID YOU KNOW...
There are 20% more deaths in the winter months compared with the rest of the year

Public Health England: Cheshire West & Chester Health Profile (2013)

Shingles Vaccination

Shingles, a painful and contagious rash caused by the chickenpox virus, is a debilitating condition which occurs more frequently and tends to be more severe in older people.

It can also lead to other complications which can persist for months or even years.

From September 2013, a shingles vaccine will be available along with the seasonal flu vaccination for residents in their 70th year. The aim of the programme is to reduce the frequency and severity of shingles in older people.

Top Tips for Keeping Warm and Well

1. Get your free flu jab if you are aged 65 or over, pregnant, have certain medical conditions, live in a residential or nursing home or are the main carer for an older or disabled person

2. Keep warm - by setting your heating to the right temperature (18-21 c or 65-70f), you can keep your home warm and your bills as low as possible

3. Look after yourself and check on older neighbours or relatives to make sure they are safe, warm and well. Layer your clothing and wear shoes with a good grip if you go outside

4. Food is a vital source of energy, which helps to keep your body warm. Try to make sure that you have hot meals and drinks regularly throughout the day and keep active in the home if you can

5. Get financial support - there are grants, benefits and sources of advice available to make your home more energy efficient, improve your heating or help with the bills. It’s worthwhile claiming all the benefits you are entitled to before the winter sets in

6. Have your heating including your boiler and cooking appliances checked – carbon monoxide is a killer.

Keep Warm Keep Well – HM Government publication
Our population at a glance

Cheshire West and Chester is home to around 330,200 people.

- Deprivation is lower than the England average, however, about 9,800 children live in poverty.
- Last year 203 people were killed or seriously injured on our roads.
- Levels of adult obesity are 22.7%, which is better than the England average.
- Life expectancy is 10 years lower for men and 7.7 years lower for women in the most deprived areas of Cheshire West and Chester than in the least deprived.

- 20.3% of our children in school year 6 are classed as obese.
- Over the last 10 years mortality rates have fallen. Early death rates from cancer, heart disease and stroke have fallen.

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Update on what we said last year

Last year the Director of Public Health used her Annual Public Health Report to look at three public health topics – sexual health, alcohol and drug misuse. This was because they were important public health issues and the responsibility for commissioning was to be transferred to the Council in April 2013. We are here providing an update on what we said last year.

Sexual Health

The report highlighted that chlamydia was one of the most common sexually transmitted diseases. It recommended that chlamydia screening of 15-24 year olds should continue and be focused on high risk groups, to make sure we are picking up those with the infection in sufficient numbers. This year we have increased access to testing within community settings such as colleges. We are also taking part in a national programme to support family doctors to improve access to ‘contraception, chlamydia testing, condoms and HIV testing’ for key groups. Locally in West Cheshire, information and training has also been delivered to family doctors to raise awareness of the issue of late diagnosis of HIV and what doctors can do, which was another issue highlighted in last year’s report.

Drug Use and Misuse

The report told us that the pattern of drug use is changing and treatment services need to keep pace with these changes and to focus more on supporting drug users to recover. Similarly to alcohol services, the Council is also now responsible for commissioning services for people with drug problems. It is reviewing these alongside services for people with alcohol problems to make sure they are linked where it makes sense to do so and to drive a greater emphasis towards services to support drug users to recover.

Alcohol Use and Misuse

The report highlighted the impact that our drinking culture, with more people drinking excessively, is having not only on individuals and their families but also on wider communities and public services. NHS services are working together so that people who are admitted to hospital or who regularly attend A&E with alcohol problems are signposted to other services that can help. Front line staff, who are working in health services, are also being trained to be able to give brief advice about drinking too much. Work is also underway to enable a local A&E department to share information about assaults, caused by alcohol, so that partners involved in making our streets safer can target their activities better. From April 2013, the Council is now responsible for commissioning services for people with alcohol problems and is reviewing these to make sure they are linked with other services that can offer support.
Useful information

If you would like to access the Annual Public Health Report 2013 online or access the accompanying statistical compendium go to www.cheshirewestandchester.gov.uk/publichealth2013
You can email the Public Health team at publichealth@cheshirewestandchester.gov.uk

**Alcohol:** www.alcoholconcern.org.uk
Alcoholics Anonymous: 0845 769 7555 (24 hours)
Local Alcohol Treatment Services:
Aqua House, Chester: 01244 344999
Unity House, Ellesmere Port: 0151 348 8290
Addaction, 01270 580243

**LGBT:** Family & Friends of Lesbians & Gays
national voluntary organisation www.fflag.org.uk
LGBT Youth Northwest 0900 680725
www.lgbtyouthnorthwest.org.uk

**Physical Activity:** Brio Leisure  www.brioleisure.org
Sport Cheshire www.sportcheshire.org

**Five Ways to Health & Wellbeing**
Five Ways App: www.nhsm.org.uk/ one-app-five-ways-to-wellbeing-an-app-is-born/
Talking West Cheshire: www.talkingwestcheshire.org/5ways

**Good Sexual Health:**
www.nhs.uk/livewell sexualhealthtopics

**Breastfeeding:**
www.nhs.uk/conditions pregnancy-and-baby
Local Breastfeeding Groups:
www.coch.nhs.uk/all-services/infant-feeding
www.cherubsbreastfeeding.co.uk

**Childhood Vaccinations:**
www.nhs.uk/conditions vaccinations

**Adolescent Health:** www.youngminds.org.uk

**Children Healthy Lifestyles:**
Fit 4 Life: www.healthimprovementteam.co.uk
Change 4 Life: www.nhs.uk/change4life

**Cancer:** www.cancerresearch.org

**Flu:** www.nhs.uk/conditions Flu

**Smoking:** www.smokefree.nhs.uk
Local Stop Smoking Services:
www.quit4good.org Tel: 0800 043 5134,
Text quit4good to 60777.
www.stop-smoking-cheshire.co.uk
Tel: 0800 085 8818, Text quit to 80039.

**Injuries:** Children: www.capt.org.uk
Older people: www.ageuk.org.uk/falls

**Keep Warm Keep Well:** www.nhs.uk/Livewell/winterhealth
www.ageuk.org.uk/health-wellbeing

**Other**

**Voluntary Action Groups:** Chester: www.chesterva.org.uk
Ellesmere Port & Neston: www.epnavco.org.uk
Vale Royal: www.cheshirecdt.org.uk

**Clinical Commissioning Groups:**
West Cheshire  www.westcheshireccg.nhs.uk
Vale Royal  www.valeroyalccg.nhs.uk

**NHS Choices:** www.nhs.uk

**Why Weight:** Free Adult weight loss programme in West Cheshire. 0800 043 1650 or www.cwp-whyweight.com

**Healthy Living Centres:** Chester: 01244 385035
Ellesmere Port: 0151 356 6970
www.healthylivingcentre.wordpress.com

**Samaritans:** www.samaritans.org Tel: 08457 90 90 90

**Childline:** www.childline.org.uk Tel: 0800 11 11
References All references accessed August 2013

January - Alcohol
1. Alcohol Learning Centre: www.alcohollearningcentre.org.uk/Topics/Browse/SocialMarketing/SegmentationTool/
2. Drink Aware: www.drinkaware.co.uk/understand-your-drinking
3. NHS Choices: www.nhs.uk/Livewell/alcohol/Pages/Alcoholhome.aspx

February - Lesbian, Gay, Bisexual & Transgender Health & Wellbeing

March – 5 Ways to Health & Wellbeing

April – Physical Activity
2. Department of Health: Start Active, Stay Active (2011)

May – Good Sexual Health
1. NHS Choices: www.nhs.uk/conditions/chlamydia

June – Children’s Health (Breastfeeding and Childhood Immunisations)

July – Children’s Health (Adolescent Health and Weight Management)

August – Cancer Prevention and Awareness

September – Seasonal Influenza
2. NHS Choices: www.nhs.uk/conditions/vaccinations/Pages/flu-influenza-vaccine.aspx

October – Smoking

November – Injuries
1. Health and Social Care Information Centre, Hospital Episode Statistics (2011/12) www.hscic.gov.uk/nes

December – Keep Warm Keep Well
1. Ashton Hayes Snow Angels Case Study (2013) www.snowangels.org.uk

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Our Vision
To work with communities and partners to improve the health and wellbeing of the population of Cheshire West and Chester.

Public Health Priorities include:
- Supporting people to make healthier lifestyle choices.
- Increase awareness and access to available services which mean people can better help themselves to live healthier lives.
- Promote community spirit, helping to build more supportive relationships.
- Working with a number of departments in the council to help to reduce the gap in life expectancy between the most worst off and the best off in Cheshire West and Chester.
- Help to create opportunities for individuals and families to make positive changes to their own lives using their own strengths and skills to make a difference to themselves and their communities.

Contact us:
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Cheshire West and Chester Council,
2nd Floor HQ Building, 58 Nicholas Street,
Chester. CH1 2NP

General enquiries: 01244 977020
Email: PublicHealth@cheshirewestandchester.gov.uk

Follow us on Twitter: @DPHCheshirewest

Accessing Cheshire West and Chester Council information and services
Council information is also available in Audio, Braille, Large Print or other formats. If you would like a copy in a different format, in another language or require a BSL interpreter, please email us at equalities@cheshirewestandchester.gov.uk

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