

STEPS to a more active life newsletter from the Specialist Health Promotion Service

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Issue 1

More people more active. Now well in to its second year the new STEPS to a more active life programme has seen over a 1000 patients through the doors of North East Lincolnshire's leisure centres. Karen Pearson, from Everyone Active, said: "more and more people are realising how important it is to be active and the STEPS programme has been really effective in helping people take that first step to taking part in physical activity and improving their health."

everyone ACTIVE



The STEPS group striding out for health at Cleethorpes Leisure Centre.

Is your Surgery a TOP referrer??

Roxton Practice	1st
Weelsby View Med Ctr	2nd
Beacon Med Ctr	3rd
Churchview Med Ctr	4th
Fieldhouse Med Ctr	5th

THREE North East Lincolnshire Exercise Professionals have their fingers on the pulse when it comes to cardiac rehabilitation, as they have all passed a national qualification at the highest standard.

Lianna Hill, Kerry Farquhar and Moynul Bokta have recently passed their British Association of Cardiac Rehabilitation (BACR) Phase 4 training - which is regarded as the gold standard training for prescribing and delivering exercise for people with coronary heart disease.

Paul Peacock, from the Specialist Health Promotion Service, said: "The training is exceptionally hard with very few people passing, so this is really an accolade for this area that we have these people qualified and working on the STEPS programme in North East Lincolnshire."

Walking for Health

In North East Lincolnshire, too many people do too little physical activity. Less than one in five of us do enough exercise. Many people feel that this exercise has to be team sports or elite competitions. For many of us who do little activity we would prefer to walk or cycle and if we walk fast enough this will be just as good for our health.

Walking is a really important way of increasing our daily activity. It may be that we choose to walk on our own and I would encourage everyone to walk rather than use their car or to get off the bus one stop early and walk the last section. Walking together though not only gives us the increased activity but also gives us more social contact leading to better mental health, better wellbeing and it's fun. Developing and leading walking groups also gives people opportunities to volunteer and develop new skills. All of this means that our health is improving.

Dr. Tony Hill

Joint Executive Director of Public Health North East Lincolnshire Care Trust Plus and North East Lincolnshire Council

For information on walking for health in North East Lincolnshire please contact the Specialist Health Promotion Service.



STEPS member George undertaking some physical activity on the STEPS programme.

National Physical Activity Care Pathway

- If your Surgery is interested in being part of the National Physical Activity Care Pathway Pilot or if you would like further information please contact us at the Specialist Health Promotion Service.

Heart attack sufferer gains new lease of life with Health Walk Scheme

A local man has changed his health and lifestyle by getting involved in the local walking group 'WalkWell'.

Neil Doore aged 43 from East Marsh in Grimsby says the local Care Trust Plus scheme has changed his outlook on his health and life.

In 2005 Neil suffered from a heart attack and was written off from work on medical grounds. Now thanks to WalkWell he has gained a new lease of life walking 4 times a week with the Health Walk Scheme.

WalkWell manager Steven Markham said "Neil is a shining example of what our scheme is all about. We have six health walks of between 30 to 60 minutes taking place each and every week all over North East Lincolnshire.

"Neil suffered a heart attack and was referred to join the STEPS scheme by his doctor. From there he was referred to WalkWell and he started doing one walk a week and built up to walking 3 or more times a week with us. He then enjoyed the walks so much that he wanted to be a Health Walk Leader himself.

Neil says "I wanted to give something back to the scheme that has helped me so much. Since joining the health walks my health has improved no end and I wanted to be a part of the scheme to help people like me."

This scheme is based on the national Walking the way to Health Initiative (WHI) and aims to improve people's health by encouraging them to be more physically active.



Neil (left) and Linda Delow pictured outside 2nd Avenue Resource Centre before the Friday walk.



and pictured (right) leading a group of walkers around the river Freshney.



Group led, 30 to 60 minute health walks are taking place on a weekly basis, from the following locations:

- Monday at 11:00am, Macaulay Area Action Group, Haycroft Street, Grimsby, DN31 2EE
- Monday at 2:30pm (New 1 hour Walk!), Cleethorpes Leisure Centre, Kingsway, Cleethorpes, DN35 0BY
- Tuesday at 10:00am, Church of St. Michaels, Great Coates Road, Grimsby, DN34 4ND
- Wednesday at 2:30pm, Cleethorpes Leisure Centre, Kingsway, Cleethorpes, DN35 0BY
- Thursday at 1:15pm, Immingham Sports Centre, Washdyke Lane, Immingham, DN40 2SL
- Friday at 10:00am, Second Avenue Resource Centre, Second Avenue, Grimsby, DN33 1NU

For more information on these walks or on becoming a volunteer Health Walk Leader please contact WalkWell on 01472 625500, Steven.Markham@nelctp.nhs.uk or go to www.heartwell.org.uk

Phase 4 Cardiac Rehabilitation in North East Lincolnshire.

There are now two dedicated Phase 4 exercise classes in North East Lincolnshire which are delivered by Chris Kelly. Chris's main responsibilities are delivering the Community Phase 3 Cardiac Rehabilitation service along side Liz Horner — Cardiac Rehab Nurse.

Chris said: "these two classes are an excellent way for patients to continue with their rehabilitation after Phase 3,



Cardiac Rehab Instructor Chris Kelly delivering a Community Phase 4 Cardiac Rehab class.

people can even get involve via the STEPS Scheme."

The two sessions are at Grimsby Leisure Centre on Thursdays at 1pm and at Cleethorpes Leisure Centre on Fridays at 1.30pm.

For more information please contact Chris Kelly on 01472 625516 or chris.kelly@nelctp.nhs.uk

If you would like more information on STEPS•require leaflets or posters•require Referral Forms•like to visit the STEPS sessions

Please contact:

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