

# UNIT

Unit News, Information and Training

 **HEALTH AND SOCIAL SERVICES**  
A STATES OF GUERNSEY GOVERNMENT DEPARTMENT

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Welcome to our next edition of the Unit News. Hopefully by the time you are reading this the sun will be shining and we will all be getting our shorts and tee shirts out from the back of the wardrobe. We hope everyone has a great time out of doors but that you enjoy the sun safely. Our skin cancer rates are higher than the UK's so see Di's article on Sun Awareness and keeping an eye on your moles.

We are also still collecting replies for the Consultation on Tobacco Advertising so if you haven't sent yours in yet – have a look at the article on the back page and let us know your thoughts.

Have a good Summer.  
Yvonne Le Page  
Health Promotion Manager



## Reception Children Come to Hospital

Over the last few months hundreds of children from the local schools' Reception Classes have been arriving at the PEH, but fortunately there haven't been any tears!



These have been planned visits organised by hospital staff. The project was set up when a series of ad hoc visits became unmanageable and a programme that would include all the pupils was needed. A pilot session was tried out last Summer and since then there have been six days set aside when the children can visit to see what would happen if they had to come to hospital for real.

The pupils are aged 4 and 5 and come in groups of 40. After an introduction they are shown a video of a girl the same age as them arriving at the A & E Dept with a broken wrist. The film shows her being examined, then having an x-ray, then having her wrist put in plaster. It was produced locally by

John Gaisford and funded by the Guernsey Health Services Charitable Trust. It is very popular with the children and the teachers are given a copy to take back to school to show

the second half of the story of a boy being admitted with an asthma attack.

Following the film the children take part in four different activities for 10 minutes each. Staff from Frossard Ward (Children's Ward) show them the gowns they would wear, where they would sleep and how their temperature would be taken.

Nurses from the A & E Dept let the children sit on a hospital bed, try an oxygen mask and have their pulse taken. Radiographers show x-rays of toys and familiar objects before demonstrating how an x-ray of an arm or chest would be taken.

Nurses from the Fracture Clinic let the children examine a skeleton and plaster cast and show them the plaster saw for removing casts.

The visits have proved to be very successful and seem to have achieved their aim of reducing the fear and anxiety for those who have to be admitted. If you would like to know more about the project, the video and photographs of the children taking part will be shown on Friday 26<sup>th</sup> June in the Emma Ferbrache Room, PEH from 1.00 to 1.45pm.

## Health Inequalities Project

In August last year I was appointed as a Health Promotion Officer, to look at the health inequality issues in the Bailiwick. I soon realised that there are many departments, organisations and individuals who have a valuable insight into the subject, and that reporting on their views would serve only as a starting point for this important and wide-ranging subject.

I am half-way through my 18 month contract and most of the background research and interviewing process is now complete. I have also been involved in the planning and delivery of the Health Inequalities module at the Institute of Health and Social Care Studies, which was an opportunity for staff to explore the practical issues of how health inequalities impacts on their work. The next stage of my project is to review successful health promotion-related interventions from the UK, and trial them here. I recently attended the UKPHA Public Health Forum on Health Inequalities, where many professionals showcased their initiatives. It was heartening to find that some similar projects already take place in Guernsey, such as smoking cessation and weight management courses, but I also gleaned many other new and innovative ideas.

By talking to local people, it became clear that although Guernsey offers a great deal of support to the community, this information is not always readily accessible. The need was particularly pertinent for new parents and those new to Guernsey, so one of my tasks has been to write a leaflet for this purpose. I plan to distribute it through schools, playgroups, health visitors, Citizen's Advice Bureau, Health

Information Exchange, and any other organisations who have contact with the target audience.



With the help of colleagues, I organised a 5 week course for parents who attended the Kindred Family Centre at Les Genats estate. It was entitled "What to Eat, What to Cook?" and as well as exploring the theory of

a healthy diet, the participants also tasted foods cooked in the practical demonstrations. The emphasis was on ideas for feeding the family in a quick and economical way, using healthy ingredients. I was delighted with the participants' enthusiasm, commitment and desire to learn more. As a result of their comments, I hope to offer them more sessions, as well as replicate this course at other Family and Community Centres on the Island.

I have found the consultation process very interesting, and would like to take this opportunity to thank everyone who has given up time to meet with me. Their views will be documented in my final report which will be presented to the States Social Policy Group. I hope that this may then be an opportunity to influence change in social policy, and hence develop health equality in Guernsey.

Lynn Spencer,  
Health Promotion Officer, Health Inequalities

## Nutrition and Cancer

Cancer is a disease of damaged or mutated cells. Inherited faulty genes are rare so most cancers are caused by lifestyle factors such as diet and smoking. This is good news because it means that cancer is largely preventable.

The World Cancer Research Fund (WCRF) has found substances in some foods are linked to cancer - for example, nitrates in processed meats. Conversely, fresh vegetables and fruits can boost defence mechanisms which repair and protect our cells.



Scientists have also found that it is not just what we eat but how much we eat. Obesity is one of the most important preventable causes of cancer, after smoking.

The WCRF say that improving diet and physical activity and being a healthy weight can reduce the risk of cancer by about a third. Research shows that these principles remain true at all

times of life from childhood to old age.

The Health and Social Services Department have organised a conference to highlight these principles and discuss how to get the basic diet advice into a more public arena. With the potential of preventing one third of cancers this is a very important issue. **The conference will be held on the 14<sup>th</sup> May from 09.00 – 16.30 at the Performing Arts Centre, places are free of charge but limited. If you would like to attend please contact Emma Louise Cloke at the Institute of Health and Social Services on 707328 extension 4549.**

# Skin Cancer; A Modern Mystery

## What is the major risk for skin cancer?

It's not a trick question even though it's an easy question and I'm sure everyone reading this knows the answer is over exposure to the sun. SUN SMART safety messages of applying factor 15+ suncream, wearing a t-shirt and hat, not letting your skin burn and staying in the shade between 11.00 and 3.00 are also very well known. **Why then have cases of malignant melanoma (the most aggressive form of skin cancer) QUADRUPLED since the 1970s?**

You would think the sun safety messages were difficult or expensive but in reality they are some of the simplest cancer prevention guidelines to follow. It is absolutely free to find some shade between 11.00 and 3.00, and wearing a t-shirt is not all that difficult either.

In which case, perhaps we should be looking at what has changed since the 1970's. More holidays to hot countries, easier and cheaper air travel, more sun beds, all of these are very true but I still question: What is our excuse?

Perhaps we do not think skin cancer is serious? Maybe, but unlikely as there are plenty of campaigns reminding us of the possible fatal consequences of malignant melanoma. The news often reports new statistics. For example Cancer Research UK recently released figures saying that one 20 year old is diagnosed with dangerous skin cancer every day and approximately 1,800 people die each year of skin cancer in

Britain. What is it going to take for us to listen?

In my quest to find the answer, I asked different groups of people what they thought could be done to make people change their behaviour, start taking malignant melanoma seriously and listen to the sun safety messages.



Jo and Andy Priaulx promoting the application of suncream.

A local theme was one answer and in response we have created a series of posters featuring Andy and Jo Priaulx, Matt Le Tissier, Alice Loveridge, Deputy Matt Fallaize and Heather Watson. Student photographers Charlie Atkinson and Harriet Le Page have captured these local celebrities adopting safe sun practice and the posters will be displayed all over the Island highlighting the sun smart messages.

There were also concerns that people did not know the early signs of skin cancer. Early

detection is vital and in response to this feedback we organised a mole check drop in day with dermatologist and GP Dr Reilly and Consultant Pathologist Dr Chinyama at the PEH. If you missed the day but would like information on checking moles please contact the Health Promotion Unit for an information leaflet. If you are already worried about a mole which has become inflamed, changed, itches or is irregular in shape then contact your GP for advice.

Will these campaigns and efforts make us listen and change our behaviour? We hope so but only time will tell. Can we stop the skin cancer incidence from quadrupling again over the next 30 years? Yes we can and as we know, the answer is simple, **follow the SUN SMART guidelines.**

Di Lawrence  
Health Promotion Officer,  
Cancer Prevention

## SUMMER SMOOTHIE RECIPE

*This recipe uses seasonal fruits for a light, refreshing smoothie bursting with summer vitality!*

*1 small banana, peeled, cut up and frozen.*

*¼ cup fresh or frozen assorted berries (such as strawberries, raspberries, blueberries, blackberries).*

*1 cup orange juice  
3 tbs low-fat yoghurt*

*Mix all the ingredients in a smoothie maker or blender. Pour into a glass and top with a few berries.*



# New Courses

## Health Trainers – who are they?

Health Trainers are qualified people from all walks of life who help empower individuals to make healthy lifestyle choices.



The Health Trainer Scheme was developed in the UK and will be launched in Guernsey early next year. Health Trainers give one-to-one support through structured discussion and motivational interviewing techniques. Their aim is to help clients identify their health needs and the barriers that prevent them from accessing or making healthy choices. They will then support their clients in learning how to make better health choices and to sustain those changes. The lifestyle issues looked at include weight control, healthy eating, alcohol use and stress management. Clients will be offered up to six sessions lasting approximately one hour each over a period of six months.

The next course to enable people to qualify as Health Trainers starts in September at the Guernsey College of Further Education. The course runs over one evening per week during term time for one year, plus occasional training days. Successful candidates will be awarded the City & Guilds Level 3 Certificate for Health Trainers.

Anyone interested and wanting to know more should attend the Open Evening on Tuesday May 19<sup>th</sup> from 4.30 to 8.00pm at the Princess Royal Centre for Performing Arts, or contact Lorraine Barker, tel 737554, email [lorraineb@gcfe.net](mailto:lorraineb@gcfe.net)

## New course starts for those teaching Health Education to young people

The next PSHE CPD course (Personal Social and Health Education Continuing Professional Development) is due to start in September. The course is open to all teachers and nurses who teach PSHE in a formal or informal setting. For the first time this year it is also open to other agency staff who have a role in teaching elements of PSHE.

For those who would like to know more there is an introductory session on Thursday 18<sup>th</sup> June from 3.30 to 5.00pm at the Cordier Hill Meeting Room.



Last year's students on the PSHE CPD course, Jackie Davies, Kym Lovell, Andrea Fitton, Kate Corcoran and Matthew Heaume, proudly display the certificates they were awarded. Amanda Evans was unable to be present.

The session aims to give potential participants an introduction to, and overview of, the PSHE CPD Course. It will consider the nature and purpose of PSHE, delivery of the subject and the content and requirements of the course.

The course itself runs from September 2009 to July 2010. It involves 4 training days, 4 twilight sessions, home study and the production of a portfolio of evidence on all aspects of PSHE. The qualification gained is accredited through the University of Roehampton at Levels 1, 2 or 3.

For further information telephone Yvonne Le Page on 707311, or to book your place contact Maggie Martel, tel 733075.

## Tobacco Consultation

Tobacco remains the single major cause of preventable ill health and premature death in Guernsey.

There is a growing body of evidence that shows that the advertising, promotion and display of tobacco products is both directly and indirectly related to young people taking up smoking, and to continued smoking in adults.

With this in mind, the Health and Social Services Department has put together a consultation document to explain their proposals to prevent under 18 year olds having access to tobacco products, and to support smokers who want to stop. Before making any recommendations to the States on these proposals, the department is inviting views from members of the public and stakeholders on four areas of the plans:

- The acceptability of the proposed legislation.
- The further need to control tobacco advertising and promotion in retail outlets, including vending machines.
- Views on acceptable timescales for implementation.
- How to support the affected retailers.

Anyone wishing to have their say should fill in a questionnaire, to be returned by 30<sup>th</sup> May 2009. The form is available from the Health Promotion Unit, tel 707311, or on the States of Guernsey website, [www.gov.gg/tobacco-consultation](http://www.gov.gg/tobacco-consultation)

Completed copies should be sent to:

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