

Inform

The bimonthly newsletter of the Health Promotion Agency for Northern Ireland

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Health and wellbeing at work

The HPA recently joined forces with Business in the Community to organise a conference to inform employers of the business case for investing in employee health and wellbeing, and provide practical ideas for what they can do and where they can get help and support.

Dr Michael McBride, Chief Medical Officer, DHSSPS, provided the opening address. Claire Tyers, Principal Research Fellow from the Institute for Employment Studies, University of Sussex, presented the case for the impact on health of workplace programmes and provided an understanding of a healthy, committed workforce as the foundation for business success.

The HPA outlined the model of business planning for health, which was developed as part of the *Working for health* strategy, and which has been tested successfully in the small business sector. Best practice case studies from the Northern Ireland Housing Executive, Cherry Pipes, Asidua Ltd and HCL (BPO) Services Ltd were also highlighted.

The HPA will continue to work with Business in the Community to support the further development of healthy workplaces.



Launching the 'Workplace health and wellbeing in the workplace – what works?' conference at W5 are Tanya Kennedy, Workplace Director, Business in the Community; Bro McFerran, Business in the Community Board Member; and Dr Brian Gaffney, Chief Executive, HPA.

Season's greetings

As 2008 draws to a close, we take this opportunity to thank those of you who have worked with us and supported us over the years in our work to help improve the health of everyone in Northern Ireland.

The creation of a new Regional Agency for Public Health and Social Well-being is a very positive development and the

integration of our staff and work into the new agency presents many challenges for the years ahead. We will embrace every opportunity that this new structure provides for improving the health of everyone in Northern Ireland.

The Chair, Chief Executive, Directors and staff wish you a very happy and peaceful Christmas and good health in the New Year.

MISSION: To make health a top priority for everyone in Northern Ireland

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- Breastfeeding DVD support for mums-to-be
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 - Smoking campaign



**Health
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CEMACH scoops award

In May, Joanne Gluck, Clinical Research Midwife for CEMACH, the Confidential Enquiry into Maternal and Child Health, delivered a presentation at the Irish Perinatal Society annual scientific meeting on a review of the perinatal autopsy rates in Northern Ireland from 2000–2006.

Autopsy is a valuable tool in assessing cause of death and auditing care after a perinatal death. Despite this, perinatal autopsy rates in Northern Ireland and the rest of the UK are well below the recommended standard.

The study focused on factors contributing to poor utilisation of autopsy following stillbirth and neonatal death in Northern Ireland. Low perinatal autopsy rates were shown to be due to failure to request an autopsy as well as parental refusal.

Autopsy rates were shown to be improving slowly with the perinatal rate for 2006 now just above 40%. This important area needs addressed through education of midwives and doctors,



appropriate use of staff and provision of perinatal pathology services.

The study prompted much discussion among attendees and was awarded the prize for the 'Best nurse/midwife presentation' Irish Perinatal Society, 2008.

Joanne Gluck, Clinical Research Midwife for CEMACH, with her award for 'Best nurse/midwife presentation', Irish Perinatal Society.

Rapid HIV testing service

The HIV Support Centre is now offering a free, confidential, one-hour rapid HIV testing service as part of its programme to promote and encourage a healthy and responsible approach to sexual health.

The service will initially be offered two mornings per week, Monday and Wednesday, and will be strictly by appointment only. For further information on services provided by the HIV Support Centre, please visit www.thehivsupportcentre.org.uk

World AIDS Day

The HPA provided support to the HIV Support Centre for its annual World AIDS Day celebration event. The event, entitled 'Respect and protect', aimed to raise awareness of HIV and AIDS and was held in the Linenhall Library, Belfast, in December.

Shaping the future of health promotion

In July 2005, following the start of the 'Shaping the future of health promotion' collaboration between the Department of Health in England and the Welsh Assembly on the future of public health and supporting the health promotion workforce in the UK, several groups came together to take forward key recommendations.

The aims of the collaboration are to achieve recognition for specialised health promotion as an important discipline within public health and to develop an agreed career pathway for specialised health promotion staff, funded skills and competency development.

Northern Ireland is represented by the HPA on the stakeholders' forum and we will report on future developments through *Inform*.

Go to www.specialisedhealthpromotion.org.uk for more information or email Barbara Porter at b.porter@hpani.org.uk

World Mental Health Day

Almost 600 people attended events, organised by the Mental Health Promotion Network as part of World Mental Health Day celebrations. The network, which is facilitated by the HPA, includes representatives from statutory, voluntary and community organisations working to promote mental health across Northern Ireland.

Following the success of last year's events, the HPA provided funding for a facilitator for five seminars held in October. This year Dr Nick Baylis, who lectures in Cambridge University on the skills of wellbeing, provided an insight into the importance of having a well balanced way of life.

Dr Baylis focused on a range of wellbeing principles and strategies that can be used to enhance our relationships, work and home life. Event participants have provided very positive feedback and comments, particularly in relation to how they have been encouraged to put into practice some of the hints and tips that he provided.

Keeping well and warm

The HPA is pleased to support a new drive by Age Concern, Help the Aged and the Age Sector Platform to alleviate the impact of fuel poverty on older people.

This initiative will establish a Winter Warmth Hotline Service, supported by BT, from November 2008 until March 2009, which will provide older people, their families and carers with access to information on community support and on keeping well and warm during winter.

Those working in statutory and voluntary bodies providing services to older people are asked to register their services using an expression of interest form available at www.ageconcernni.org

International HPH conference

The HPA, in its role as coordinating centre for the World Health Organization's Health Promoting Hospitals initiative in Northern Ireland, is pleased to announce the launch of the conference website for the 17th International Conference on Health Promoting Hospitals and Health Services.

The site – www.univie.ac.at/hph/creta2009 – contains information on the scope and purpose of the conference and includes the call for papers and online registration.

The conference, entitled 'Hospitals and health services without walls: new services, new partnerships, new challenges for health promotion' is to be held from 6–8 May 2009 in Crete. It will reflect and build upon the HPA's successful conference held in partnership with colleagues in the Republic of Ireland in Armagh in 2007 entitled 'The hospital without walls – a community asset'.

Main themes include:

- health care without walls – a vision for health promotion in health care;
- integrated health promoting health care for different target groups;
- health promoting cooperation between healthcare providers.

The scientific committee invites papers for oral and poster presentation on main conference themes and on other issues specified on the conference website. Deadline for abstract submission is 31 January 2009.

Breastfeeding conference success

The third all-island breastfeeding conference to be organised jointly by the HPA and the Health Service Executive in the Republic of Ireland was held in the Kings Hall, Belfast, in October. The event was attended by approximately 270 health professionals, breastfeeding support volunteers, breastfeeding mothers and babies from throughout Northern Ireland.

Martin Bradley, Chief Nursing Officer, DHSSPS, provided an encouraging opening address and acknowledged the importance of breastfeeding to long-term health and wellbeing. Mr Bradley also noted the enthusiasm and hard work that has been undertaken by all those involved in promoting and supporting breastfeeding.

A wide range of speakers from various disciplines provided excellent presentations and highlighted the need to ensure evidence-based information is provided to parents about topics related to breastfeeding such as dental health, dummies and bed-sharing.

Gay Palmer, a nutritionist and author who has worked for UNICEF, provided a thought provoking presentation on the politics of breastfeeding and reminded delegates of the need to protect expectant and breastfeeding women from inappropriate and unethical marketing from the bottlefeeding industry.



Attending the breastfeeding conference were, from left, Mary McDaid with baby Dearbhla; Angela Carrington with baby Stella, and Jennifer Corrigan with baby Bláthnaid.

Evaluation of mental health campaign

In 2008, the DHSSPS commissioned the HPA to develop a mental health and suicide prevention campaign aimed specifically at young men. Launched in June, this was the second phase of public information work aimed at addressing the stigma associated with mental health and encouraging help-seeking behaviours. This phase focused on young men aged 16–24.

The campaign ran during the month of June and featured television and radio advertisements as well as outdoor advertising, washroom posters, beer mats and a website, www.mindingyourhead.info

The campaign was evaluated via a survey of adults aged 16+ in Northern Ireland and results indicate high exposure, particularly among the hard-to-reach target group of young males aged 16–24.

The campaign also reports having had a positive impact, with 79% of the sample reporting exposure to at least one campaign element. Females were more likely than males to recall the campaign (81% and 77% respectively), but recall for males was high. Target group males reported highest levels of recall compared with the rest of the sample – 87% compared to 77%.

All campaign elements scored highly for relevance, believability and being thought provoking. Of those exposed to the campaign, 64% were encouraged to do something relating to mental health. In relation to the TV ad, 56% said that it had encouraged them to think about their mental health, 39% discussed mental health issues with others, 28% reported that they did something to improve their mental health, 10% sought help for themselves and 7% sought help for others.

More results will be available in a mental health campaign bulletin due to be published in the spring.

Breastfeeding DVD support for mums-to-be

The HPA recently launched a DVD to help support pregnant women with breastfeeding. The resource, 'From bump to breastfeeding – following real mothers' stories to find out how', provides an additional source of support to mothers who are considering breastfeeding.

The DVD is part of a unique UK-wide initiative and was launched simultaneously in England, Scotland and Wales. The idea for the DVD came from breastfeeding charity Best Beginnings and is funded by the four government health departments. This resource is available free to all pregnant women over the next year and will be evaluated.

The primary objectives of the DVD are to encourage mums to breastfeed, underline the importance of breastfeeding and ultimately help increase breastfeeding rates.

Janet Calvert, Regional Breastfeeding Coordinator at the HPA, said: "This resource will appeal to all women who are having a baby as it follows ordinary women from different backgrounds on their breastfeeding journey and addresses hopes and concerns that are relevant to all."

The DVD has been produced in partnership with a wide range of professional bodies and voluntary organisations involved in maternal and child health issues. The Royal College of Midwives has had a key role in promoting the resource.

A total of 25,000 copies of the DVD will be distributed to pregnant women in Northern Ireland. The initiative has been funded by the Investing for Health team of the Department of Health, Social Services and Public Safety and will be supported, implemented and evaluated by the HPA.



At the HPA's regional launch of the DVD, 'From bump to breastfeeding' are, from left, Shona Hamilton, Chair, Northern Ireland College of Midwives; Michelle Gildernew, breastfeeding advocate, with baby Aoise; Linda Thompson with daughter Caoimhe; and Dr Brian Gaffney, Chief Executive, HPA.

Promoting active living

The Actively Older project, managed jointly by Age Concern Northern Ireland and the HPA, is continuing to promote and develop physical activity for older people's groups registered with the Ageing Well Network.

Earlier this year a number of group members and leaders received volunteer tutor training in dance and chair-based exercise. These tutors are currently delivering programmes for older people.

A new physical activity good practice guide has been developed that focuses on planning, developing and evaluating physical activity programmes for older people. This resource will be available to the Ageing Well Network in 2009.

Training opportunities will be made available through this project in March 2009. The training will be targeted at active tutors who wish to

further develop the range of activities they can bring to groups in the network.

If your group is interested in joining the Ageing Well Network or you are an active tutor and wish to register interest in training opportunities, contact Age Concern NI on 028 9024 5729 or email agrant@ageconcernni.org

AGE Northern Ireland
Concern

Binge drinking campaign evaluated

Awareness of the HPA's public information campaign about binge drinking has been assessed in a survey of over 1,000 adults. Some 75% of those surveyed recalled having seen or heard at least one element of the campaign – TV, radio, posters, leaflet or website. Just under 40% of adults recalled having seen the television advertisement.

Of those who recalled having seen the TV ad, almost all found it believable to some extent (95%), with 62% finding it very believable. Approximately nine out of 10 respondents found the advertisement thought provoking and three-quarters found it relevant to themselves.

Respondents exposed to the campaign were more likely to list health effects of excessive alcohol consumption highlighted as part of the campaign, such as heart problems, brain damage and cancer, as opposed to those not exposed to the campaign.

Awareness of strokes as a harmful health effect of excessive alcohol consumption almost doubled between the previous phase and the 2008 phase of the campaign (7.6% in 2006 to 14.7% in 2008).

Those who recalled the campaign were significantly more likely to be able to state the sensible drinking and binge guidelines and to correctly state the number of units in some popular alcoholic drinks. Those exposed to the campaign were more than twice as likely (35%) to correctly state sensible drinking guidelines than those who had not (15%).

Smoking campaign

The HPA will be running a campaign to inform smokers of the dangers associated with smoking and to motivate and encourage them to quit in the New Year. The campaign will begin on 29 December and will run throughout January so as to ensure coverage when people are particularly open to behavioural change due to New Year resolutions.

The campaign includes the '4,000 chemicals' television advertisement that focuses on the dangerous chemicals inhaled with every cigarette smoked and the associated health risks.

The campaign also includes radio, bus, poster, press and online advertising. The range of support available to smokers trying to quit will also be promoted including the smokers' helpline service (0800 85 85 85), the smoking cessation website www.want2stop.info and an SMS text service.

The helpline and website will also provide details on the smoking cessation services available in each of the four area Health and Social Services Boards.

The evaluation conducted following campaign activity in January 2008 will be reported in the next issue of *Inform*.

'Promoting positive mental health at work' guide

As part of the HPA Work Well programme, *Promoting positive mental health at work* has been produced to complement the suite of employer guides already available. Previous publications include *Promoting physical activity at work*; *Promoting healthy eating at work*; and *Promoting breastfeeding for mothers returning to work*.

With between 10% and 25% of full-time workers experiencing mental health problems at some time, the cost from lost or reduced productivity at the workplace can be high.

The guide outlines the benefits for employers and staff of supporting mental health and wellbeing in the workplace. Advice is provided on how to do this at an organisational and an individual level. Legal requirements, key actions for employers and sources of help and support are also detailed.



'Mind your head' student mental health resource

Mind your head – a student guide to mental health was formally launched at Belfast Metropolitan College in September. The event was attended by students from the college, NUS/USI representatives, mental health promotion personnel and student support services.

Speaking at the launch, Dr Brian Gaffney, Chief Executive of the HPA, paid tribute to NUS/USI and members of the steering group who helped to develop and distribute the resource throughout all further and higher education settings across Northern Ireland.

Katie Morgan, NUS/USI President, encouraged students to think seriously about their mental health and to use the information within the booklet to raise their awareness of some of the issues that can impact on the mental health of students.



The event was also attended by local celebrities, Paddy Barnes and Michael McKillop, who won medals in the recent Olympic Games and who are students at Belfast Metropolitan College.

The *Mind your head* resource is an important source of information and support for all young people in further and higher education and a total of 42,000 copies have been distributed to local first year students. Copies are available to download from the HPA website or from the NUS/USI office on 028 9024 4641.

Olympic medallists and Belfast Metropolitan College students Paddy Barnes and Michael McKillop at the launch of *Mind your head* at Belfast Metropolitan College.



Latest sexual health factsheets published

The latest series of sexual health factsheets published by Sexual Health Information, a partnership between fpa in Northern Ireland and the HPA, is currently in

production. The factsheets contain up-to-date information and statistics on a wide range of sexual health matters. Where appropriate, they also include details of recommended additional resources. The first three in the latest series – *Abortion*, *Sexual orientation* and *Sexual health and people with learning difficulties*, are now available as PDF files on the fpa and HPA websites.

Training and events: December 2008–February 2009

The events/training section on the HPA website www.healthpromotionagency.org.uk will be kept updated with further information. There will be an online booking facility for most events unless otherwise stated. Look out for the **B** symbol.

Guidelines on the promotion of physical activity for older people – stakeholder consultation event **B**

4 December 2008

Templeton Hotel, Templepatrick

A consultation event to further explore how physical activity messages can be interpreted and communicated to older people and a range of professionals involved in promoting physical activity to this age group.

Self-esteem and relationships **B**

8 December 2008

Corr's Corner Hotel, Newtownabbey

Following the success of previous events on the theme of young people and self-esteem, this seminar, supported by the Design for Living partnership and facilitated by Dr Tony Humphries, is being repeated.

The Active Club training

20 January 2009,

Lagan Valley Leisureplex, Lisburn

21 January 2009,

Dungannon Leisure Centre, Dungannon

The HPA, in partnership with the British Heart Foundation National Centre for Physical Activity and Health, is offering training for individuals working in and out of the school setting with children aged 7–11. This will be of interest to sports development officers, play workers, health promotion officers, youth group leaders and extended school staff. For further information or to book a place go to www.bhfactive.org.uk/young-people/training.html

Preventing and reducing young people's drinking – what works? **B**

21 January 2009

Comfort Hotel, Antrim

Healthy settings: theory, policy and practice **B**

26–27 January and 3–4 March 2009

Enterprise Centre, Antrim

In partnership with the Healthy Settings Development Unit at the University of Central Lancashire (UCLan), the HPA is offering a new UCLan accredited course in Northern Ireland – 'Healthy settings: theory, policy and practice'. This course enables participants to gain a level four university certificate, equivalent to 20 credits at Masters level.

A series of seminars about the Mental Health First Aid (MHFA) training programme February/March

For more information see the article on opposite page.

Academic training in health promotion



A partnership between the HPA and the University of Ulster in 1992 brought the prospect of a post-graduate qualification in health promotion a stage closer.

The HPA seconded its then Training and Professional Development Manager, Paul Fleming, to the university to assist in the setting up and

teaching of the new Postgraduate Diploma and Master of Science degree in Health Promotion.

Paul then became course tutor and over the years has made a significant contribution to research and teaching related to health promotion. The course at the university is now called the Postgraduate Diploma/MSc in Health Promotion and Population Health, and Paul is not only the Associate Dean of the Faculty of Life and Health Sciences but now also Chair in Health Promotion after a further promotion.

Sixteen years after the initial partnership, Northern Ireland has its first professor of health promotion – a tremendous achievement. The HPA congratulates Paul on this much deserved role and wishes him continued success in his work.

Ready or not? Let's leave it 'til later

The HPA has been working to develop a support guide for those who work with young people and wish to include information on sexual health.

With advice from members of the Sexual Health Information Exchange Group and others, the HPA has developed a resource on delaying early sex to complement current work in this area.

The delaying early sex approach, which is the basis of effective relationships and sexuality education, supports young people to understand their emotional and physical needs; to build key skills such as communication, confidence and assertiveness; to consider friendship skills, self-esteem and rights; and to provide strategies to make informed choices and decisions for themselves.

Testing draft materials is the next stage and will finish early January 2009. The support guide will be accompanied by an information resource for young people.

Mental health promotion and suicide awareness training

The HPA is currently completing the consultation process with key stakeholders across Northern Ireland in response to training objectives identified in the *Promoting mental health strategy and action plan 2003–2008* and *Protect life – a shared vision: The Northern Ireland suicide prevention strategy and action plan 2006–2011*.

A detailed analysis of information collated from the mapping exercise completed in June is also being finalised. The findings from both the consultation and mapping exercise will form the basis for recommendations about a training strategy for Northern Ireland that will also incorporate guidelines for training standards.

The HPA acknowledges the wide range of groups and organisations representing all sectors that have contributed to this work and that continue to offer guidance. Plans are in place to circulate a report and draft recommendations early in 2009.

For further information contact Michelle McMaster, Mental Health Promotion Coordinator: Training and Development, HPA, on 028 9031 1611 or m.mcmaster@hpani.org.uk

MHFA training programme

Mental Health First Aid (MHFA) originated in Australia and is a 12-hour training programme aimed at helping participants to recognise and respond to the early symptoms of mental health problems. The work of adapting the programme for Northern Ireland is almost finished and has taken place in consultation with current MHFA instructors and organisations with specialist knowledge of related mental health issues.

Training for instructors using the new materials will take place in February/March 2009. Betty Kitchener, one of the authors of the original Australian programme, will be in Northern Ireland to help launch the programme. A series of public seminars will take place and more information will be available early 2009.

For further information contact Michelle McMaster, Mental Health Promotion Coordinator: Training and Development, HPA, on 028 9031 1611 or at m.mcmaster@hpani.org.uk

All-island obesity conference

Leading obesity experts were in Belfast recently to discuss how this growing problem can be addressed across the island of Ireland. 'Obesity: weighing up the evidence' was organised by the HPA and the Health Service Executive in the Republic of Ireland (HSE).

The number of overweight and obese people across Ireland continues to rise. In Northern Ireland, 59% of adults and 26% of children are overweight or obese. In the Republic of Ireland, 50% of adults are overweight or obese and 23% of boys and 28% of girls (aged 4–16) are overweight or obese.

Dr Brian Gaffney, Chief Executive of the HPA, said: "Obesity is estimated to be causing around 450 deaths each year in Northern Ireland with a cost of around £500 million to the economy. Being overweight or obese increases the risk of health conditions such as heart disease, stroke, diabetes and some cancers, as well as having a major impact on education, employment and mental and emotional health. This conference aims to examine how we can combat the potential health and financial crisis we are facing."

Catherine Murphy, Assistant National Director, Population Health – Health Promotion, HSE, said: "This conference affords delegates, not just from the health sector, but also colleagues in government, industry, local authorities, education and sport and community and voluntary organisations, the opportunity to discuss how we can address the environment we live in and influence the development of national, regional and local approaches to help combat overweight and obesity."



At the obesity conference, from left, Mary Wallace, Minister of State at the Department of Health and Children, Republic of Ireland; Dr Brian Gaffney, Chief Executive, HPA; Michael McGimpsey, Minister for Health, Social Services and Public Safety Northern Ireland; and Dr Patrick Doorley, National Director of Population Health, HSE.

'Your child and alcohol' leaflet

Studies show that the earlier a child starts drinking, the higher his or her risk of serious alcohol-related problems later in life. During late adolescence the brain is still continuing to grow and alcohol can prevent these parts of the brain developing properly.

To challenge parental assumptions that young people's drinking is normal and to provide them with information on the risks of alcohol to young people's bodies and tips for communicating with them about alcohol, the HPA is producing a leaflet provisionally entitled *Your child and alcohol*.

Experts from Include Youth, South Eastern Health and Social Care Trust and the Parents Advice Centre have contributed to the development of this leaflet. Aimed at parents of 11–16 year olds, it is being tested with focus groups and will be available in spring 2009.

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Inform is published bimonthly by the Health Promotion Agency for Northern Ireland to provide information on current areas of work involving the HPA.



Health Promotion Agency

We hope that **Inform** is meeting your needs in terms of providing timely and relevant information about the HPA's work. We are always striving to improve our communications so we would welcome any comments you would like to make about **Inform**. Please contact the editorial office by email at t.sheridan@hpani.org.uk or contact us in writing at the address below.

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www.helpprotectyourself.info
www.hpa-pod.org
www.knowyourlimits.info
www.mindingyourhead.info
www.spacetobreathe.org.uk
www.thinkitthrough.org.uk
www.up-2-you.net
www.want2stop.info

Criminal justice conference



Attending the conference were, from left, Dr Andrew Fraser, Director of Health and Care, Scottish Prison Service; Dr Brian Gaffney, Chief Executive, HPA; Robin Masefield, Director General, Northern Ireland Prison Service; Juliet Lyon, Director, Prison Reform Trust; and John Compton, Chief Executive, South Eastern Health and Social Care Trust.

HPA Chief Executive Dr Brian Gaffney says the evaluation from a recent conference on health and criminal justice indicates that it will have a real impact on people's work.

He commented: "It is excellent that the learning from this day has not only challenged attitudes and increased knowledge but will actually affect how things are done."

The 'Responding to learning disability, addressing addiction and improving mental health among offenders' conference, held in September and jointly organised by the HPA, the Northern Ireland Prison Service and South Eastern Health and Social Care Trust, was attended by over 200

delegates from a wide range of organisations.

Delegates' feedback has been very positive with 79% giving a score of four or five out of five, with 99% a rating of three or more. Plenary speeches, especially Denis Bradley's presentation on the challenges of working with offenders with addictions, were highly rated. All the parallel sessions also scored highly, in particular the session on promoting mental health with discussions being described as very enjoyable and very useful.

A full report including transcripts of plenary speeches will be available in early 2009.

Healthy minds – promoting good mental health with older people

Ageing Well Reach is half way through this three year project, working with 40 'hard to reach' groups of older people across Northern Ireland, offering advice, training and funding to run 'ageing well' activities that promote good mental health. As part of the training and support, Age Concern Northern Ireland and the HPA developed a half-day training module entitled 'Healthy minds – promoting good mental health', delivered recently to 32 group leaders in Cookstown and Belfast.

Evaluation of the training has been very positive and comments from participants indicate that people are encouraged to talk and listen more, increase links with local mental health services and be more aware of signs to look out for in themselves and others. A two-day stress management training course will take place with leaders of the Ageing Well Reach groups in March 2009 that will enable participants to define stress, recognise signs and symptoms and develop techniques to manage stress in themselves and others. This training is being developed in partnership with the Ashton Centre and will have Open College Network accreditation.

Nintendo Wii is starting to be used by older people as a fun way of participating in physical activity indoors in a range of settings including day centres and older people's groups. Ageing Well Reach held a Wii workshop in November, funded by the Eastern Health and Social Services Board through the Eastern Physical Activity Implementation Group. For further information, contact Elma Greer on 028 9024 5829 or at egreer@ageconcernni.org