Experts travel to see programme in action

ACTIVE SCHOOL FLAG INITIATIVE LEADING THE WAY IN EUROPE

To the left: Dr. Teresa Bennet, Project Manager, HSE Health & Wellbeing; Karen Corter, Active School Co-ordinator, Department of Education and Skills; Dr Helen Mulvey, Director of Policy, Institute of Public Health; Catherine Byrne, Minister of State for Health Promotion; Fiona Mannagh, Assistant Principal, Health and Wellbeing Programme, Department of Health; Dr Cate Hargarten, HSE Assistant National Director, Health & Wellbeing; Paul Butler, Active School Flag Programme Director, Department of Education and Skills.

UL HOSPITALS GROUP MARK BIKE WEEK WITH LAUNCH OF BIKE SHELTER

UL Hospital Group was delighted to mark Bike Week 2016 with the launch of its new bike shelter at Nenagh Hospital, funded by the HSE and Healthy Ireland.

A happier and healthier workforce is a key aim of the Healthy Ireland Implementation Plan published by UL Hospitals Group in 2014. The three-year plan is in line with the national Healthy Ireland Strategy and identifies over 60 actions to improve the health and wellbeing of its workforce and the population it serves.

As part of this plan, the Group actively encourages and promotes cycling to work as a healthy option for its staff. In addition to the bike shelter at Nenagh Hospital, there are also two bike shelters provided in LIT, and Ennis Hospital and the University Maternity Hospital Limerick are both launching their new shelters this month.

Staff can also exit the Bike to Work scheme as well to help them purchase a bike if they need the support to do so.

ACTIVE PLAY

This includes:

- playing in the playground
- cycling
- running
- skipping
- hide and seek
- scooting
- dancing
- music

AFTER TREATS

TAKE your child on an outdoor trip to the playground or check out what’s happening in your local area. Check out getactive.ie for places to get active or walk or run in nearby parks (some have special runs for the little folks). See parkrun.ie

Ulimate Render

START is a campaign created with parents, for parents. When we were developing the campaign we met parents and they told us they have a tough idea of what they should do in terms of their children’s health, but the reality of everyday life gets in the way of doing this.

One of the best ways to promote healthy lifestyle behaviour with your children is for all family to adopt healthy habits. This can be a challenge but one daily win can start you and your kids on the way to a healthier life.

Parenting is tough, but you are tougher.

Physical activity is sport or organised games, running around and having fun. If you are starting from no physical activity, build an extra 10-15 minutes of active play or physical activity gradually into your family’s daily routine.

Combine different types of activity and games every day.

START CAMPAIGN LINKS IN WITH PARKRUN

In May, the START campaign joined locals in St Anne’s Park in Raheny, which is one of the biggest parkruns in the country to encourage physical activity and healthy eating habits. We had an active area for participants to engage with us on various quizzes such as:

- recommended daily minutes adults and children should be active
- amount of sugar in fruit juices and fizzy drinks
- adequate portion sizes for older children
- and recommended daily servings for adults and children

Over 150 people visited the area and received some fruit, took part in the quizzes, did some exercises and the little ones played with our life-size puppets and ladder game.

Dr Stephanie O’Keeffe, National Director, Strategic Planning and Transformation, and Sarah O’Brien, National Lead, Healthy Eating, Active Living programme, both attended on the day and commented on the lively engagement between the START campaign team and the participants and were encouraged by positive discussions and commitments to leading more active lives.

START was also in attendance at the Community Games Finals in August. Watch out for START advertising on TV, radio, cinema and outdoor advertisements from September.

SHARE YOUR DAILY WINS

We would also love to hear from staff about your daily wins on our Facebook group page. Search ‘make a start’ for more information visit makeastart.ie

TOP OF PAGE: The START campaign promotion at St Anne’s Park, Raheny in May is a taste of activity. ABOVE: START organising team Fiona Mannagh, Dr Stephanie O’Keeffe, Sarah O’Brien, Eamonn Keogh, Colin Casey, Edel McNamara and Fiona Mannagh with Communications Niamh Deegan, Aoife O’Sullivan and Ashleen Ni Shielbhean.

Lifestyle