Operation Transformation

This edition will look at supports to help you get fit and healthy for 2020. There are many things that we can do to shake off those extra pounds put on over the Christmas period.

Operation Transformation returned to our screens on 8th January 2020. There are healthy recipes available on-line to follow and there is an option to track your steps on-line. This is something that can be done alone or you could make it fun and do it as part of a group. It’s free and easy to access.

The Staff Health and Wellbeing Working Group are supporting Operation Transformation Groups throughout the CHO. A number of locations are involved and are organising a couple of activities per week for the duration of the airing of the programme. The activities include walking, running, cycling and squat challenges. This is a fun way to get to know your colleagues as well as the added benefit of getting fit and healthy.

Healthy Ireland merchandise is being provided to those involved. Its never too late to get involved in setting up a walking group etc. for your location. The Staff Health and Wellbeing Working Group will support staff throughout the year.

For further information contact michelle.holmes@hse.ie.

Park Runs:

Park runs are organised in locations throughout Ireland. They are free and fun to enter. You can walk or run the 5 K. Every age and ability are welcome to take part. They are held every Saturday morning. There are a number of park runs held in our CHO Geographical Area for example Malahide Castle and Demense, Father Collins Park, The Hole in the Wall Road, St Anne’s Park Raheney, Rivervalley Road Swords, Poppingtree Park Ballymun, Newbridge House and Donabate. For further information visit the website below:

https://www.parkrun.ie/

Cycling

There are a number of fabulous scenic places to take a bike ride in Dublin. See below for your information:

Glasnevin to St Annes park Via Griffith Avenue and Clontarf Road (11.8km)

Phoenix Park (8.2Km). Phoenix Park stretches over 350 acres. It is largely flat which is great for cycling.

Malahide to Howth Head via Portmarnock Coast Road (12.5km)

Cycling is a good way to exercise and can ease the stress of sitting in bumper to bumper traffic getting to and from work. See below link which can help you plan your bike journeys.

https://www.dublincycling.com/cycling/route-planner-options

Physical Exercise

Exercise is good for you. It is good for your physical and mental health. Please see below supports available to assist you in taking ownership of your own physical health.

Get Ireland Active provides information on why it is important to exercise and the different locations you can get active. It also provides tips and resources. For further information visit the website below:

https://www.getirelandactive.ie/
21 Day Walking Challenge

What is It?

The Get Ireland Walking 21 Day Walking Challenge has been developed to enable you to establish the habit of walking. The challenge is to walk on 21 consecutive days.

Aim to walk for at least 30 minutes each day. You don’t need to do it all at once. You can build up to the 30 minutes or more in a day by being active for at least 10 minutes at a time.

If you are currently inactive or have a health problem, you should check in with your doctor before you take on this walking challenge. Email info@getirelandwalking.ie we can send you a Record Card where you can keep a record of your walks. Recording your walks can be one of the best ways to start and maintain a regular walking schedule.

Did you Know?

For health benefits adults need to be active at a moderate level for at least 30 minutes a day on 5 days a week.

Children and young people need to be active at a moderate to vigorous level for at least 60 minutes a day.

Walking at any pace can be beneficial. When starting to walk do so at a pace you can manage. Aim to set a pace that slightly raises your heartbeat, makes you breathe a little faster and feel a little warmer.

Walking at a moderate pace you will walk about 1km in 12/13 minutes. At a brisk pace you can walk 1km in approximately 10 minutes.

Regular Walking can:

- Keep your body fit and active and increase your energy levels
- Keep your heart healthy and reduce blood pressure and cholesterol
- Reduce your stress levels and help you sleep better
- Helps you feel good and improve your mood
- Helps you control your weight

How to Get Walking:

Thinks about what you can do every day and find a regular time when you can fit in a walk.

- Park some distance away from the shops, work or school and walk the rest of the way or better still leave the car at home.
- Get off the bus one or two stops before your destination and walk the rest of the way.
- Go for a walk with friends, family and / or neighbours.
- Join a walking group and meet new people, check out the listing of groups on https://getirelandwalking.ie/findgroup/

Walking with other people is fun and sociable and gives you an added incentive to keep going.

Always have your shoes for walking nearby so you can grab them and go walking at any time. Remember, if you are walking on busy roads, or walking in dusk/dark conditions be clearly visible.

After your walk remember to take note of:

- How you are feeling
- How your energy levels are
- How your mood is

THE NEXT STEPS

Now that you’ve formed the habit of walking you will want to keep going. Get Ireland Walking and its partner organisations all have other ideas to help you maintain and enjoy the habit of walking.
If you smoke and want to quit in 2020, HSE Quit team are there to help

If you Quit smoking for 28 days you’re 5 times more likely to quit for good

HSE have launched the latest Quit Smoking campaign. The HSE QUIT service provides personalised, free support by phone, in-person, by email, SMS and live chat that will double your chances of making a successful quit attempt.

Free call QUIT on 1800 201 203, or visit Quit.ie for stop smoking tools, a free Quit Kit or to create a quit plan get peer-to-peer support on the QUIT Facebook Page, or on Twitter @HSEQuitTeam #QuitandWin #TheLastStop

HSE Quit are encouraging you to quit for 28 days. If you can do this, you will be Five times more likely to quit for good.

The new adverts were developed with people who smoke including some who work in our health service. The ads feature recordings of real life smokers and you will see them on TV, online and on the radio. Please share Facebook posts, tweets and hashtags (#QuitandWin #TheLastStop) with your family and friends.

Values in Action:

Values in Action is a structured culture development programme that aims to make the health service a better place to be for patients, service users, and staff. It is a long-term behaviour based approach to create a chosen culture in the health service and is based on nine behaviours centred on our core values, Care, Compassion, Trust, & Learning.

Values in Action Story – Am I aware of my own stress and how I deal with it?

“I had a really particular busy day in work and a member of my team was also waiting for me to complete a piece of work with her. As I was so busy my thoughts were on my own work load therefore I wasn’t really giving her the time that she deserved or needed when I sat down with her. I found myself thinking about my stress levels which was impacting on her and I had to stop, sit back and ask myself “Am I aware of my own stress and how I deal with it?”. I realised that while I was stressed there was no reason for me to stress her out too so I apologised to her, gave her my full intention and we completed the piece of work. When we were finished she then helped me with something which I had been struggling with”.

DNCC Values in Action Champion
On Fri 20th December staff from The Phoenix Care Centre gathered for a festive Healthy Pot Luck Lunch and Kris Kringle before the Christmas Break. We were delighted to welcome Antoinette Kelly from Admin & baby Sophia who joined us on the day.

CHO DNCC Values in Action Project Team held the last meeting of the year in St. Mary’s Hospital, Phoenix Park where we enjoyed some festive cheer and mince pies in the staff restaurant beside the beautiful adorned Christmas Tree.

The Catering Department in St. Mary’s Hospital held Annual Christmas Dinner in early Dec. pictured Sebi, Adrian & Mary.

Catering staff ready for service.

Adrian, Claire, Tyson & Michael who prepared Christmas lunch.
Balheary Road Swords:

Staff in Balheary Road Swords celebrated Christmas by inviting their families in on Christmas Eve. There was a special visit from Santa and Mrs Claus. The Staff enjoyed some breakfast treats, there was dancing, jokes and the Kids helped Mrs Claus to find her elves. All the children then went into see Santa in his Grotto.
Mini Health Checks

CHO DNCC have booked a number of mini health checks with the Irish Heart Foundation. These checks entail BMI measurement and Blood pressure checks. The nurse gives life-style advice based on the attendee’s results. There are 20 times available per day starting at 9.10am and finishing at 4.30pm.

Why do health checks?

Independent evaluation showed that the workplace Heart Health Check identified employees with cardiovascular disease risk that may have otherwise gone undetected and positively influenced their health-related behaviours.

97% of the participants felt more informed and aware of their health as a result of the check.
46% act on the referral advice
48% contemplate lifestyle change
95% rate their experience as “very good” or “excellent”.

In order to secure a date for your location we will require the name and contact details of a facilitator to manage the bookings and to arrange a room booking for the day. We will provide a booking form with the available times listed.

To secure a booking please contact shauna.craine@hse.ie.

The little things campaign:

The little things campaign focuses on the little things that we can all do to protect our own mental health, and support the people we care about. There are a number of posters available which can be downloaded. See an example below. Why not print some of these posters and display in your areas to remind yourself and colleagues that little things you do can have an impact on yourself and others. For further information visit the website below:

https://www2.hse.ie/services/campaigns/littlethings/about-littlethings.html
As the festive season has drawn to a close, you are now invited to pause, take a few minutes from your working day and reflect on your personal status in the pursuit of health and wellbeing. The festive season can be a time of joy or equally a time of sadness for many. Take notice of those around you and try to remain cognisant of our behaviours in the weeks ahead, for example, Am I putting myself in other people’s shoes? or Ask your colleagues how you can help them. Sometimes the most important gift we can give to someone is an act of kindness!

See below for an overview of the topics covered throughout the 2019 staff health and wellbeing communication series.

Creating Your Wellness Vision At the beginning of 2019, you were invited to self-reflect, map out a vision of your “ideal self” and kick start the goal setting process to enable you to work towards that vision.

Finding Balance To further assist with the goal setting process, you were presented with a “Personal Assessment Wheel”, which measures your level of satisfaction with different aspects of your life. We often tend to focus on one or two aspects of our lives while ignoring others and the Assessment Wheel provided the opportunity for you to evaluate whether other parts of your life required attention.

Discovering Signature Strengths You were then presented with the Values In Action Classification of Strengths Survey, which is regarded as a central tool of positive psychology. This was to enable you to identify your strengths to facilitate goal achievement. On completion of the survey, you would have generated a printable version of your character strengths.

Motivation The “twin engines” of change were then introduced i.e. self–motivation and self-efficacy and we looked at the role of motivation in the pursuit of health and wellness goals. To briefly re-cap, there are two general categories of motivation: external motivation and autonomous motivation. You were invited to reflect on the wellness goals you had set and identify whether they were based on external or autonomous motivation.

Self – Efficacy This month saw the introduction of what is known as the ‘self-system’. Self-efficacy is an essential part of this self-system and our belief in our own ability to succeed plays a role in how we think, how we act, and how we feel about our place in the world. A short video providing a practical insight into the four main sources of self-efficacy was presented.

Healthy Living Under this heading we explored a number of topics which may have assisted you in achieving/sustaining a healthy lifestyle e.g. diet, hydration, exercise, de-clutter etc.

Reading for Wellbeing To enable you to continue to engage in self-care for the months ahead, BorrowBox, the fantastic facility which offers access to a wide range of eBooks and eAudiobooks, specifically in the subject area of health and wellbeing was presented to you.

Did any of the information provided under the above headings encourage you to make changes to your lifestyle or inspire you in any way?

Remember - Any positive change, no matter how small is worth celebrating. Be proud of all you have achieved this year!