Health Action Local Engagement

Acting Chair's Report

HALE never stands still, and this year has seen many significant new activities and achievements, all aimed at working with local people to help to improve their health and wellbeing.

Here is a quick snapshot of HALE's key achievements this year:

- The "Mobile Outreach Vehicle" (or bus to you and me) has proved a real success in raising awareness about alcohol and sexual health with young people in some of our local parks. Between 30 and 50 young people have accessed the bus each week.
- This year HALE had the highest ever number of referrals to our Networker Project.
- We were successfully re-commissioned by the NHS and local authority to deliver activities to help local people address key health needs for themselves and their families.
- The Stepping Stone asylum seeker/refugee project has demonstrated that it is meeting a great need.
- HALE has established, and continues to co-ordinate, the Shipley Health and Wellbeing Hub which links together all those organizations working in the field of health and wellbeing across the Shipley Constituency. We held the first Creative Health Solutions event, involving a cross section of organisations from the local authority, NHS and third sector, in sharing ideas about how to improve health in the Shipley Area.
- HALE has delivered a Health & Wellbeing grants scheme on behalf of Shipley Area Committee, enabling 16 local small groups to provide a service or activity in their local community – ranging from bowling to a drug and alcohol drop-in programme, to provision of a waterbirthing pool!
- In total, we have worked with over 4000 people this year. This means that since becoming an independent charity in 2008 HALE has worked with just under 8000 people!

HALE is very fortunate in having an energetic and committed team of staff, who are always on the look-out for emerging needs and bursting with ideas about new ways of addressing them.

The paid staff at HALE are supported by many volunteers, some of whom serve on the Management Committee, and many others who assist in a practical way with HALE's diverse activities. A huge thank-you is due to the staff, volunteers, and members of the Management Committee for all their hard work in the past year.

Thanks also to the NHS, Bradford Council and voluntary sector organisations for their support, both financial and practical.

Several new members have recently joined the Management Committee, to support the work of those invaluable long-term members who have served on the Committee for several years. Working with the staff team, we have begun a process of reviewing the mission, vision, and future business plan for HALE. We realize that the current financial climate, and changes within the NHS and local authorities, are likely to bring new challenges to organizations such as HALE. We are determined to do all we can to enable HALE to ride the wave of the challenges ahead, working with partner organizations wherever this is appropriate to our mission to:

improve health, where there is the greatest need

Chris Flecknoe, Acting Chair

Summary of Activities

Obesity Work

Our 123 and Time 4 Me classes provide a supportive environment to exercise, get advice on alcohol and nutrition and learn behaviour management techniques. Participants learn to make healthy lifestyle choices to maintain weight loss.

100% of participants have lost weight, feel healthier, have fewer aches and pains, and less need to see the GP since attending.

Nutrition Work

We offer a number of approaches to nutrition work, including one-to-one cooking sessions for Networker clients, and intergenerational Cook & Eat sessions which not only improve nutrition awareness and cooking skills but also confidence and a sense of wellbeing.

The MOV has been used for cooking sessions at Leylands Medical Centre, working with diabetic Asian women to raise awareness of the importance of nutrition and clarify health eating messages.

"It is very helpful to understand about different types of carbohydrates, now I see why I have been having difficulties with my blood sugars"

Allotment

We work with various groups on our allotment, supporting them to grow their own food and try new fruit and vegetables as well as getting gentle exercise and social interaction.

HALE also works with several other agencies including Bradford Mental Health Team, Shipley Resource Centre and Kirkgate Studios and Workshop, who use the site for their own groups.

Ready Steady Cook

This course gives participants the chance to cook with and taste new foods, gain confidence in cooking, and introduce healthy eating within the home.

This year we have introduced parent and child sessions, whereby isolated parents can socialise while learning new skills and increasing nutritional knowledge.

Sexual Health Work

CLASH

CLASH courses enable young people to learn about relationship skills and sexual health in a safe environment and to improve their awareness of the effects of alcohol, drugs and smoking on health.

90% of participants said they were more informed about contraception available and the risks of STI'S, while 80% felt more knowledgeable about drugs and alcohol, and their impact on health.

Speakeasy

Speakeasy courses help parents/carers of young people to learn about sexual health and relationships and how to talk to their children about these issues.

The course covers a range of topics and helps participants identify opportunities to introduce discussion within the family/home.

Chlamydia Screening

HALE has the highest Chlamydia screening rate of voluntary organisations in Bradford and this year screened 133 young people through sessions at colleges, schools and on our MOV.

This year we have also trained 61 young people to become peer-to-peer screeners and to speak to their peers about safe and healthy sexual relationships.

"There are so many people who have ignorance to sexual health, HALE are out there doing a positive job, GO HALE!!!"

Friday Night Project

By providing a range of cooking, sporting and creative activities as an alternative to binge drinking our MOV work in Bingley contributed to a reduction in complaints to police about anti social behaviour by almost 1/3 - from 42 to 29 in just 4 months.

Mental Health Work

This year we have worked with over 1000 service users on activities such as line dancing, to improve their wellbeing via a 'health through the back door' approach. We have also launched a Wellbeing Café, and a "Chatterboxes" group to run alongside our existing social activities for older people.

Networkers

Our Networker scheme has proved to be a lifeline for people feeling isolated and depressed, supporting them to attend local activities and helping them to link back into their community. 409 people accessed this service last year, with referrals coming from at least 18 different partner agencies including GP's, Health Visitors, Community Mental Health Teams, self and family referrals.

"This is better than any medicine or pills! I am feeling much happier and I can do things I could only dream about doing before."

Stepping Stone Project

The Stepping Stone project supports Refugees and Asylum seekers to access local services and establish themselves within their new community. We had 47 referrals last year for individuals or families in need of this citywide service.

Befriending

Our Befriending scheme reduces isolation and loneliness amongst people aged 65 and over by matching them with one of our trained volunteers, who will visit them for an hour or so a week. We accept referrals to the scheme from health practitioners as well as self and family referrals.

Oral Health

HALE works with parents/ carers of children under 5 in schools, nurseries and toddler groups, and on our MOV to improve knowledge and encourage behaviour change around oral health via a 4 week 'Teethtastic' course.

"You do not realise how much we learnt from you. Whenever we get together now we only talk about teeth!"

Midwife Drop-in Sessions

We've had 583 visitors to the Kirkgate Katch Up in the past year, giving mums-to-be and parents/carers of young children the chance to speak to midwives and health visitors, get breastfeeding support, advice on stopping smoking and information on family services in the area.

"This has made me make more of an effort to get out and meet other parents who have become isolated"

Statistics and funding...

The continued support of Bradford & Airedale PCT accounts for half of HALE's income. This funding has enabled us to work with over 2600 individuals on our 4 key themes.

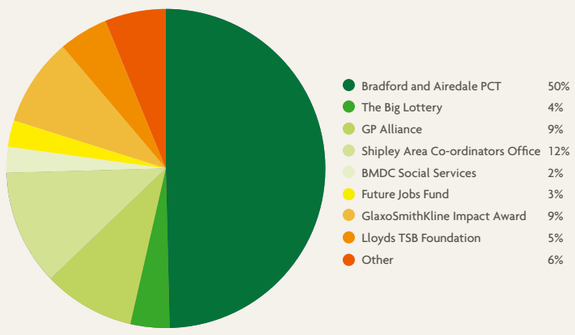
Funding from the GP alliance has supported work with over 400 people on Obesity, Sexual Health and Networker projects.

The Kirkgate Katch Up midwife drop in sessions are run in partnership with Surestart and Bradford & Airedale NHS.

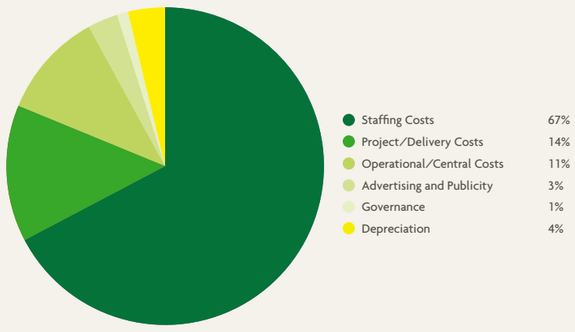
Our Befriending scheme is delivered in partnership with Shipley Area Links

New funding partners include Community Involvement Network, Adult Mental Health Services, Lloyds TSB and West Yorkshire Police. We also had additional funding this year from our IMPACT Award.

Income Summary April 10 – March 11



Expenditure Summary April 10 – March 11



...and staff changes

There have been a few changes of staff during the year. We said farewell to Sarah Ward and Sally Heaton as they left for pastures new, but welcomed Safa Ahmed as Networker Co-ordinator, and Tonya Barnes as Community Health Improvement Worker as well as 3 new Networkers, Anita Trikha , Steven Hird and Charmain Cybowciz to join the ever expanding HALE team. Steven Waite joined as our Community Health Exercise Facilitator, and Anna Laycock took up the post of Communications Worker while Katy took maternity leave. Sabrina Almas, Tahira Amin and Emma Evans have all been with us on student placements, and we have had the additional support of a number of volunteers who have been instrumental in helping us to deliver our work.

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Inspiration Awards 2009 WINNER

IMPACT Awards Winner

HALE Staff

Project Manager
Natasha Thomas

Finance Manager
John Evans

Finance Administrator
Nasreen Ali

Community Health Improvement Worker
Tonya Barnes

Community Health Improvement Worker
Rachel Greene

Community Health Improvement Worker
Christine Papai

Student Development Worker
Emma Evans

Older People's Nutrition Worker
Cath Bromwich

Communications Worker
Katy Whitham

Befriending Coordinator
Aliya Anwar

Networker Coordinator
Safa Ahmed

Networkers
Carol Sadowyj
Neil Stanley
Rebecca Grech
Pat Riley
Cara McTasney
Chrissie Fraser
Morteza Hosseini
Anita Trikha
Steven Hird
Charmain Cybowicz

Cinema Facilitator
Pete Jefferson

Community Health Exercise Facilitator
Steve Waite

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Catherine Pitts
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www.haleproject.org.uk

Healthy Living Project

HALE

Health Action Local Engagement
Healthy Living Project

Annual Report 2010/2011

HALE (Health Action Local Engagement) works with people of all ages and backgrounds in the Shipley Constituency to improve health where there is the greatest need.

In the last year we have worked with over 4000 people on issues relating to our 4 key themes: Mental Health, Sexual Health, Oral Health and Nutrition and Obesity.

By working with and listening to community groups and individuals, HALE staff work to develop health based activities which are affordable and easily accessed.

We're constantly looking for creative and innovative ways to engage communities, and we recognise the importance of giving people confidence in themselves.

Through this approach HALE reaches out to people who may not otherwise access traditional health services, be it through group work or on an individual basis, enabling them to make changes and improve their health and wellbeing.

"The HALE Project is a vibrant group with strong community involvement. The organisation has a clear objective to reduce health inequalities and has found ways to engage local people while staying aligned to NHS priorities."

Dr Justine Frain, Chair, IMPACT Judging Panel

BritishRedCross

We have teamed up with the **British Red Cross** to provide you with some simple first aid tips:

Someone who is **choking**

Helping someone who is **choking**

Main key skill:
The delivery of back blows

FIRST AID

1 Hit them firmly on their back to dislodge the object.

2 For babies under one year old: hold them face down along your forearm with their head lower than their bottom. Hit firmly between their shoulder blades to dislodge the object.

Notes:

Someone who has a **burn** or **scald**

Helping someone who has a **burn** or **scald**

Main key skill:
To cool the affected area

FIRST AID

1 Put the affected area under cold running water for at least ten minutes.

2 Cover the burn or scald with cling film or a clean plastic bag.

Notes:

Someone who is having a **heart attack**

Helping someone who is having a **heart attack**

Main key skill:
Ensure they are sitting and call 999 immediately

FIRST AID

1 Ensure they are sitting and call 999 immediately.

2 Give constant reassurance to the person whilst waiting for the ambulance.

Person may have persistent vice-like chest pain, this pain may spread to their arms, neck, jaw, back or stomach.

Notes:

Someone who is having a **stroke**

Helping someone who is having a **stroke**

Main key skill:
Carry out the **F.A.S.T.** test

FIRST AID

1 **F**ACE: is there weakness on one side of their face?

2 **A**RMS: can they raise both arms?

3 **S**PEECH: is their speech easily understood?

4 **T**IME: to call 999.

Notes:

For more first aid information visit redcross.org.uk/everydayfirstaid