



Oldham Community
Health Services

Health Improvement Service



Welcome!

Welcome to the Health Improvement Service's directory of initiatives, projects and services. The directory details the wide range of activities the service either delivers or facilitates in relation to healthy lifestyle behaviour change, stopping smoking, food and nutrition, physical activity, weight management, oral health, mental health and sexual health. These activities all contribute towards the service achieving its aim, which is to reduce health inequalities and improve the well being of the people of Oldham.

The directory includes the projects which the service coordinates as part of Oldham's Big Lottery funded Target Well Being Programme. Also included is the Big Lottery funded Digging for Health initiative, and the Big Lottery funded MEND childhood weight management programme both of which the service delivers itself.

The service appreciates the support it receives from all its commissioners and funders, and all the organisations it works in partnership with to deliver health improvement activities for the people of Oldham.

It is envisaged that the directory will be updated periodically as and when new initiatives come on stream. Your feedback on this first issue of the directory would be much appreciated. Please do this using the contact details noted below. We hope you find the service useful. We look forward to working with you.

Martyn Price

**Associate Director on behalf of the Health Improvement Service
Oldham Community Health Services**

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Healthy Lifestyle/Behaviour Change

Health Trainers - Steps to Health Programme

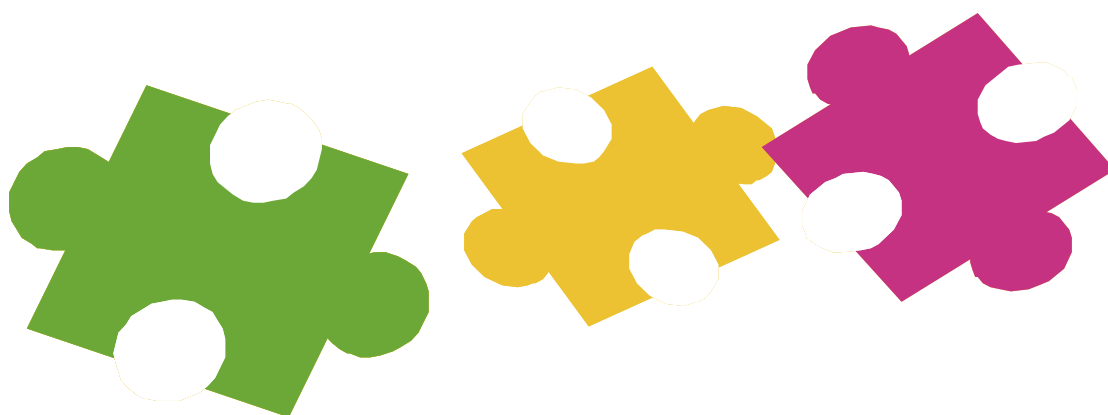
Provider: Health Improvement Service

- One to One, client centred service
- Runs in a variety of settings including GP practices, Children centres, Community centres, Sports centres and Mental Health venues.
- Health Trainers help people to modify their lifestyles including – Loosing weight, eating healthy, increasing physical activity, providing support and information for mild stress, anxiety and depression, reducing alcohol consumption and stopping smoking.
- Offering basic information, practical support, confidence building, goal setting and signposting to other relevant services
- They are a new NHS worker trained in the prevention of ill health, health promotion and the influences of lifestyle on health and well-being. People can see a health trainer for up to 6 months.

Contact: Sheila Cadd/Julia Wickett

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E-mail: Sheila.cadd@nhs.net



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Self Care for People

Provider: Health Improvement Service

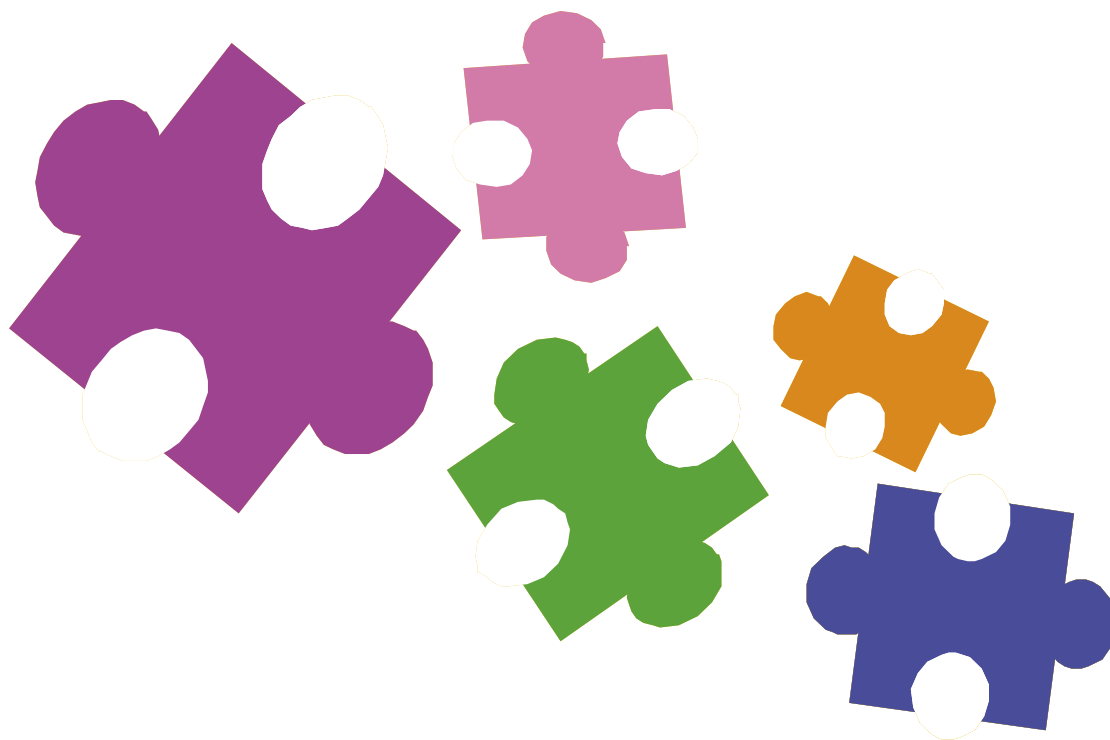
Self Care in Oldham is run through Oldham Community Health Services and was set up to help people to take more control over their own health through information and knowledge, so to achieve a better quality of life for themselves, their families and friends.

A 9-hour course delivered over 3 or 6 weeks:

- The Model of Change
- Health Beliefs
- Confidence Building
- Managing Stress and Anxiety
- Healthy Eating and Exercise
- Managing Minor Ailments

You can have the opportunity to access a complete package for good all-round holistic health, through greater knowledge, links with the Health Trainer Scheme, and the range of social networks and projects linked to the Health Improvement Service. This can often provide a pathway into further development and maintenance of lifestyle changes.

Contact: Jason Bromley / Abda Shaheen
Tel: 0161 621 7166 / 7134
E-mail: Jason.Bromley@nhs.net



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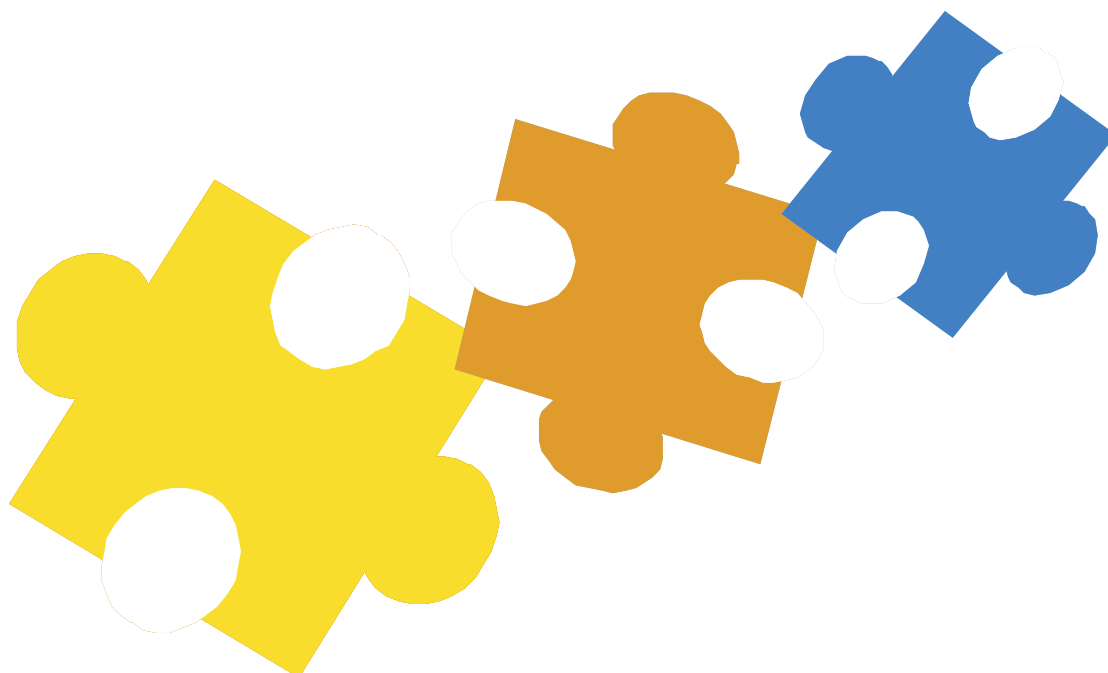
Self Care for Primary Care

Provider: Health Improvement Service

Self Care for Primary Care is a programme designed to encourage health professionals to learn to promote self-care and introduce self-care interventions for common health conditions in their patients. The training programme is aimed at both PCT's (and social care organisations) and general practice including pharmacy teams as a route to developing a culture where promoting and supporting self-care is integral to every aspect of healthcare and services the team provide. The programme provides distinct resources for both of these groups.

It will also help a practice to ensure that they are well coordinated when it comes to self-care support so that everyone is giving out similar advice and thinking of all aspects of a person's health. This might be by preventing a condition arising in the first place, by helping them manage their condition themselves as far as they are able, with treatments they can buy over the counter or initiate themselves, or by living with the symptoms until they improve spontaneously or tolerating them as part of every day life.

Contact: Jason Bromley / Abda Shaheen
Tel: 0161 621 7134 / 7166
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Self Care 4 Young People

Provider: Health Improvement Service

Self Care for Young People has taken the successful Self Care Training model and adapted it for young people. The course provides training in self-care skills to enable young people to live a healthy lifestyle and to encourage them to become active self-carers.

The course is a fun and interactive way for young people to learn how to take better care of themselves, and is delivered through group work and discussions, practical activities, worksheets and knowledge sharing.

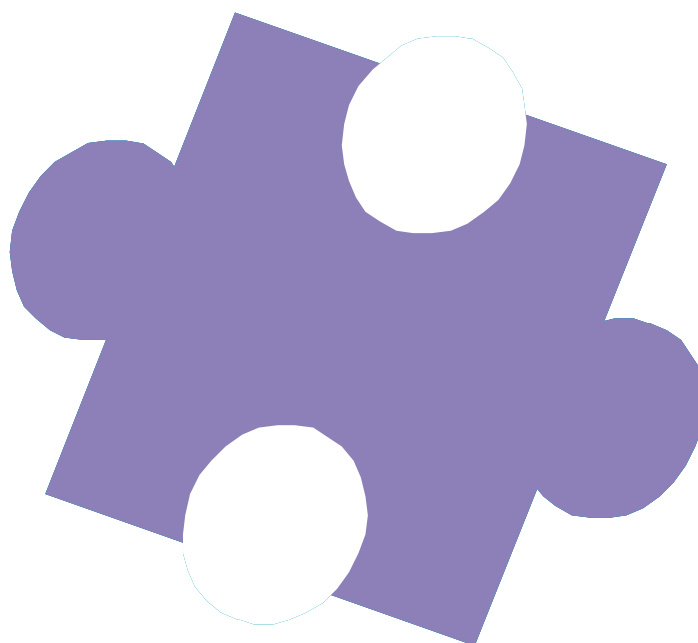
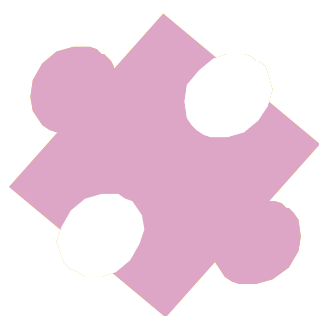
The course consists of 6 activities, which run over 6 weeks, and last between 1.5 and 2 hours per session. There is also a review session 6 weeks after the course finishes.

Each session is different, thus providing a good cross section of knowledge and information on key subjects such as: The Health Belief Model, The Cycle of Change and SMART Goals, Confidence and Self Esteem including the ABC Model, Coping strategies for Stress and Anxiety including Bullying, Nutrition and Healthy Eating, Exercise and Management of Minor Ailments.

Contact: Jason Bromley / Abda Shaheen

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Self Care for Long Term Conditions

Provider: Health Improvement Service

Self Care for Long Term Conditions is normally a lay-led course designed to train people with long term conditions to more effectively self manage some or many aspects of their own care. The courses can be either generic to long-term conditions in general or specific to a particular long-term condition. The Project and it's training is very flexible in this way.

Most people with long-term conditions should be able to benefit from attending a Self Care Course and when given the necessary skills and support, people can moderate the impact of their condition and improve the quality of their lives.

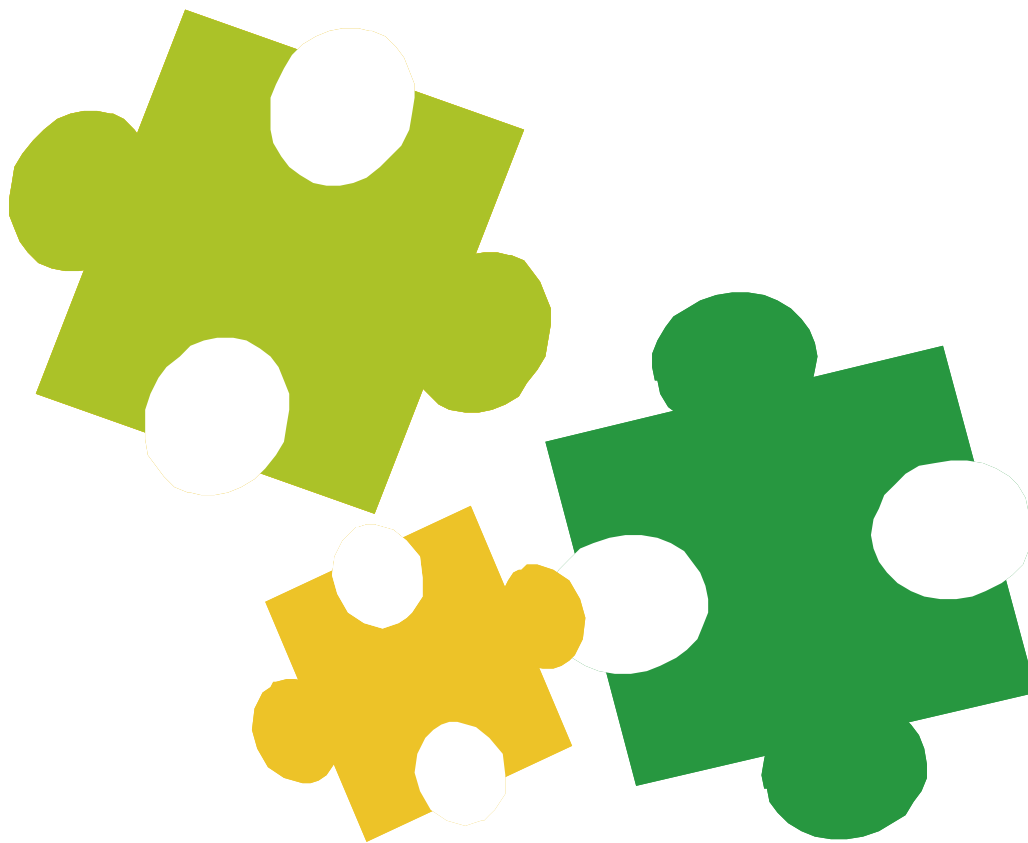
When people self care they can:

- Experience better health and well-being
- Reduce the perceived severity of their symptoms
- Prevent unnecessary hospital admissions
- Have better planned and co-ordinated care
- Have greater confidence and sense of control
- Have better mental health and less depression.

Contact: Jason Bromley / Abda Shaheen

Tel: 0161 621 7166 / 7134

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Stop Smoking

Stop Smoking Service

Provider: Health Improvement Service

The service exists to provide help, support and advice to anyone who wishes to give up smoking or tobacco use. Clients referred to the service will be able to access a specialist advisor within 24 hours.

The service is free and is tailored to meet the individual needs of each individual client.

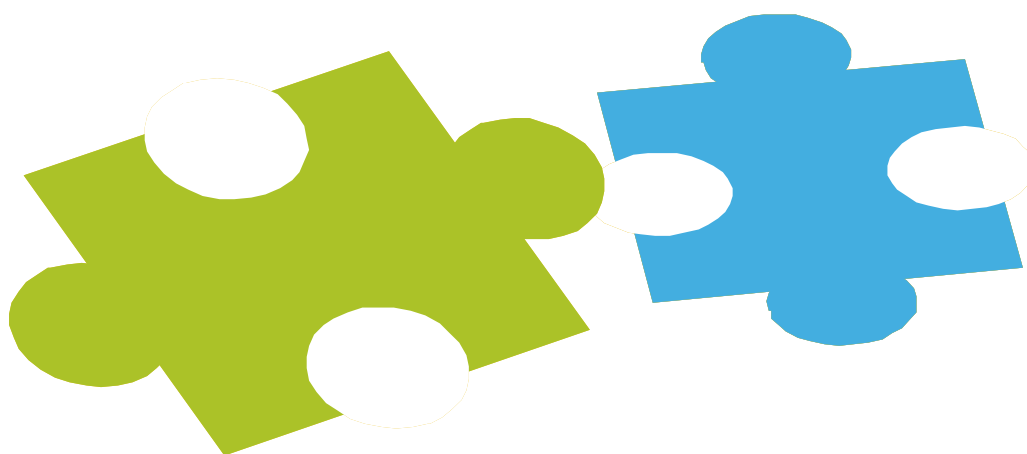
We offer:

- Advice on a one to one basis
- Support in a group setting
- Telephone support
- Home visits, where appropriate
- Text messaging
- 'Drop in' sessions (no appointment needed)

Specialist community advisors are available in a wide variety of venues across the borough. These include large stores, for example, Tesco, Sainsburys, Superdrug in Spindles Shopping Centre, Oldham In-door Market Hall, most pharmacies, community centres, children's centres and all further education institutions. It is envisaged the service will be offered at other major supermarkets in the near future.

Where necessary, we can offer access translations for a wide range of languages

Contact: Liz Woodworth
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Food and Nutrition

Cook and Taste

Provider: Health Improvement Service

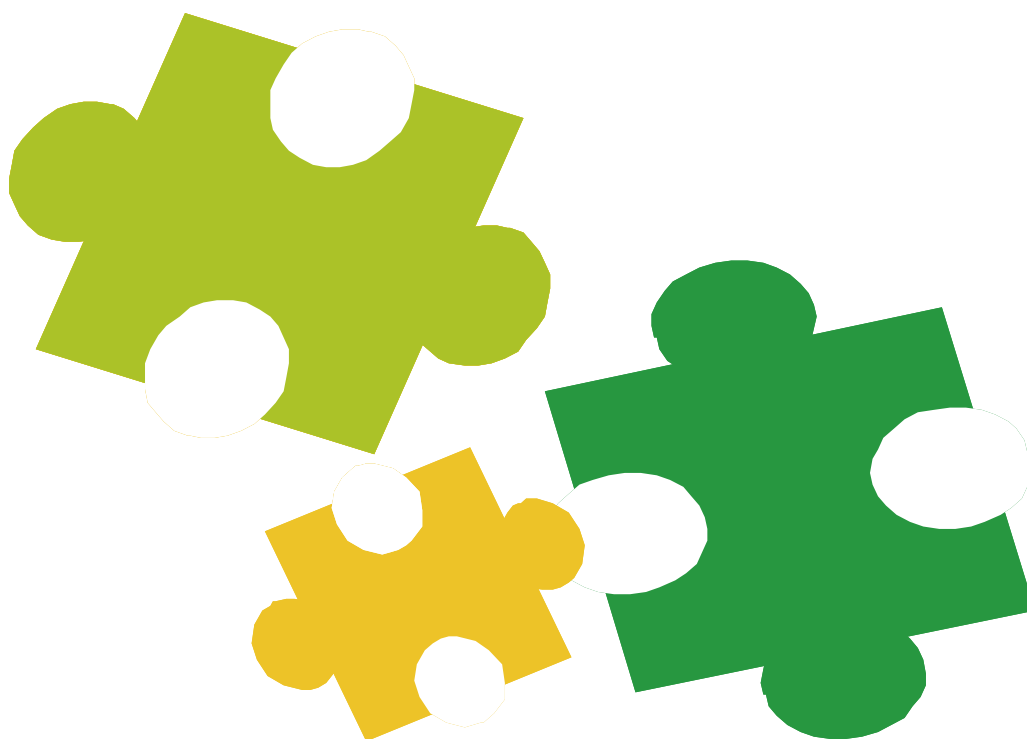
Cook & Taste courses are those people who would like to learn more about cooking healthy foods in a friendly environment along with other people in the local community.

Courses run over six weeks, one session per week, two hours per session at various locations across Oldham. Sessions allow people to try new foods and recipe ideas.

Each week a particular topic is focused on. They include the Eat Well Plate, cooking on a budget, healthier cooking methods, increasing fruit and vegetables in the diet, reducing the amount of fat, sugar and salt in cooking etc.

Sessions can be adapted to the needs of the groups and individuals.

Contact: Natalie Hill
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E-mail: Nataliehill@nhs.net



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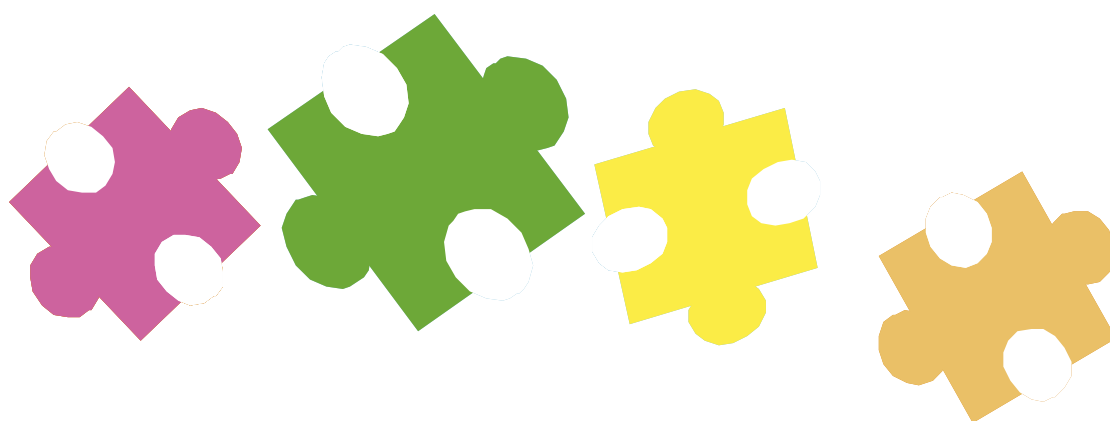
Health Eating Talks/Workshops

Provider: Health Improvement Service

Healthy eating talks are delivered throughout Oldham and are flexible upon the needs of the group. Talks range from the Eat Well Plate, Fats, Salts and Sugars, 5 a-day through to eating for different life stages and label reading.

All sessions are interactive involving fun games and activities. Talks and workshops are held at various locations around Oldham. They can be aimed at different age groups from children, young people, to adults and older people.

Contact: Natalie Hill
Tel: 0161 621 7160
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Lunch Box awareness training / sessions

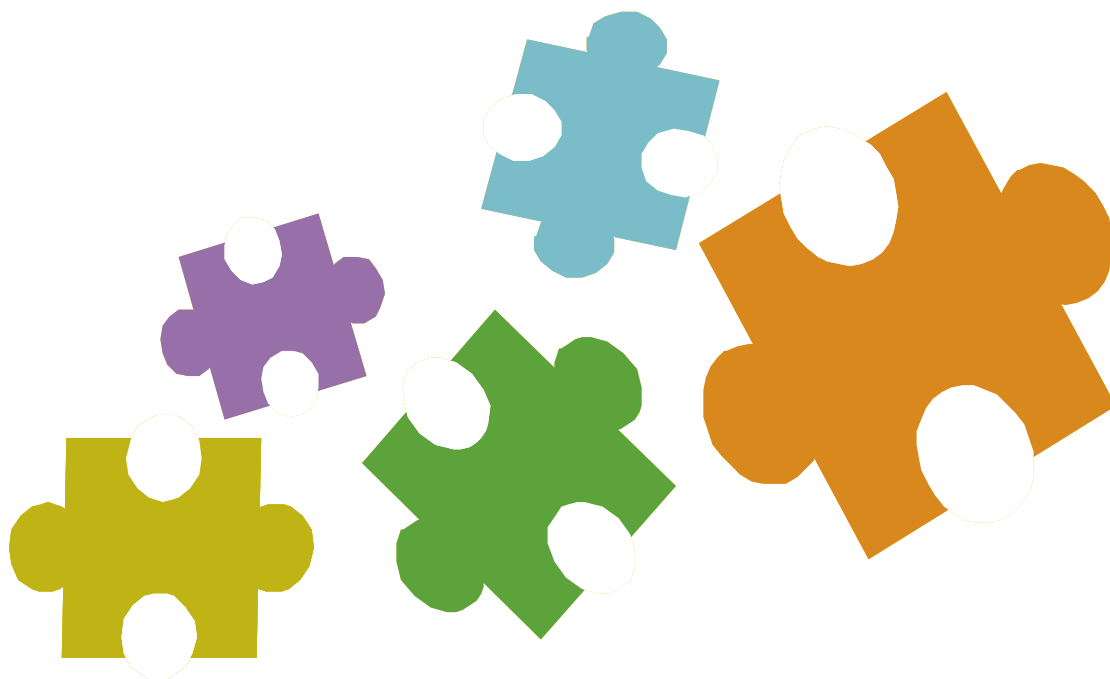
Provider: Health Improvement Service

Lunchbox awareness training provides practical advice and new ideas on healthier lunch box choices. The training is aimed at adults (staff and parents), children and young people.

Sessions are not just aimed at parents/schools they can be delivered to groups/individuals who want to know what constitutes a healthy lunch box.

The training pack will support the National Healthy Schools Scheme, Department of Health Food in Schools Programme and Transforming School Food Agenda.

Contact: Natalie Hill/Gaye Page
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E-mail: Nataliehill@nhs.net / gayepage@nhs.net



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Growing for Health

Provider: Groundwork Oldham & Rochdale

The project will provide individuals, groups and schools with a series of workshops enabling them to gain skills at growing organic food and cooking and eating healthily using the produce grown.

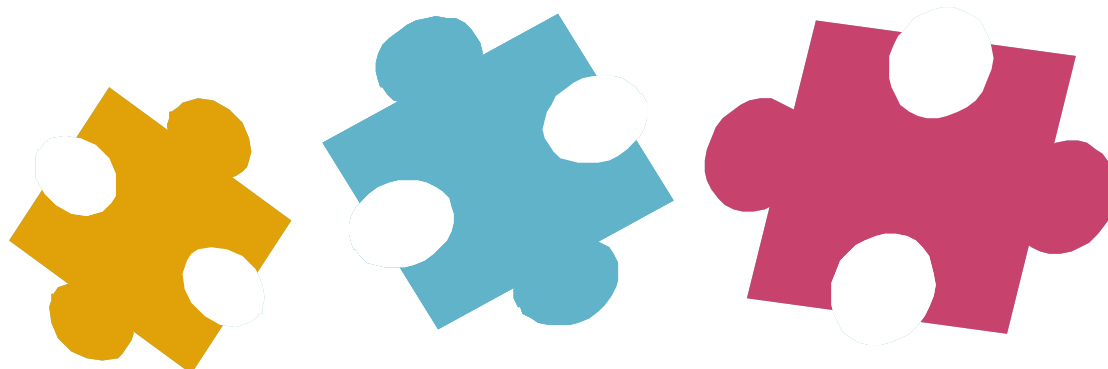
It will bring together people of different generations at both growing and preparation stages.

It will further increase the understanding of healthy eating and increase the intake of 5 fruit or vegetables a day.

The project will target two contrasting neighbourhoods; Westwood in the Coldhurst area will involve work predominately BME local community, using newly established facilities of a community vegetable growing garden adjacent to Westwood School and First Choice Homes properties.

Another site will be in St James Ward linking with Hodge Clough primary school.

Contact: Tamsin Morris
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E-mail: Tamsin.morris@groundwork.org.uk



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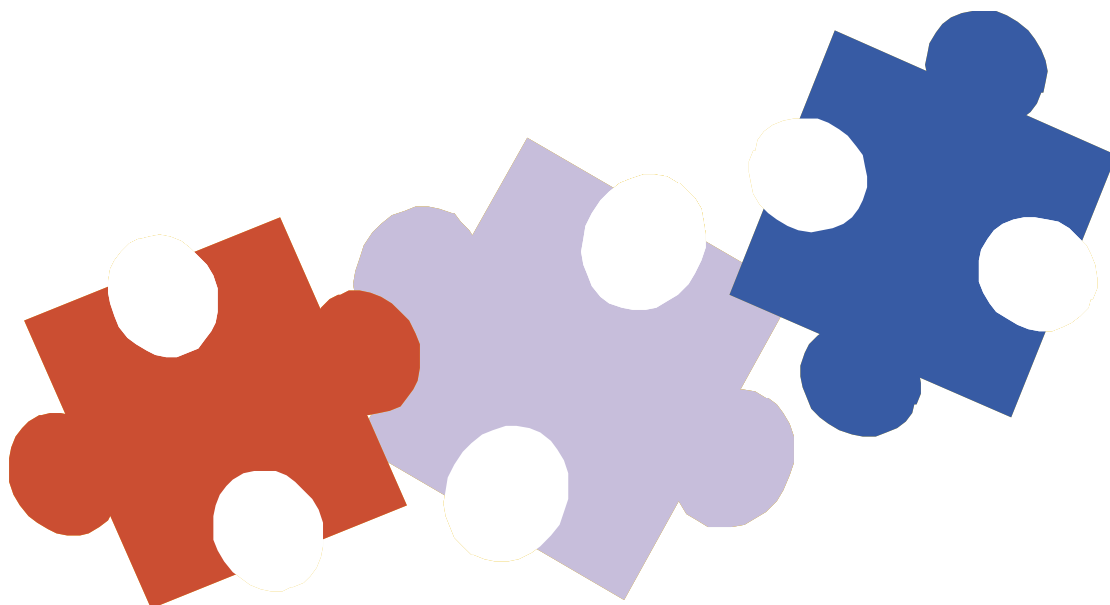
Men Behaving Healthily

Provider: Men Behaving Dadly

Men behaving Dadly supports Dads and their children through art, physical activities, cooking and educational trips. The Project meets at Greenacres Community Centre, Galland Street, Greenacres on Saturdays, 11.00am – 1.00pm.

The project uses the centre's cooking facilities and works with relevant agencies to provide educational food activities that support discussion around men's mental health and that of their children. This will be done throughout the year by targeted 'Healthy Sessions' and trips that are based on healthy eating and which support self-esteem and good mental well-being.

Contact: Tina Graham
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E-mail: menbehavingdadly@hotmail.com



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Nutrition Skills Training Programme

Provider: Health Improvement Service

The Nutrition Skills training programme is aimed at people who are going to be running cook & taste sessions within the community and want to gain a qualification.

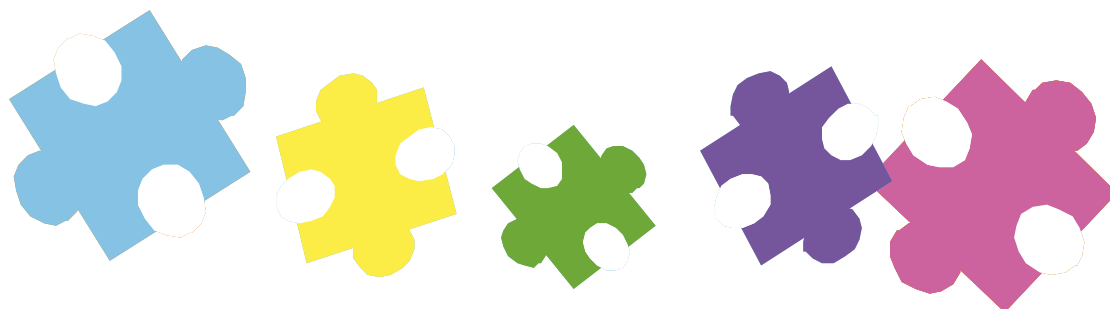
Level 1 covers Nutrition with topics on the Eat Well Plate, fat, sugar and salt in the diet, healthy eating through the life stages, food label reading, supplements and meal fortification.

Level 2 focuses on how to plan and implement cook & taste sessions within the community.

Worksheets and handouts have to be completed at each session along with group work and homework.

Upon completion of the course, participants will receive an accredited certificate from the Open College Network.

Contact: Natalie Hill
Tel: 0161 621 7160
E-mail: Nataliehill@nhs.net



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Nutrition Skills Training and Development (Westwood and Coldhurst)

Provider: Barnardos, Asha Project

The Project employs a Nutrition Development Worker in Westwood and Coldhurst to raise awareness of the importance of good nutrition and organise and facilitate courses, group activities and events to develop the skills needed to eat healthily.

A variety of appropriate sessions will be offered including cook and taste, healthy snacks, healthy eating on a tight budget, ready steady cook competitions and round the world cookery. The worker will develop links with other community groups, and will promote community cohesion.

The project takes place at various times including pre-school groups, out of school groups and holiday play-schemes, targeting children, young people and parents/carers.

Contact: Liz McIlroy
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E-mail: Liz.Mcilroy@barnardos.org.uk



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Supermarket & Local Shop Tours

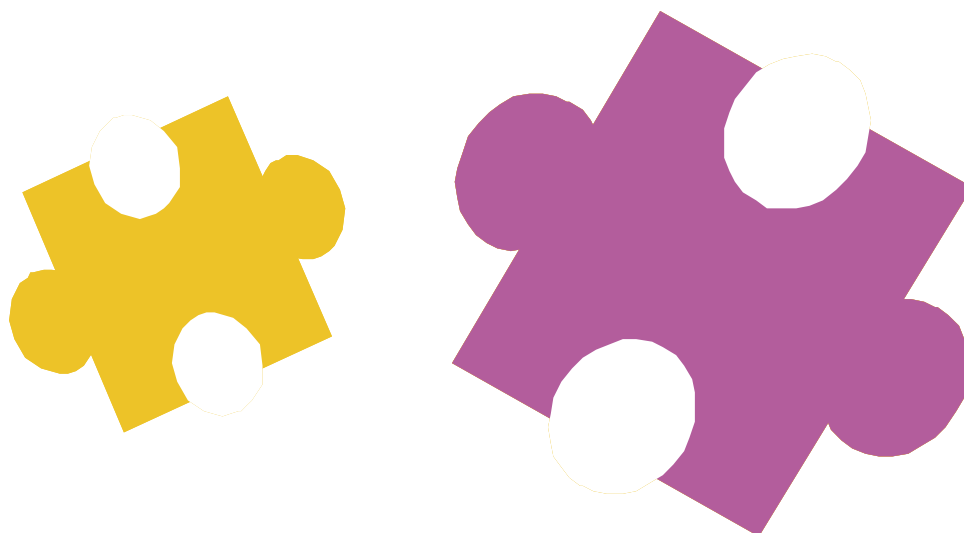
Provider: Health Improvement Service

Tours to be held at various venues. Contact Natalie Hill for more details on dates, times and venues etc. Tours to include Sainsbury's and Worldwide Foods Glodwick.

These tours will show you how to read foods labels correctly and identify foods high or low in fat, salt and sugar.

Find out the difference between the traffic light system and guideline daily amounts. Gain knowledge on healthy eating on a budget and what foods make up a healthy diet. Learn about the other foods on the aisles and gain ideas on new recipes/foods to try.

Contact: Natalie Hill
Tel: 0161 621 7160
E-mail: Nataliehill@nhs.net



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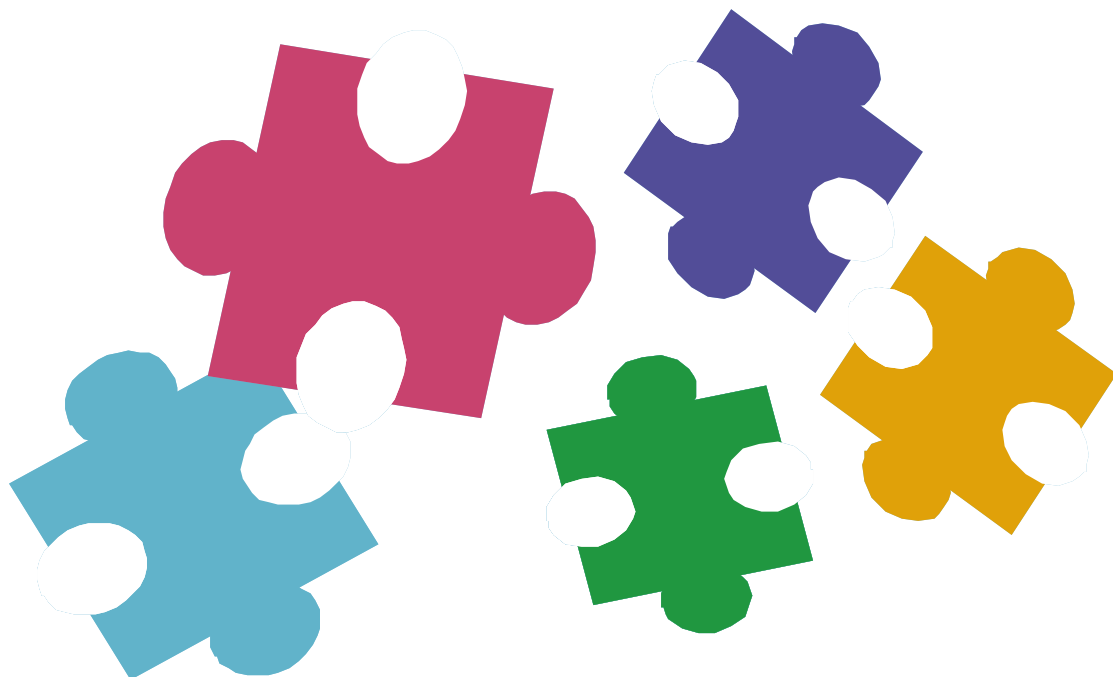
Together Steady Cook

Provider: Age Concern

The project brings together young and older people to develop awareness and skills relating to cookery and healthy eating. The older people use their knowledge and experience to help the younger people. They prepare and cook healthy dishes on school premises to share in the group and for the children to take home.

The project works with approximately five schools per term and is suitable for keystage 2 & 3 children working with older people.

Contact: Maggie Hurley
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E-mail: Commdev.acoldham@btclick.com



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Physical Activity

Activities in Outdoor Settings

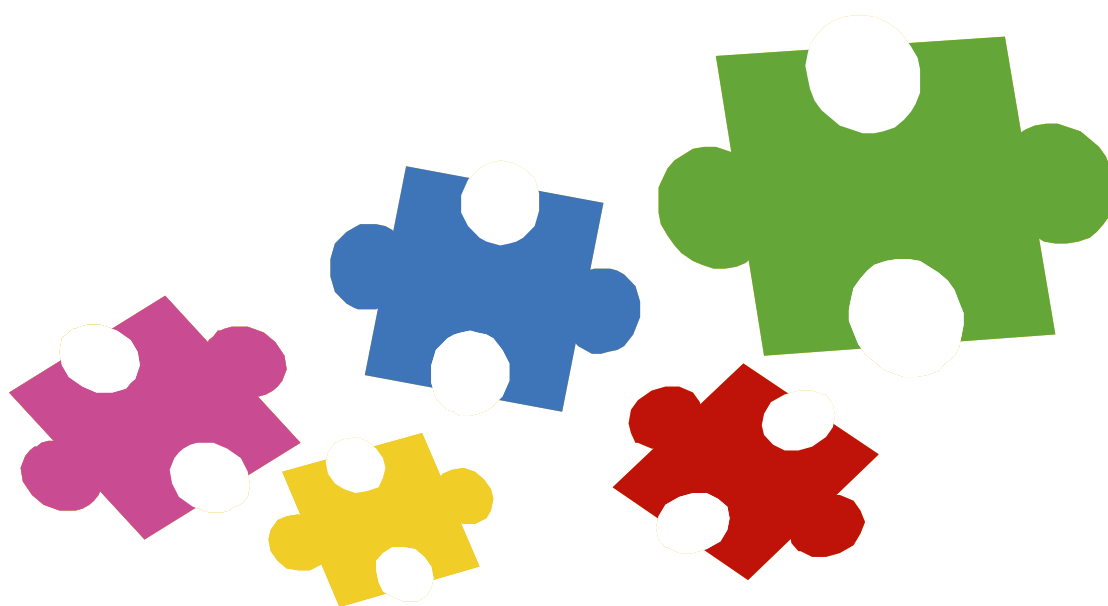
Provider: Oldham Outdoor Pursuits Network

Oldham Outdoor Pursuits is a network of clubs, groups and small businesses that organise outdoor activities in and around Oldham.

We aim to deliver a variety of exiting activities in outdoor settings including: Health walks, Cycling, Canoeing, Indoor & Outdoor Climbing, Trim Trail, Free running & mountain Boarding. Activities are held at a range of venues including Oldham Parks, Oldham Sport Centre Climbing Wall, community venues, and the Peak District National Park.

Activities are all open to all ages depending on the activity. Activities take place on an on-going basis and are either free or charge or there is a minimal cost (£1.00 - £1.50) to cover costs.

Contact: Alan Keane
Tel: 07808 770 341
E-mail via website: <http://www.oldhamoutdoorpursuits.co.uk/>



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Passport to Outdoor Pursuits

Provider: Oldham Outdoor Pursuits Network

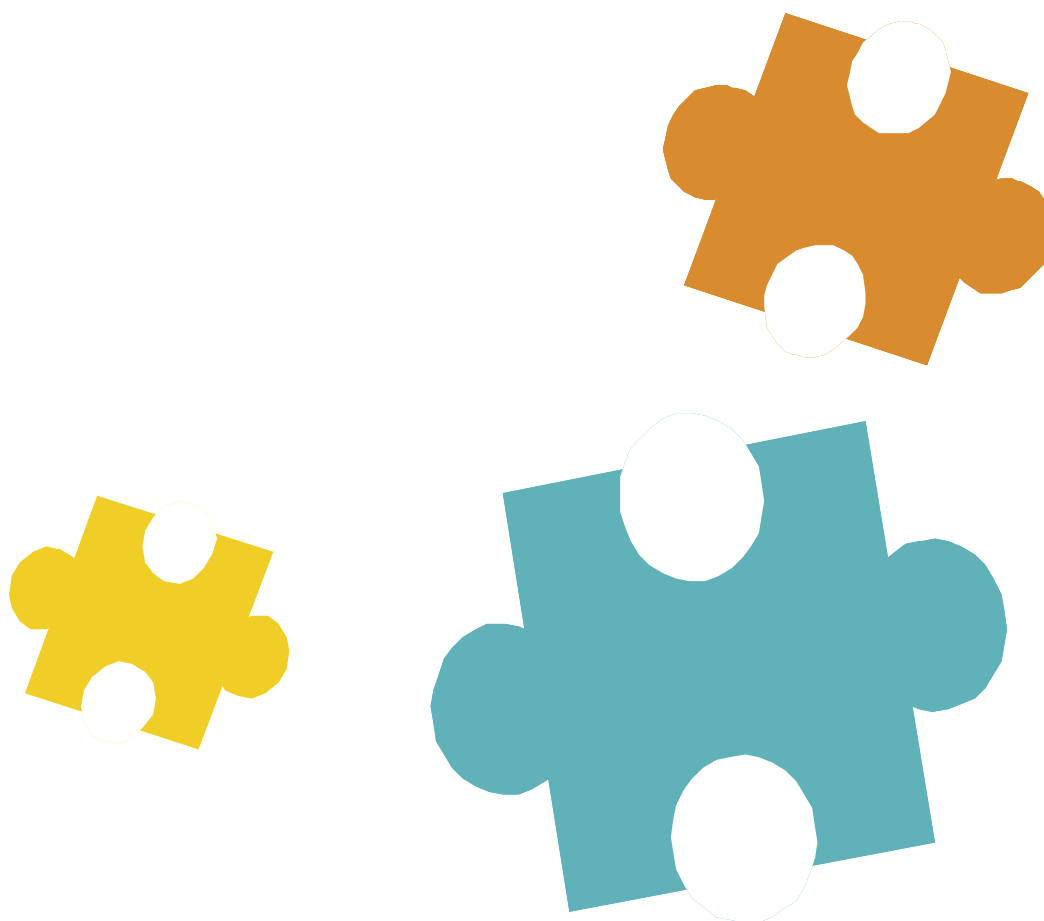
The Passport to Outdoor Pursuits project is a free (depending on indoor wall hire cost) incentive scheme aimed at community groups & organisations awarding people bronze, silver & gold awards as they progress through nine activity sessions that can include: Health walks, Cycling, Canoeing, Indoor & Outdoor Climbing, Trim Trail, Free Running & Mountain Boarding.

Activities are held at a range of venues including Oldham's Parks, Oldham Sport Centre Climbing Wall, community venues, and the Peak District National Park. Activities are all open to all ages depending on the activity.

Contact: Alan Keane

Tel: 07808 770 341

E-mail via website: <http://www.oldhamoutdoorpursuits.co.uk/>



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Active8

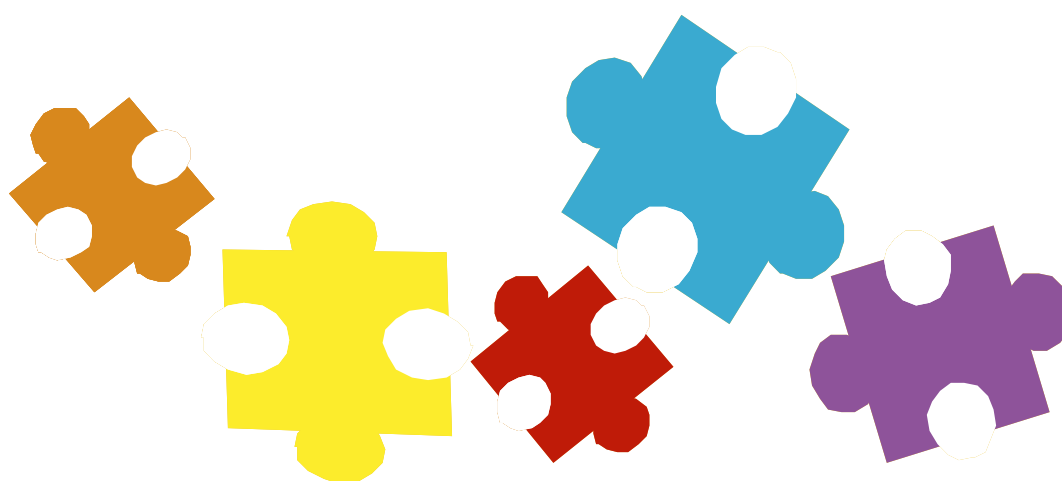
Provider: Health Improvement Service / Oldham Outdoor Pursuits Network

This project supports people with predominately sedentary lifestyles to take part in organised community walks, learn to cycle sessions and cycle rides, to improve well being, and to reduce the risk of those who are inactive becoming obese, thus improving their health.

People with sedentary lifestyles directly benefit from the project by being encouraged to become involved in joining gentle walking and cycling groups. This will have the added benefit of encouraging people to access Oldham's open spaces, Oldham's cycle trails, and create social networks.

The project works closely with Oldham Community Leisure's home based exercise scheme by developing further health walks and supporting the current Walking to Health initiative and it develops professional schemes for both walking and cycling, enabling participants to advance through their chosen activity.

Contact: Louise King
Tel: 0161 621 7152
Email: louiseking2@nhs.net



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Digging for Health

Provider: Health Improvement Service

Digging for Health is a new 4 year gardening and food-growing project in Oldham. The project's aim is to improve well-being through helping people become more physically active and to increase healthy eating through gardening and food growing activities.

Digging for Health provides a range of opportunities for adults, children and families and older people who would benefit from:

- Undertaking more physical activity
- Managing or controlling their weight
- Eating more healthily

We organise a range of workshops and courses for groups or individuals in gardening and growing food. The activities are offered in Oldham, focussing on the areas of Alexandra, St Mary's, Coldhurst, St James, Werneth, Medlock Vale and Hollinwood.

Courses offered are:

Grow and Taste

Aimed at adults interested in learning about starting to grow food, and healthy eating activities.

Growers R us

Aimed at older people interested in learning about starting to grow food.

Grow your own

Aimed at adults and families interested in learning basic food growing skills for growing at home in a small garden/yard

Growing fitter

Aimed at adults and families interested in learning the health benefits of growing your own food.

Volunteer training programme

For anyone interested in gaining practical experience in community food and health projects.

Community growing projects

Support given to community garden and growing projects who register with Digging for Health.

Contact: Kate McLaren

Tel: 0161 621 7156

E-mail: kate.mclaren@nhs.net

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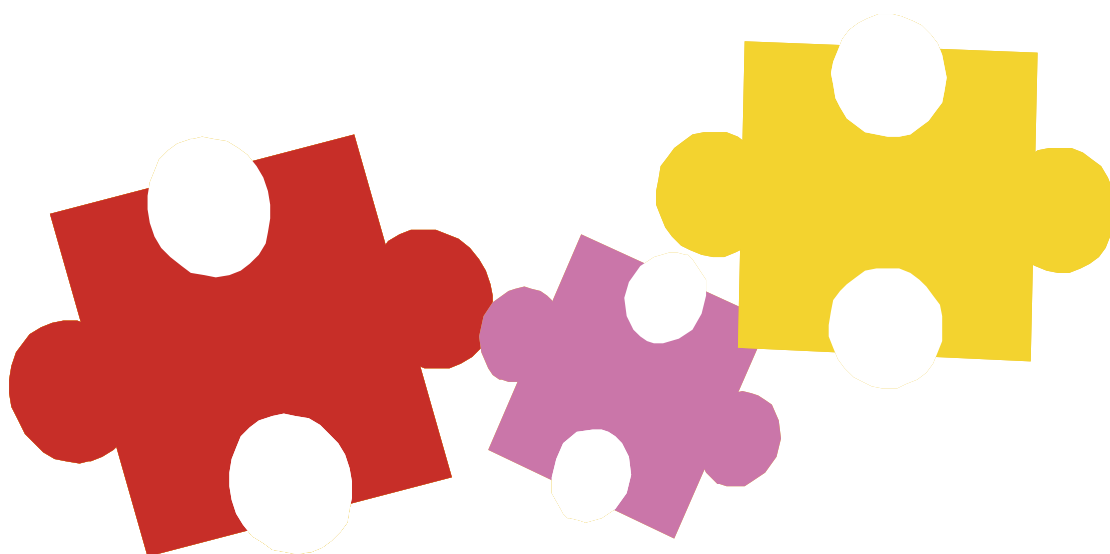
Digging for Health Volunteer Programme

Provider: Health Improvement Service

Digging for Health offers a programme of training for volunteers interested in joining the Digging for Health initiative and gaining practical experience in community food and health projects.

The programme is open to adults and older people will provide skills to enable volunteers to begin leading Digging for Health courses and activities and a route into paid employment.

Contact: Kate McLaren
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E-mail: kate.mclaren@nhs.net



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Digging for Health – Growing Fitter Training

Provider: Health Improvement Service

Growing fitter is a training course for members of the community interested in gaining a greater understanding of the health & well-being benefits of growing your own food

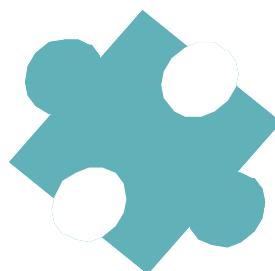
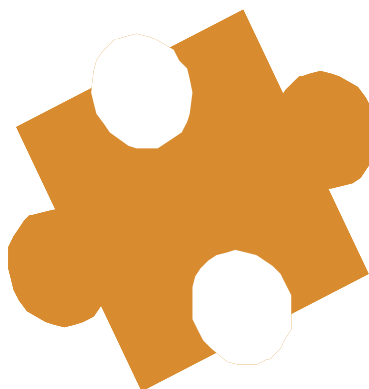
The course will:

Increase understanding of health & well being benefits of growing food
Increase number of people working towards the NICE recommendations for physical activity

Contact: Kate McLaren

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E-mail: kate.mclaren@nhs.net



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Digging for Health – Grow & Taste Training

Provider: Health Improvement Service

Grow & taste is a training course for members of the community interested in learning about the benefits of growing food and growing fresh produce for healthy eating.

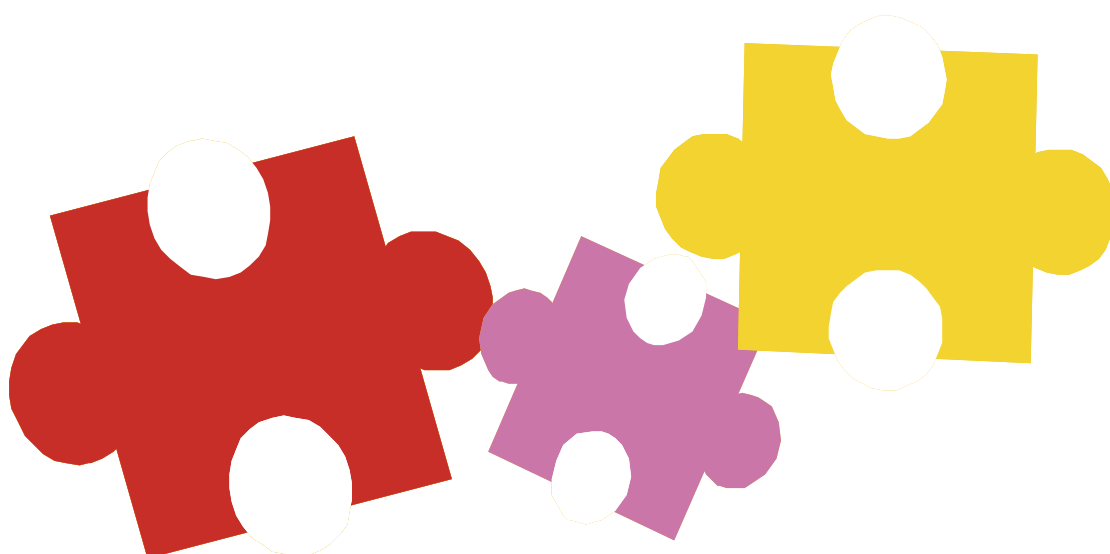
The course will:

- Increase knowledge of healthy eating guidelines
- Increase understanding of the benefits of eating fresh produce
- Increase knowledge of preparing healthy meals
- Increase consumption of fresh fruit & vegetables

Contact: Kate McLaren

Tel: 0161 621 7156

E-mail: kate.mclaren@nhs.net



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Digging for Health - Grow your own

Grow your own is a training course for members of the community interested in learning basic food growing skills for growing at home or in a small garden or yard

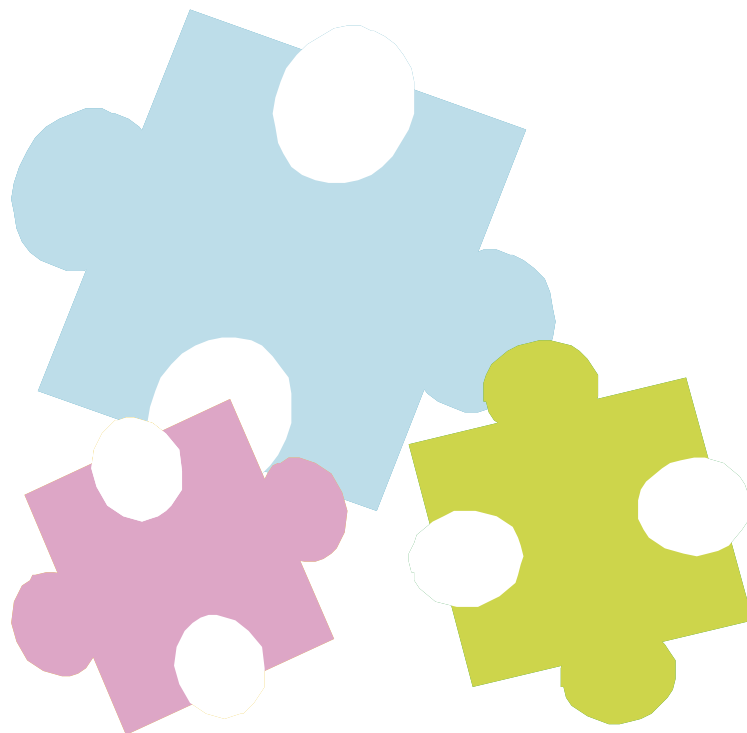
The course will aim to:

- Increase knowledge and skills in growing your own
- Increase consumption of fresh fruit & vegetables
- Increase the number of people participating in vegetable production at a community level

Contact: Kate McLaren

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E-mail: kate.mclaren@nhs.net



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Digging for Health - Growers R Us

Growers R Us workshops are community courses that involve older people in appropriate food-growing activities such as fruit, vegetables or herbs in pots or baskets.

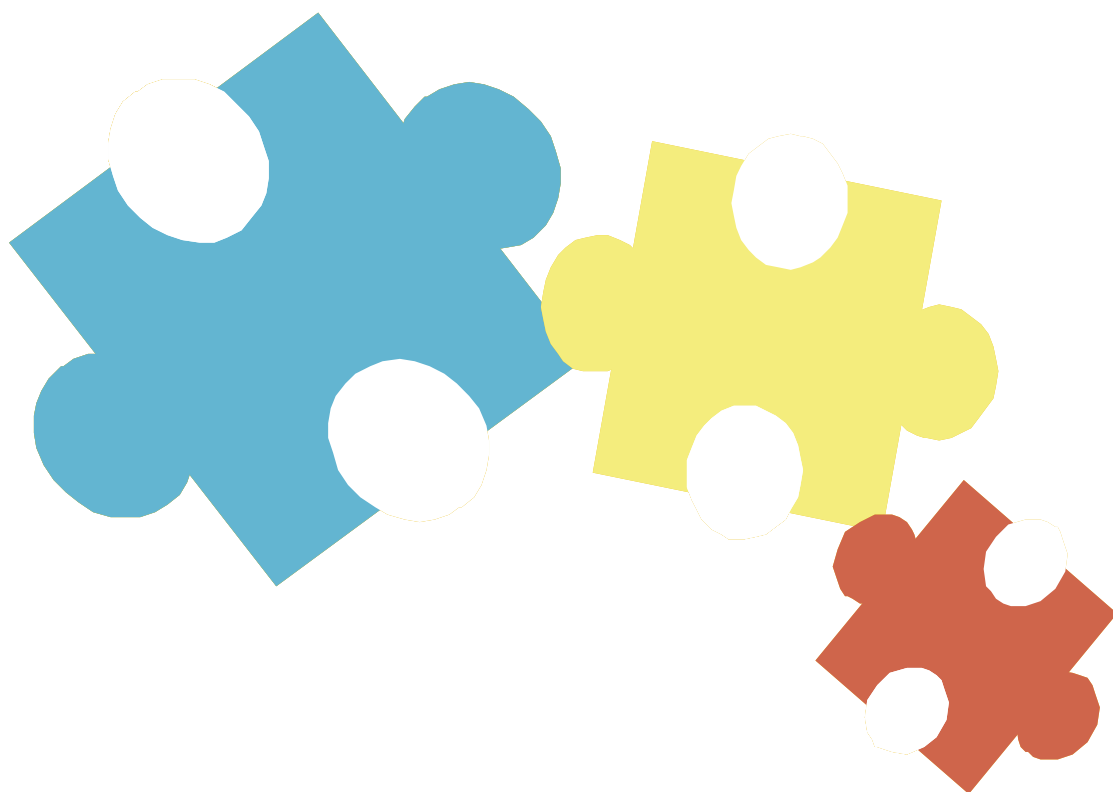
The workshops will aim to:

- Increase the number of people involved in activities that will improve strength, mobility and co-ordination through sustained activity

Contact: Kate McLaren

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Get up and Go

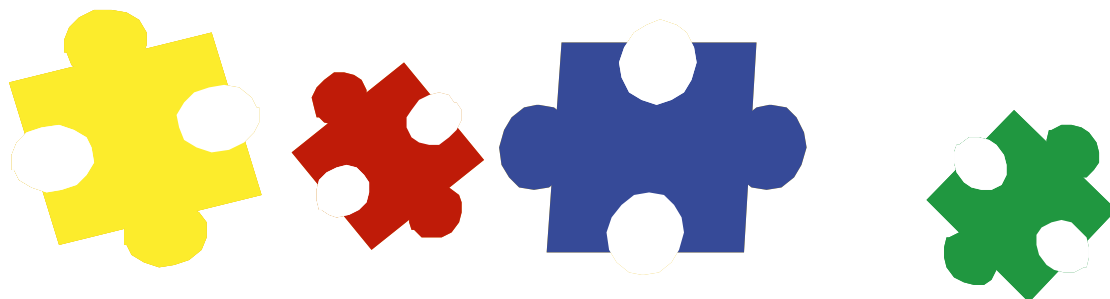
Provider: Oldham Community Leisure

This project is designed to increase daily physical activity levels within Oldham, and increase the number of people being active in the home and community. The project is aimed at those who are not currently active, particularly those over the age of 50.

The project promotes physical activity within the home by providing resources such as a chair based exercise DVDs/videos, to community members, and also in the community, by carrying out chair based physical activity sessions in a community setting.

The project will aim to develop pathways for progression into other activities such as walking classes and gentle exercise classes. The project works closely with the Walking Your Way to Health initiative and closely links with other organisations such as Age Concern, Oldham Community Health Services, and Adult & Community Services.

Contact: Jackie Hanley
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Spaces for All

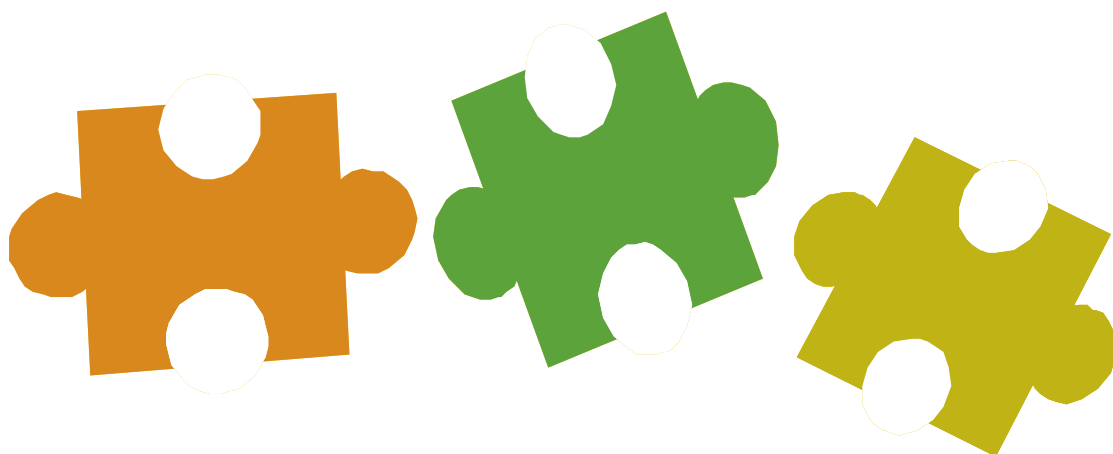
Provider: Groundwork Oldham & Rochdale

This project engages with people who live sedentary lifestyles and encourages them to take part in Physical Activity in local parks and open spaces, as well as empowering the local community. The project also aims to improve good mental well-being through engaging in physical activity.

The project promotes and delivers a range of easy to access physical activities in parks, targeting residents who live within walking distance of the facility. Regular weekly sessions can include trim trail use, games, exercise and sports, and environmental work.

The project makes links with other agencies such as Oldham Community Leisure, Oldham Sports Development and other recreational Physical Activity providers.

Contact: John Davies
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Weight Management

MEND (Mind Exercise Nutrition Do-it)

Provider: Health Improvement Service

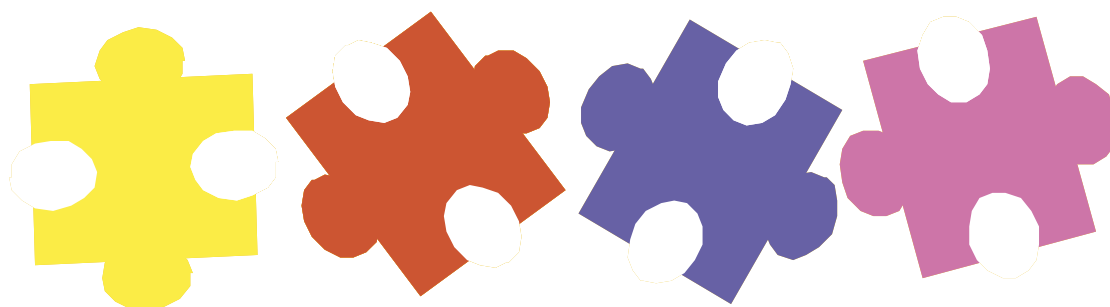
MEND is a free fun programme for kids to become fitter, healthier and happier.

It is a Free 10 week programme involving fun games aimed at children over their ideal weight. Activities include playground games, dodgeball, How to become a mend detective, swimming a supermarket tour etc.

MEND is targeted at children aged 7 – 13 years who must be accompanied by a parent or carer. Participants must attend the full ten-week programme.

MEND programmes are held throughout the year. Further information about MEND can be found at: www.mendprogramme.org

Contact: Emma Haman
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SHINE (Self Help Independence, Nutrition and Exercise)

Provider: Health Improvement Service

The SHINE project is for young people aged between 13 and 17 years, who are overweight or obese, to help them to understand their weight problem, so they can manage it more effectively. It supports young people and their families to make changes.

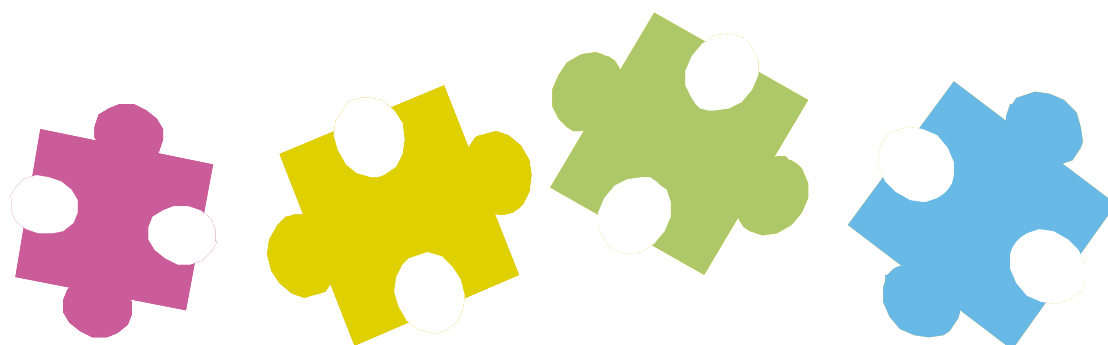
SHINE provides knowledge and develops skills to promote lifestyle changes with emphasis on nutrition and exercise. It promotes the development of self-esteem, confidence and independence in making decisions about their lifestyle.

SHINE encourages young people to become more active by providing the opportunity to engage in a wide variety of sports and activities. SHINE consists of an initial twelve-week programme of activities covering nutrition, exercise, confidence building, bullying, and stress management with an emphasis on setting realistic individual goals. SHINE facilitators have been trained to deliver the programme and refer participants to other agencies for further support as necessary, for example Reflections (Child and Adolescent Mental Health Services)

Participants have the opportunity for further ongoing support through a maintenance programme, which will include cooking skills and buddying training. The project is facilitated in partnership with Oldham Community Health Services' School Health Advisors, Oldham's Youth Service and Oldham Community Leisure.

SHINE is targeted at 13 – 17 year olds who are overweight or obese. Young people who join the SHINE programme must be motivated to change.

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Shape Up

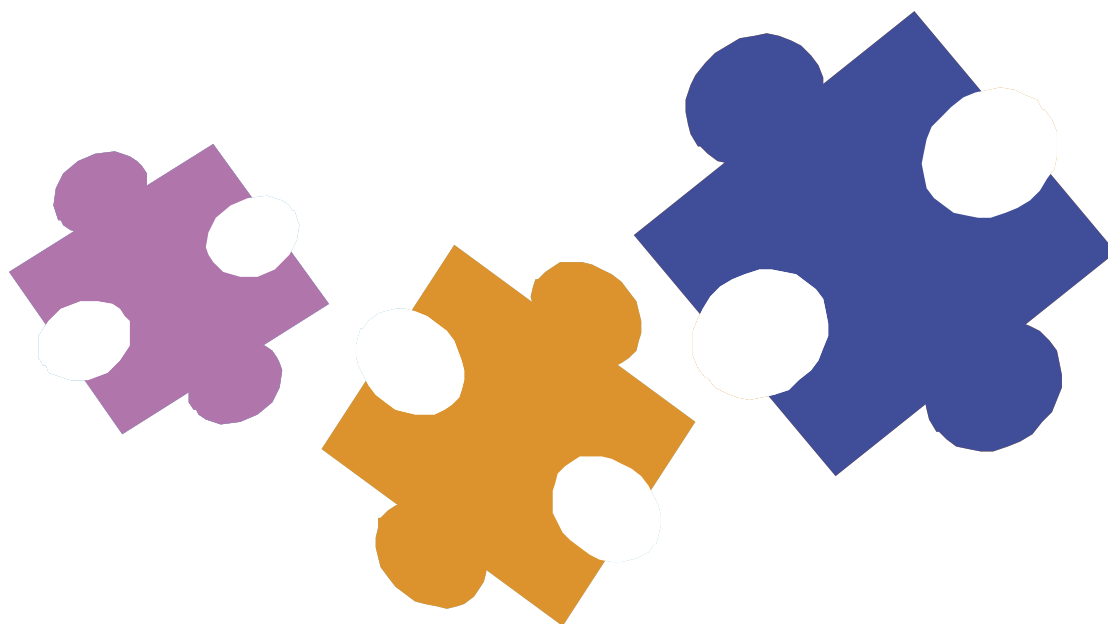
Provider: Health Improvement Service

Shape Up is a weight management course is for any adult who wants to lose weight and get more active. The course brings together expertise from psychology, nutrition, exercise and health promotion. It is held over eight weeks with each session being of 90 minutes duration.

It provides help with getting into regular eating patterns and eating the right balance of different types of food in a person's diet. Courses can be tailored to suit different groups such as women only or men only classes.

Each course can accommodate 12 participants. Courses are free and are held at various venues across Oldham.

Contact: Margo Jackson
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Oral Health

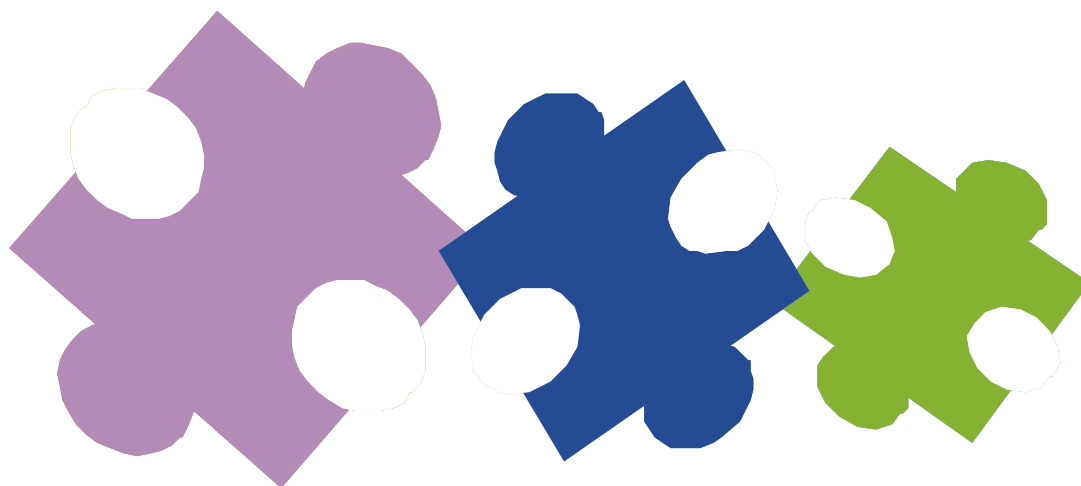
Brush Together Smile Forever Programme

Provider: Oral Health Improvement Team

The programme aims to increase the number of children living in Oldham who benefit from exposure to a family fluoride toothpaste twice daily.

The Oral Health Improvement Team works in a range settings and with a variety of professionals such as parent & toddler groups, preschool playgroups, day nurseries, Children's Centres, schools, primary dental care teams, midwives, health visitors, school health advisors, general medical practice teams to ensure delivery of the programme.

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Facilitating prevention in primary dental care settings

Provider: Oral Health Improvement Team

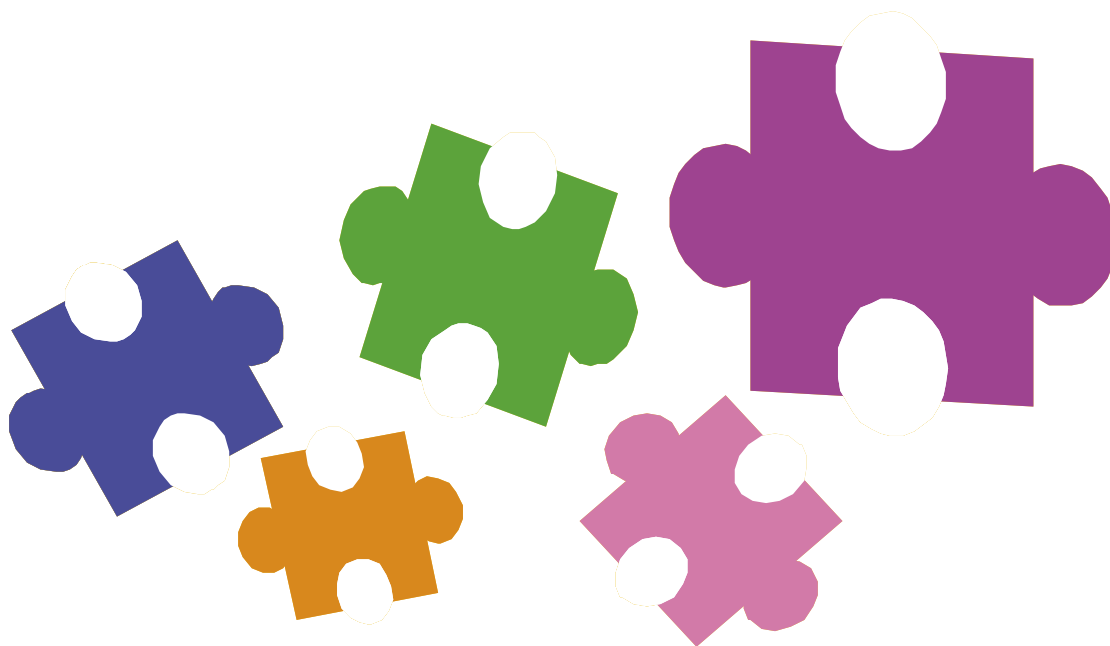
The programme aims to support and facilitate local dental teams to enable them to deliver evidence based preventive advice to their clients.

The programme provides a range of training opportunities, information and resources for dental teams.

The Oral Health Improvement Team facilitates dental teams to:

- Deliver the prevention focus of the Oldham Oral Health Strategy.
- Give holistic dietary advice relevant to the client.
- Ensure exposure to topical fluoride through the fluoride toothpaste and fluoride varnish programmes.
- Advise and refer to Stop Smoking Services.
- Participate in national and local campaigns such as Mouth Cancer Awareness.

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Primary dental care workforce development

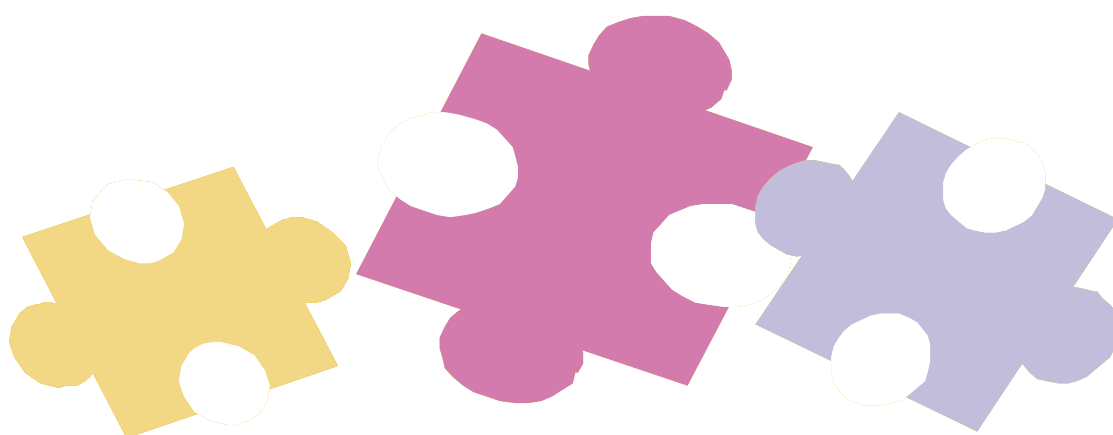
Provider: Oral Health Improvement Team

The programme aims to improve knowledge and skills within the primary dental care workforce. By delivering a range of nationally recognised training courses appropriate to the needs of the primary dental care workforce.

The Oral Health Improvement Team facilitates:

- The dental nurse cadet programme which leads to the nationally recognised NVQ level 3 Dental nursing qualification awarded by the National Examining Board for dental nurses (A bi-annual scheme taking two years to complete the apprenticeship programme. This is a partnership initiative supported by NHS Oldham, Oldham Community Health Services and The Oldham College.)
- The Royal Society for the Promotion of Health Foundation course level 2 in Oral Health Promotion.
- The National Exam Board for dental nursing certificate in oral health education (equivalent to level 4), a post certificate qualification.
- The UCLAN Oral Health Education and Application of Fluoride Varnish course.

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Tooth Friendly Partnership Award

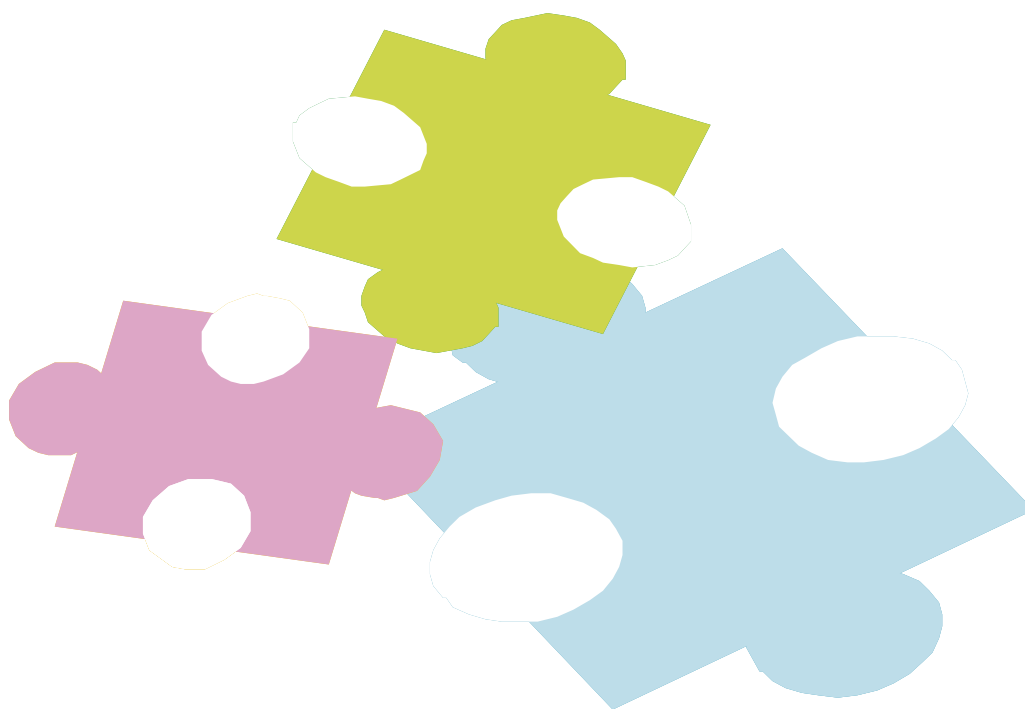
Provider: Oral Health Improvement Team

The programme aims to create supportive environments to promote good oral & general health. The programme, which works in partnership with the Healthy Schools team, enables schools to achieve the Tooth Friendly Partnership Award.

The Oral Health Improvement Team works with the senior management team, governors, pupils and parents of schools to:

- Produce and implement a whole school food policy.
- Review and ensure that only healthy snacks and drinks are consumed at breaktime.
- Supports schools in the implementation of healthy reward systems & birthday treats.
- Encourage schools to provide fresh drinking water throughout the school day.
- Promote healthy lunchboxes

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Working with health care professionals to ensure oral health is part of general health advice

Provider: Oral Health Improvement Team

The programme works with:

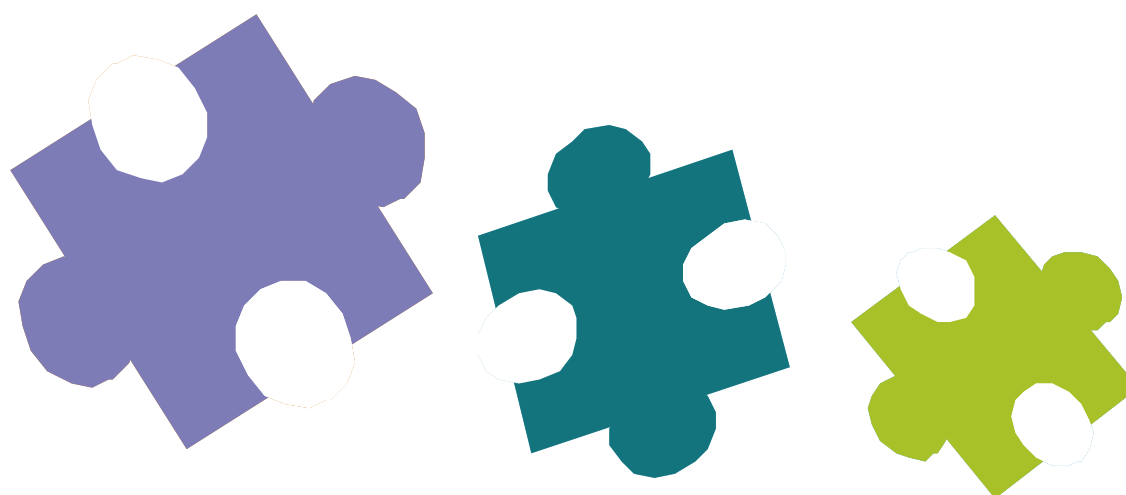
- Midwifery team
- Health visiting teams
- School health advisors

to enable them to deliver evidence based preventive advice to their clients.

The programme provides a range of training opportunities, information and resources for teams to enable them to:

- Signpost clients to relevant dental services
- Ensure provision of upto date advice on oral health and prevention of disease
- Promote the use of sugar free medicines

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Working with childcare settings for the under fives

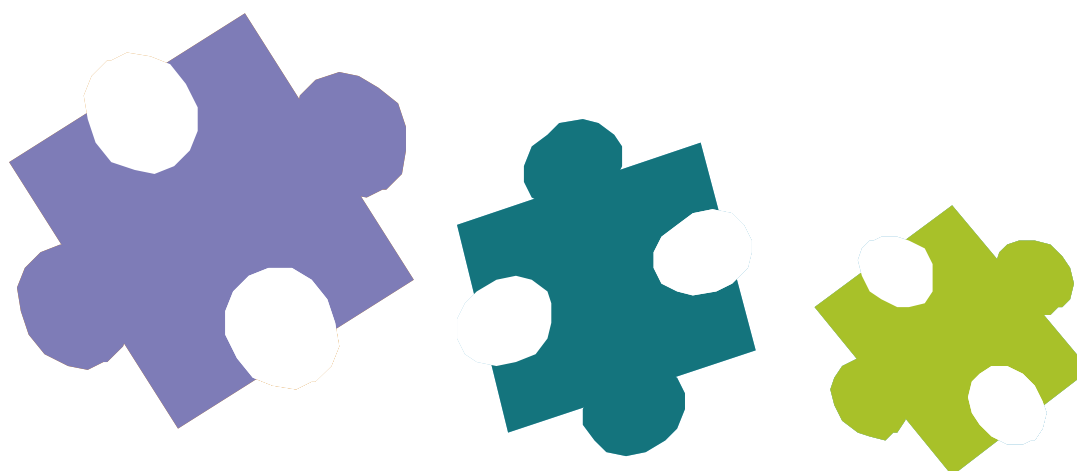
Provider: Oral Health Improvement Team

The programme works with a range of childcare settings such as:

- Pre-school playgroups
- Parent and toddler groups
- Day nurseries
- Child minders

The Oral Health Improvement Team facilitates the settings to have healthy eating policies and achieve the Healthy Eating Award for under fives setting. These settings are also asked to support the Brush Together Smile Forever programme. The programme provides a range of training opportunities, information and resources.

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Working with Children's Centres

Provider: Oral Health Improvement Team

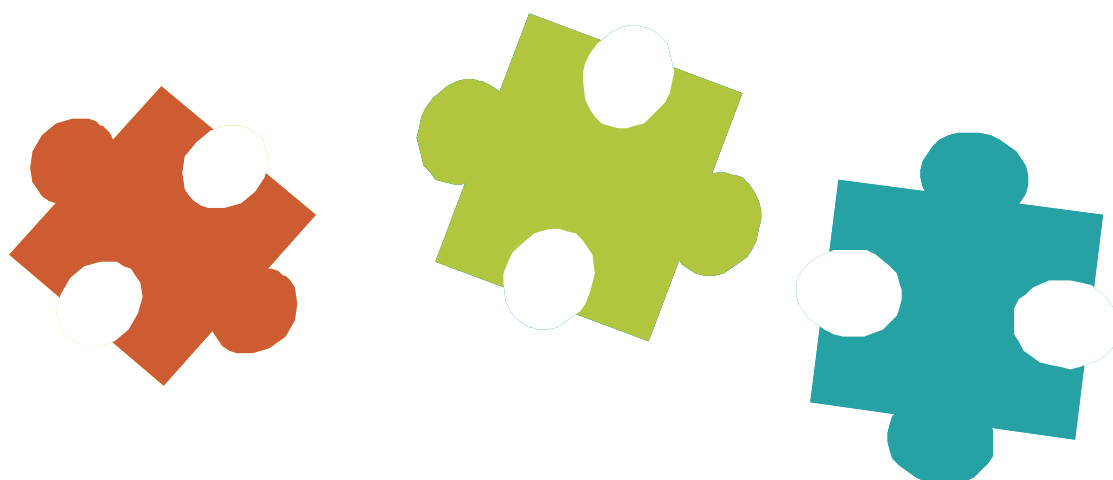
The Oral Health Improvement Team works with the Children's Centre staff to:

- enable them to deliver evidence informed oral health advice to their clients
- support initiatives and campaigns to improve health

The programme provides a range of training opportunities, information and resources for teams to enable them to:

- Signpost clients to relevant dental services
- Ensure provision of up to date advice on oral health and prevention of disease
- Promote the use of sugar free medicines

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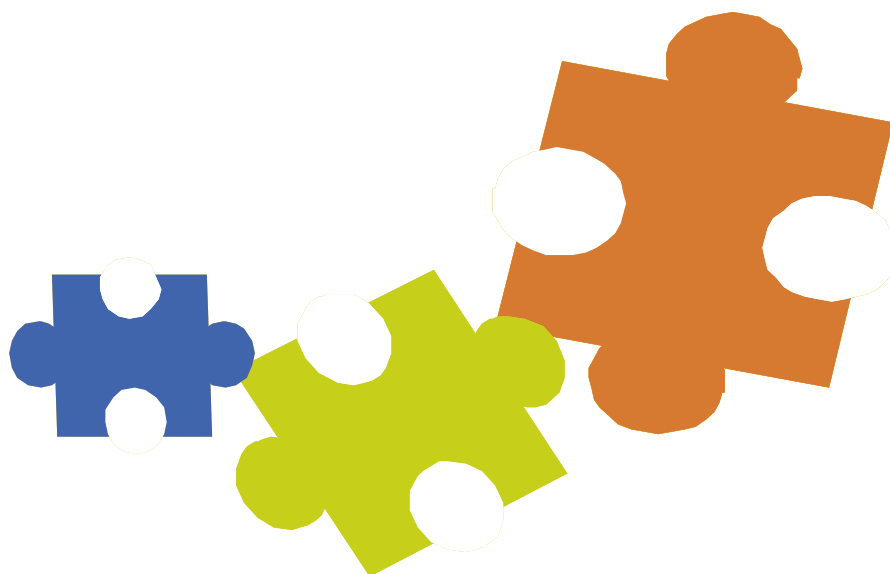
Working with local mosques to improve health

Provider: Oral Health Improvement Team & Family Support

Working with local mosques to deliver Smile with the prophet, a community based health improvement programme, which uses the teaching of the Prophet to improve oral and general health of the community by:

- Increasing the mosque leaders knowledge of oral health and other health related health issues in their community
- Working in partnership with the mosque teachers to deliver a six part health improvement programme
- Delivering a culturally appropriate brief intervention focussing on oral health and tobacco reduction to men attending the mosque
- Delivering appropriate oral health events to parents of children in the local community

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Working in partnership with general medical practice teams to improve oral health

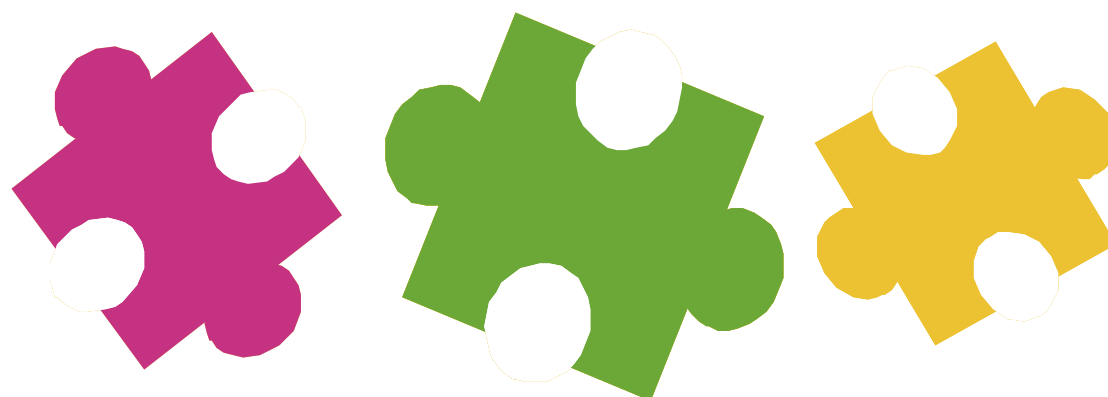
Provider: Oral Health Improvement Team,

The programme aims to provide general medical practice teams with information and resources to promote oral health as part of general health.

The Oral Health Improvement Team works with general medical practice teams to:

- Signpost clients to relevant dental services
- Ensure provision of up to date advice on oral health and prevention of disease
- Promote the use of sugar free medicines
- Increase awareness of smokeless tobacco and oral cancer
- Participate in national and local campaigns such as Mouth Cancer Awareness.

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Working in partnership with community pharmacy teams to improve oral health

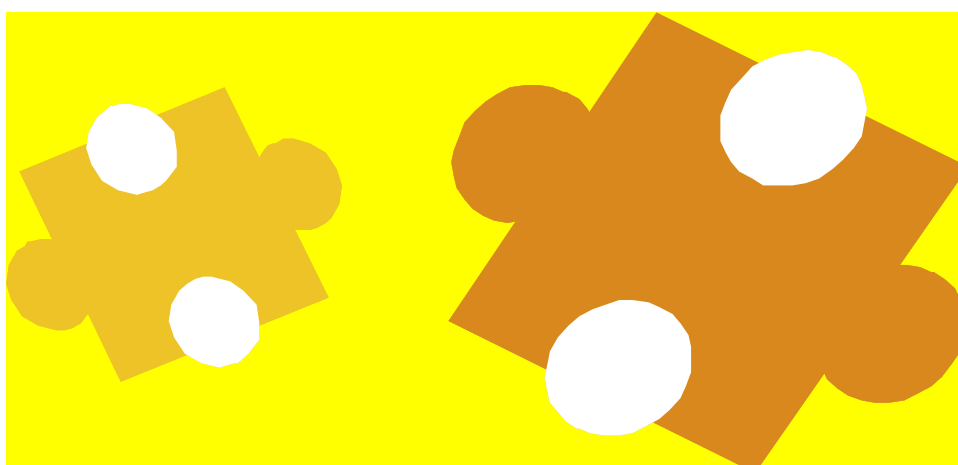
Provider: Oral Health Improvement Team

The programme aims to provide community pharmacy teams with information and resources to promote oral health as part of general health.

The Oral Health Improvement Team works with community pharmacy teams to:

- Signpost clients to relevant dental services
- Ensure provision of upto date advice on oral health and prevention of disease
- Promote the use of sugar free medicines
- Increase awareness of smokeless tobacco and oral cancer
- Participate in national and local campaigns such as Mouth Cancer Awareness.

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Working with vulnerable groups to promote good oral health

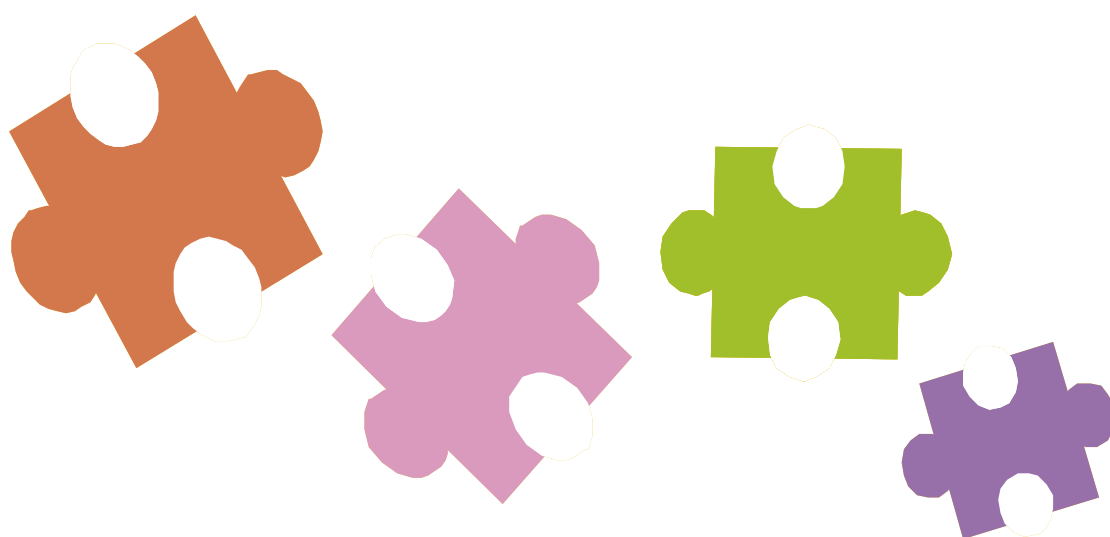
Provider: Oral Health Improvement Team

The team offers support to a range of vulnerable groups within the community.

The Oral Health Improvement Team can:

- Signpost clients to relevant dental services
- Provide upto date advice on oral health and prevention of disease
- Promote the use of sugar free medicines
- Provide resources such as toothbrushes and paste
- Advise and signpost clients to the Stop Smoking Service

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Mental Health

BME Mental Health Community Development

Provider: Health Improvement Service

The Mental Health Development team works in variety of services. The project provides centre based activities such as arts, photography and games, which provide opportunities for participants to develop social networks.

The team also aims to provide education about mental health and mental ill health, the effects of medication and the services available to patients and carers.

The emphasis of the project is to deliver the objectives of Delivering Race Equality (Dept of health 2005), a five-year working action plan trying to eradicate inequalities faced by Black Minority Ethnic communities and mental health service provision. The project seeks to achieve this by:

- Building capacity in the non-statutory sector
- Encouraging the engagement of BME communities in the commissioning process
- Ensuring a better understanding by the statutory sector of the innovative approaches that are used in the non-statutory sector
- Involving BME communities in identifying needs and in the design and delivery of more appropriate, effective and responsive services.

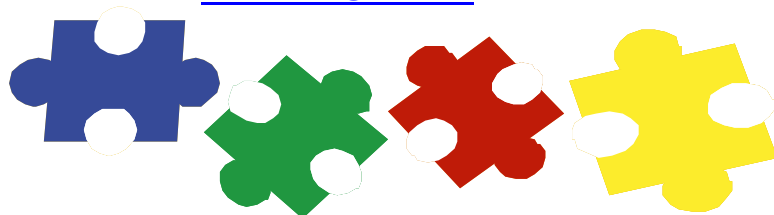
The plan is based on three main building blocks:

1. More appropriate and responsive services - achieved through action to develop organisations and the workforce, to improve clinical services and to improve services for specific groups, such as older people, asylum seekers and refugees, and children.

2. Community engagement - involving the community in development.

3. Better information - from improved monitoring of ethnicity, better dissemination of information and good practice, and improved knowledge about effective services. This will include a new regular census of mental health patients.

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Food for Thought

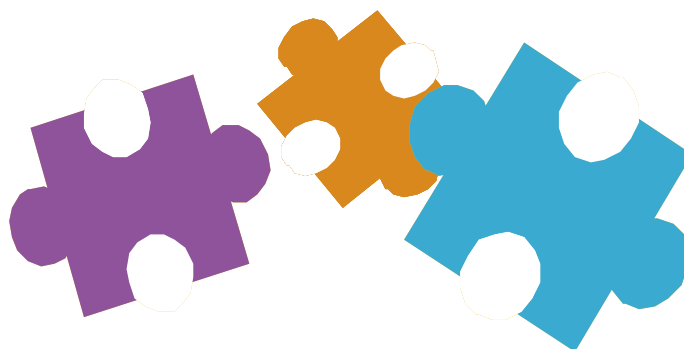
Provider: Age Concern

This project aids people in the early stages of Dementia and their carers, by offering early interventions in respect of all the issues raised by the condition. They will gain benefit from specialists with the knowledge they require at all stages of the illness.

The project strives to fill in the gap from initial diagnosis, to acceptance and management of the condition, make connections to related help and services including respite carers, as well as reduce anxieties, offer general practical information, and deal with individual problems and issues raised by the users.

The project is set in a café with meals/refreshments, to create a social setting that is informal, convenient and easily accessible. This will form the background for the opportunity for clients and carers to gain considerably from peer support. Both the setting and the support provided by the project will improve quality of life through a culture that includes self-help and peer support.

Contact: Julie McBride:
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Email: moremobile@oldham-ageconcern.co.uk



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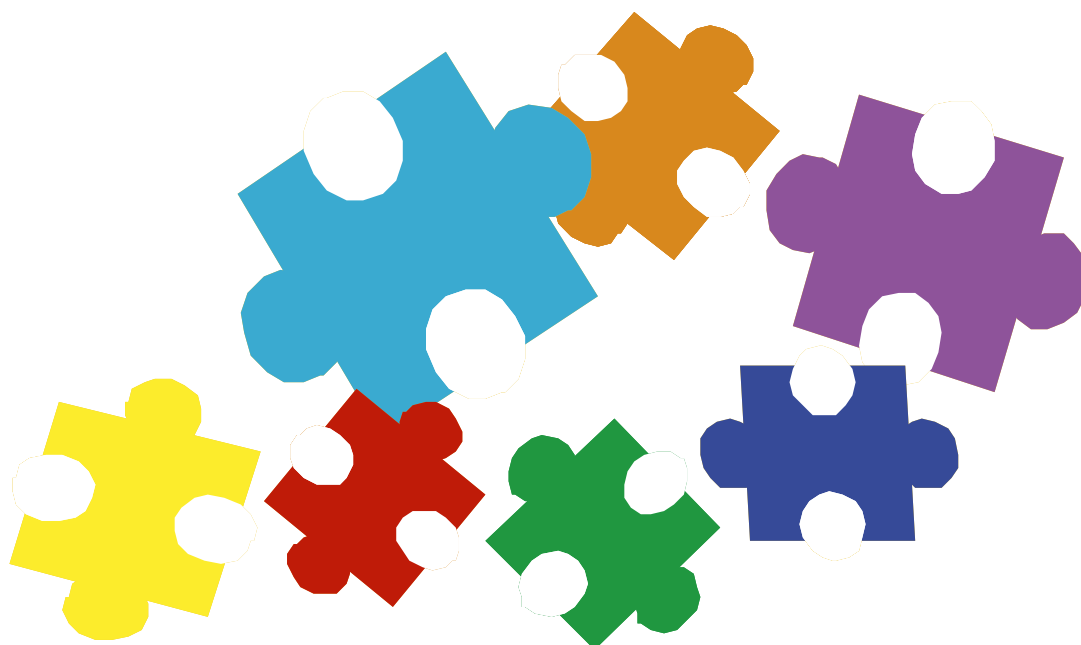
Incapacity Benefit

Provider: Groundwork Oldham

The project aims to provide inactive benefit claimants at risk of mental health problems with work experience, training and support to eventually leave benefits and enter work.

After individual assessment Groundwork Oldham and Rochdale will find employers in appropriate sectors that are willing to offer work experience opportunities. Groundwork will also act as a parent partner for the voluntary and community sector by brokering supported placements within these organisations.

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Mental Health in the workplace

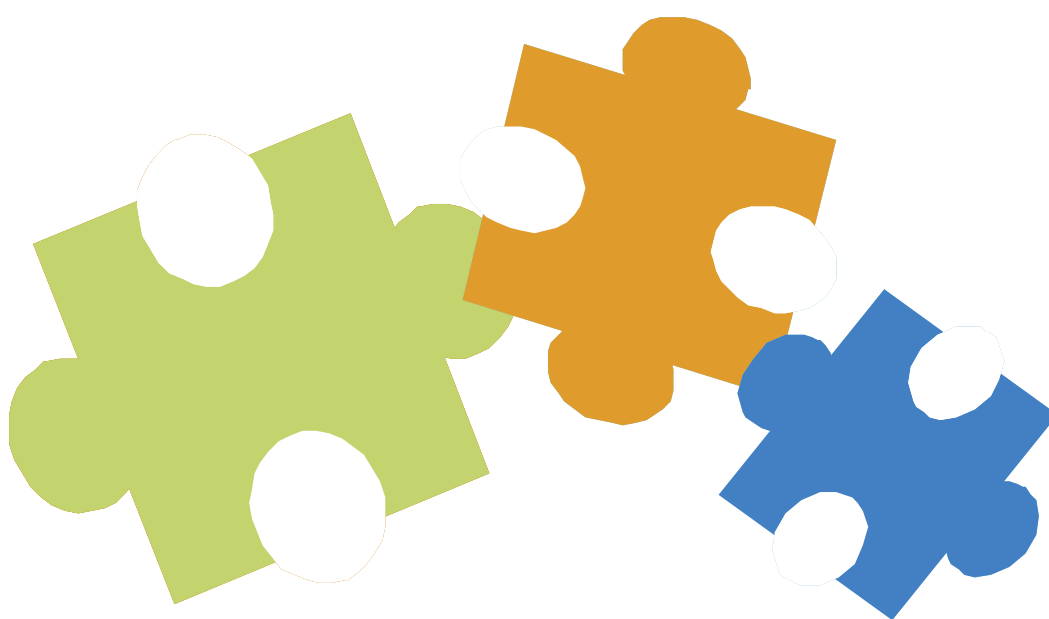
Provider: Groundwork Oldham

The project will provide workplace mental health advice, promoting and delivering co-ordinated workplace mental health services to local businesses and organisations. The project will focus on prevention and early intervention services, which are free of charge.

The project will provide a free stress audit with follow up visits to discuss mental health issues and will provide a tailored action plan and confidential report.

The project aims to reduce the incidence of work related ill mental health.

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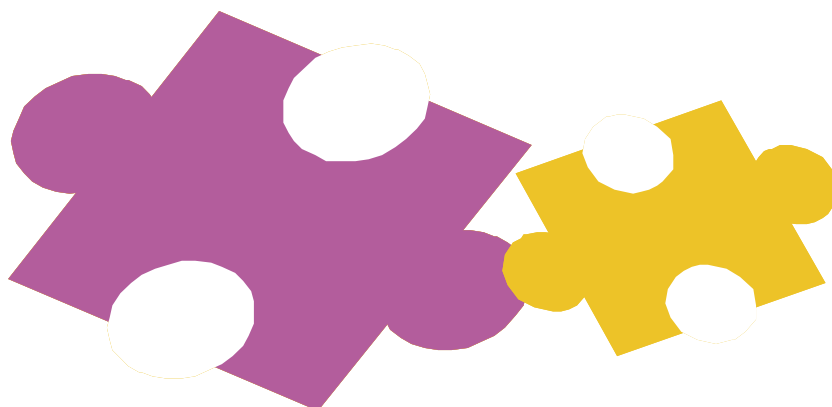
Princes Trust Plus

Provider: Groundwork Oldham and Rochdale

The project will recruit, and work with disadvantaged young people (primarily between 16-25) to improve mental well being and a sense of belonging within the local community. The project will adapt the Princes Trust team programme to focus on young people most in need of support in a well being context.

The project hopes to improve the mental well-being of the young people involved through increasing their self esteem and confidence, raising awareness of drug and alcohol dependency, promoting physical activity and enabling community cohesion between generations and contrasting cultures.

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Sexual Health

Multi-Agency Sexual Health Training Programme

Provider: Health Improvement Service in partnership with Oldham Workforce Development Service and Oldham Brook

Oldham's multidisciplinary sexual health training programme is based upon a holistic and person centred approach that encompasses people's physical, mental, emotional, social and spiritual well being. It strives to play a part in the reduction of inequalities, particularly in relation to sexual health education and sexual health service provision and delivery and address the needs of a wide range of professionals, volunteers, parents and carers. It seeks to increase participants' knowledge, skills, awareness and understanding of sexual health and of the factors that influence people's ability to make informed choices including:

- A sense of positive self esteem
- Having accurate information
- The acquisition and development of practical skills
- An understanding of rights and responsibilities towards oneself and others
- Having a clear set of self-identified values in terms of sex and relationships

Sexual Health Basic Awareness - 2 days

Aim:

To provide participants with an overview of sexual health and sexual health work using a person-centred framework.

Understanding Sexual Health - 2 days

Aim:

To provide participants with a holistic framework and approach to developing sexual health programmes from a person-centred perspective

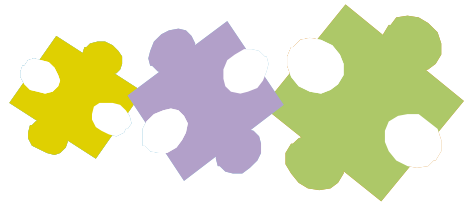
Sexual Health Practitioner - 5 days (module 1 = 3 days, module 2 = 2 days)

Aim:

To design & develop appropriate sexual health for individuals or service user groups using a person-centred framework

Contact: Colin Avery
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Sexual Health Awareness Outreach

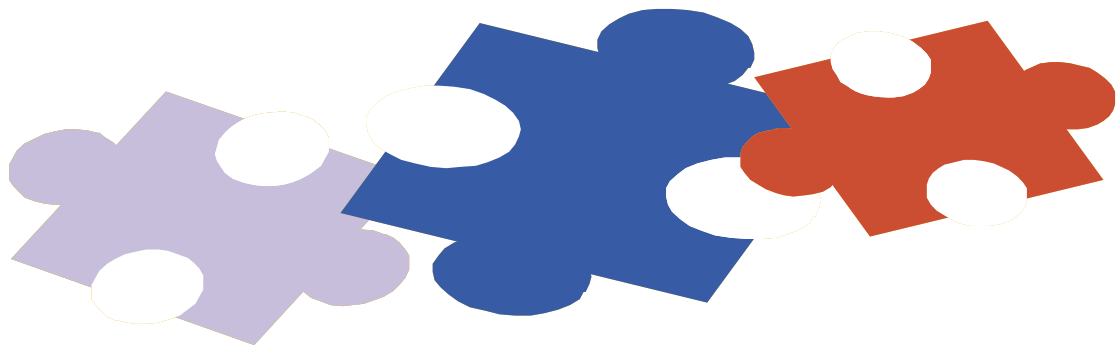
Provider: Health Improvement Service

This programme provides Sexual Health Awareness sessions in venues across the borough in partnership with a wide range of local agencies. Working predominately with groups of young people aged 14+ sessions explores themes such as:

- Safer Sex
- Sexually Transmitted Infection (STI) Awareness
- Condom Awareness and the C-Card (condom distribution) programme
- Breast and Testicular Awareness including self-examination
- Contraception including Long Acting Reversible Contraception (LARC) and Emergency Hormonal Contraceptive (EHC)
- Chlamydia screening (as part of the National Chlamydia Screening Programme)

Sessions are delivered in a light-hearted manner and include information about and signposting to local services

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Special Events Sexual Health Promotion

Provider: Health Improvement Service

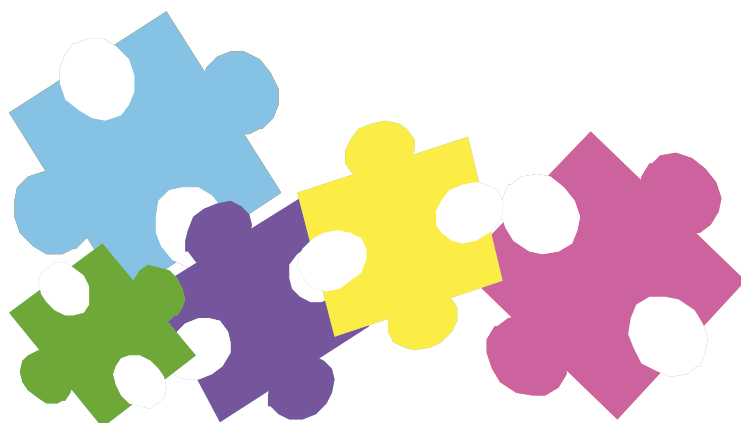
This programme aims to raise public awareness of sexual health and local sexual health services. The team will support existing community events such as carnivals and fun days taking place across the Oldham borough including:

- Oldham Festival of Diversity
- Oldham Mela
- Oldham Carnival
- Oldham LGBT Pride (Lesbian, Gay, Bi-sexual and Transgender)
- Disability Awareness Day

In addition, the team leads on health promotion activity linked to specific health topics such as:

- World AIDS Day
- International Day Against Homophobia (IDAHO)
- National Condom Week
- Contraceptive Awareness Week
- Safer Sex Week
- Men's Health Week

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Playing Safely – Sport & Health Project

Provider: Health Improvement Service

Playing Safely is a Community Outreach programme that promotes health awareness and Chlamydia screening to hard-to-reach groups. The innovation is designed to create new pathways to engage hard-to-reach communities in health awareness through partnership working with professional sports clubs and agencies using the brand and profile of the clubs to push key health messages to their supporters and those playing amateur sports

Its aims

- To deliver Chlamydia Screening and Health Awareness sessions to young people aged between 16 and 24 identified as Hard-to-reach in outreach settings across the Metropolitan Borough of Oldham
- To deliver health awareness sessions to professional football clubs including Academy scholars and full-time professionals across the country.
- To develop a national project to address the health needs of men by engaging in partnerships with professional sports

Our client groups are young people aged between 16 and 24, young men involved in amateur sports in the Metropolitan Borough of Oldham and academy scholars of professional football clubs

Our partners are Professional Footballers Association, Premier League, Oldham Athletic Football Club, Oldham Roughyeds Rugby League Club, Body Positive Northwest, Oldham Lesbian Gay Bisexual Transgender Forum, Football League Trust, League Further Education, Men's Health Forum, MacIntyre Training

Benefits to our patients/clients

- Provide outreach sessions to young men at sports facilities across the Metropolitan Borough of Oldham offering health information and Chlamydia Screening
- Develops a rapport with local amateur sports clubs and their volunteers to ensure that the approach of the staff delivering the health interventions is appropriate in tone and message
- Conducts Chlamydia screening that contributes to the National Chlamydia Screening Programme target of 17% of sexually active young people in Oldham
- Promotes other health services to young men who might not otherwise engage with Primary Healthcare services

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