

Mind Your Heart

Healthier Lifestyles Toolkit for Workers in Mental Health



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Healthier Lifestyles Toolkit for Workers in Mental Health

'People with poor mental health tend to experience worse physical health than the rest of the population. Yet there is evidence that a healthier lifestyle will improve not just physical health but also mental health, mood and wellbeing. For example, regular physical activity reduces the risk of depression and has positive benefits for mental health including reduced anxiety, enhanced mood and self-esteem.'

'Choosing Health', Government White Paper, 2004

1. Introduction

Introduction to the Toolkit

This toolkit has been developed as part of the Mind Your Heart programme, a project set up to improve the physical health of people with severe and enduring mental health problems in Ceredigion. With this aim the programme has worked with mental health groups and organisations, in partnership with existing services, by training staff and supporting activities that promote health. The toolkit has been written to provide information and guidance to people in the mental health sector who work directly with clients or who manage organisations to support this work.

How looking after the body can help the mind

In the past few years the 'healthy lifestyle' message to eat better, stop smoking and take more exercise has spread and become mainstream. However, research shows that this information has largely passed by people with mental health problems. Possibly this is because the message has focused on the long-term physical disease risks such as heart disease and cancer, which may not be the immediate concern of those with mental health problems. However, research has shown that this group are interested in their physical health and it is up to us to provide information on healthy living that is meaningful and meets their concerns.

What is more, the evidence shows that food, exercise and drugs (including tobacco) have an impact on your mind as well as your body and so paying attention to these is doubly important for people with mental health problems. And it works in the other direction too. The evidence is mounting to back the idea that our mental and emotional state affects whether we become physically ill and in what way.

The Mind Your Heart project recognises that mind and body is a whole system and that how we treat our bodies has an impact on us as whole people. Everyone is entitled to information that could help them improve their health. Mental health service users are entitled to just the same opportunities and support available to everyone else and those who work with them are in a good position to provide this.

What we mean by 'Health'

Health is much more than not having an illness. When we talk about health here we mean having a foundation from which we can reach our individual potential. This includes, but is not limited to, our physical and mental health. There are many factors that affect our health - friends and family relationships, our physical and social environment, money, housing, work and having a purpose in life. All of these almost certainly have a greater influence on our health, on our capacity to fulfil our potential, than individual lifestyle behaviour such as whether we smoke or take exercise. And important work for health is being done by mental health workers in addressing these needs with their clients. Often, though, we have little control over these factors. Looking after ourselves, our bodies, is one area in which we can have some say and where we can all make small changes which could benefit our overall health. Some of the ideas here may provide a way back for clients to recover confidence and to look after themselves better, with all the benefits this can bring. The toolkit aims to help you support individuals who express a wish to change and to introduce these ideas into your organisation.

What is in this Toolkit

The toolkit contains

- evidence-based information on the benefits of food, physical activity and looking after our bodies and minds
- exercises and worksheets for working with individuals and groups
- information on local resources and projects
- pointers to further information.

If you are a professional or volunteer using this pack you may find something here that is useful to you in your own life. It may also encourage you to raise questions about the health of your organisation in providing access to information, healthy food, and opportunities for activities of all kinds that promote health.

Looking after the body is one of the most accepting and powerful things we can do for ourselves. This toolkit is not the last word on the subject, nor a panacea, but a box of suggestions. At its best the tools here can be used, alongside other creative, life-affirming activities, as ways back into engagement with our own lives, with others and the world.

2. How to Use this Toolkit

Background

As workers in mental health you build up good relationships with your clients over time. You respect their autonomy, their aspirations and their capacity for setting their own goals. You encourage and support them in this and, as such, are already doing work for health. 'Health' means different things to different people and we need to be careful about projecting our values about what is 'good' and 'bad' onto our clients and expecting them to change as a result. However, everyone is entitled to information about the factors that affect their health - some of these being (though not limited to) food, physical activity, smoking and alcohol. They are also entitled to the skills that enable them to make choices, and to the resources to access and support those decisions.

This toolkit focuses on knowledge, skills and resources in the expectation that filling gaps and removing obstacles in these areas will provide more options and improve people's lives. The key thing to remember, which you already know and do, is that people are unique and any attempt to support and help must reflect this by being individually tailored.

You can use the information in this toolkit either

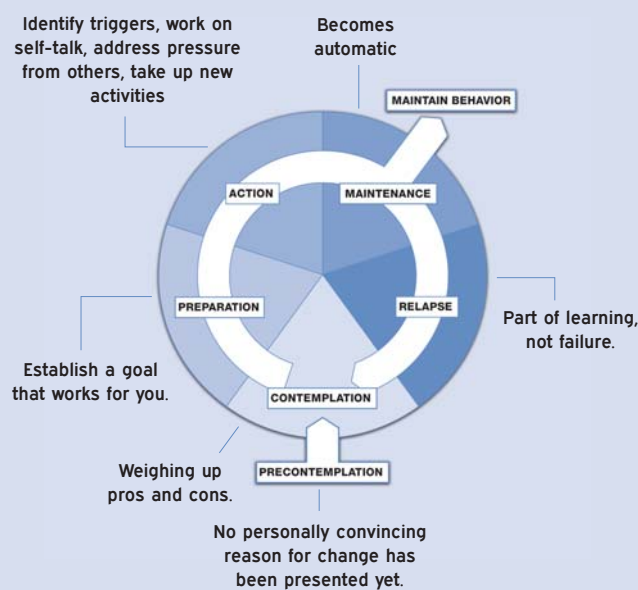
- in a group setting or
- with individuals

Different skills are required for each, though there is an overlap.

Helping People Make Changes

We have all had the experience of trying to change our behaviour in some way and a moment's reflection will remind us how difficult that can be. People in recovery from a period of illness may be more open to exploring new ways of doing things. They may be actively seeking ways of looking after themselves better so that they can stay well. As professionals you can support your clients by encouraging them in their efforts to do something new or different by providing information, signposting to other sources of help and, most of all, believing in their ability to change.

For most people a change in behaviour happens gradually. Understanding when people are ready to make changes and appreciating the barriers to change can be helpful. Relapse is almost inevitable so if you can help them anticipate this, and not see it as a 'failure', you can play a useful part in them trying again. The 'Stages of Change' model (James Prochaska and Carlo Di Clemente 1982) is a useful tool in understanding where a client is in relation to the change being considered (or not).



Once this is established you can then identify what the person needs from you at that moment:

- information or signposting
- the opportunity to explore the possibility of change and dealing with a possible sense of loss
- help with establishing a goal and 'preparing the ground'
- encouragement and support to continue
- or reassurance when they relapse.

Most people at the pre-contemplation stage, for example, have not been given personally convincing, meaningful and timely reason for changing. The aim is to move the client along to the next stage, not to convince the client to change behaviour. If you encounter resistance you have moved too far ahead.

What Works?

- Empathy
- Belief in the resourcefulness of the client
- Validation
- Emphasising benefits rather than risks

Once someone expresses a desire to make a change you might consider helping them write down what they plan to do and how. It should obviously be based on the client's own goals and aspirations.

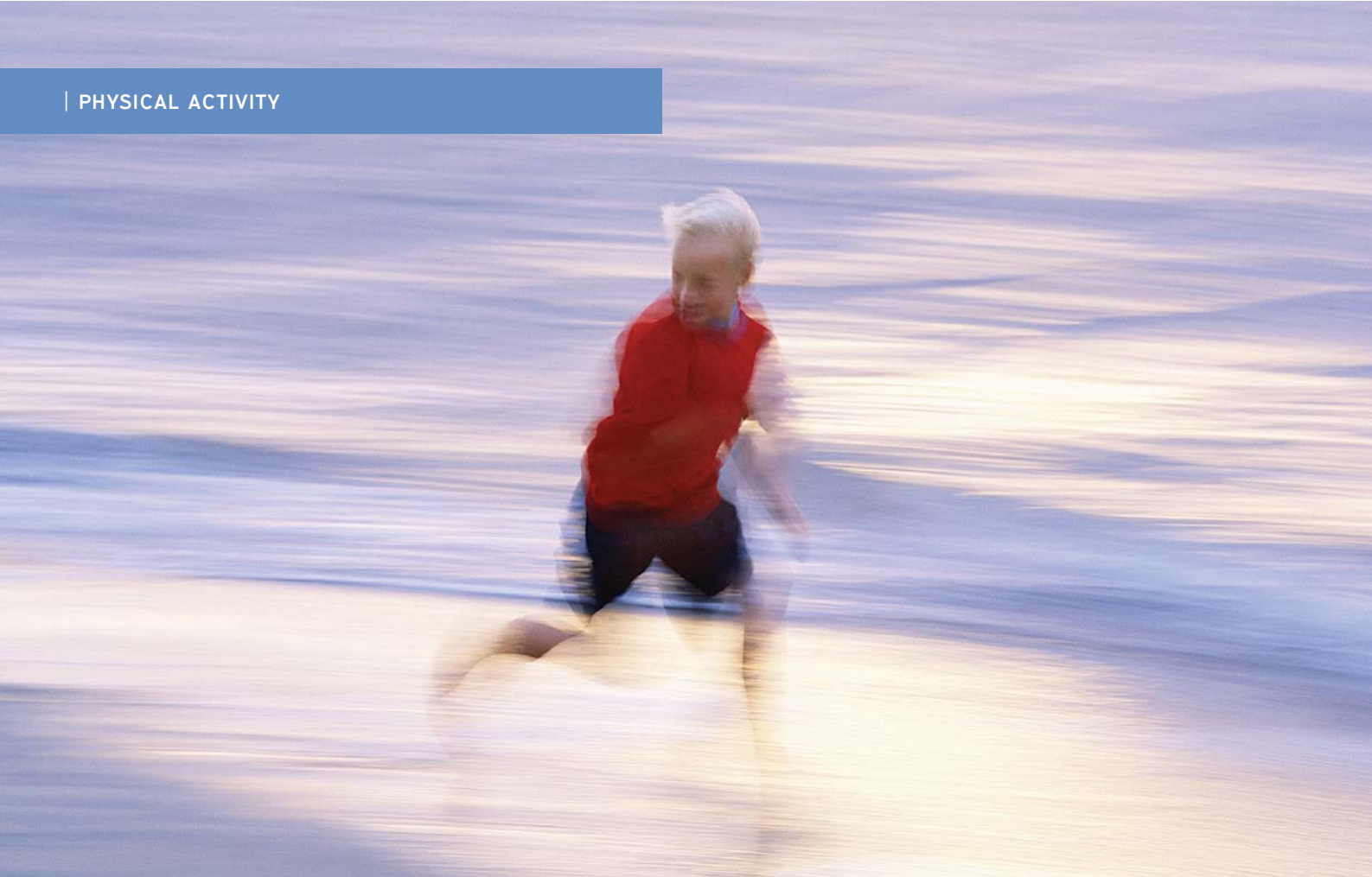
A good action plan:

- Has a timetable
- Anticipates and addresses problems
- Has goals that are challenging but achievable
- Sets specific goals (What? How much? When?)

Opportunities

There are many opportunities for starting someone thinking about their own health. It doesn't have to be 'education'. In fact it is better if it comes up naturally. If you are working one to one with someone you are in an ideal position to model healthy behaviour. Suggest a walk outside, talk about food when you go food shopping with them, eat a healthy lunch. Emphasise the benefits.

If you are working in a community setting you can introduce healthier food options, put on activities that involve physical activity or start a group for people who want to eat better and lose weight or give up smoking. For more information on this see the 'Healthy Communities' toolkit listed in the 'Further Sources of Help' section.



3. Physical Activity

Introduction

Say 'exercise' and many people run a mile. But getting active has helped people lose weight, gain control over their lives, establish a routine and feel better about themselves. It can be difficult to start being more active and to keep it up if you feel depressed. However, physical activity has proven physical and mental health benefits. Exercise has been found to be as effective as anti-depressants in the treatment of depression and may therefore be an excellent part of a recovery and maintenance plan.

It doesn't have to be doing circuits at the gym either. The main thing is to find something you like doing and is preferably fun. And it doesn't have to cost money. Walking is free and, done briskly, is one of the best activities you can do. The more you can build something into your everyday life the more likely you are to continue with it. Some people find that taking part in an activity with friends makes it a sociable experience and helps to keep up motivation.

Did you know?

Simply walking sedately for half an hour 3 times a week can improve learning, concentration and abstract reasoning by 15%. (*New Scientist 9.11.05*)

Some Suggestions for Getting Active

- Frisbee playing
- Gardening
- Dancing
- Walking your dog or someone else's
- Cycling
- Kite flying
- Swimming
- Sports such as badminton
- Getting off the bus a stop earlier
- Park and walk briskly instead of ride
- Parking in the space furthest from where you want to go and walking
- Housework (to music?)
- Aerobics or movement classes

There are many beautiful places to get out and explore in Ceredigion. Being outside in nature itself can promote good mental health. Some organisations like Ceredigion County Council run guided walks. The Ramblers and other walking groups provide safe, regular walks in a sociable environment. The Walking the Way to Health initiative, runs weekly walks in the main towns in Ceredigion and aims to introduce those new to walking to its delights.

Where possible, clients should be encouraged to join in existing activities in the community. However, sometimes clients lack confidence to do this, feeling unsafe or wary of people's reactions to them. You may decide to arrange group activities yourselves to encourage your clients to try something new and be more active. Over time this may give people the confidence to take part in activities outside the group. Encouraging ownership by getting suggestions from your clients and then helping them to put the idea into practice will increase the likelihood of success.

The Benefits of Physical Activity

In April 2004, a report from the Chief Medical Officer on the impact of physical activity and its relationship to health stated that: 'Physical activity is effective in the treatment of clinical depression and can be as successful as psychotherapy or medication, particularly in the longer term.'

Keeping physically active improves your chances of living longer and being able to keep doing the things you want to do. There is strong evidence that if we were more active there would be significantly lower rates of obesity, heart disease and diabetes as well as a reduction in the incidence of some cancers, greater mobility and fewer injuries associated with ageing in the elderly, and fewer mental health problems. Several scientific studies have shown that a regular programme of exercise can help people recover from depression. It lifts mood, reduces anxiety and improves self-esteem and concentration.

Physical activity has the potential to improve both physical and psychological quality of life in people with mental health problems. Physically active people sleep better than inactive people, for example. There is also mounting evidence that regular exercise helps protect people from getting depressed in the first place.

Why does exercise work?

There's a range of reasons why exercise can help with depression:

- Physical activity is believed to increase the release of endorphins that affect our mood, reduce anxiety and make us 'feel good'
- Physical activity improves quality of life which enhances people's ability to cope
- Physical activity helps us to get active and meet new people. This stops us from feeling isolated and unsupported
- Physical activity can give us new goals and a sense of purpose. We have something positive to focus on and aim for
- Physical activity can boost our self-esteem; it can improve the way we look and how we feel about ourselves.

How Much Do I Need To Do?

Most of the potential health benefits in adults can be achieved through a total of 30 minutes of moderate intensity activity on at least five days per week. This can be done as smaller blocks of activity of at least 10 minutes.

How to get more active

If 30 minutes all at once seems too much then start with 5 minutes at least 3 times a day. Work up to 3 lots of ten minutes until you can sustain 30 minutes without stopping. 'Moderate' activity means working hard enough to be breathing more heavily than normal and becoming slightly warmer, but not so hard that you are unable to talk and exercise at the same time.

- Start slowly at a level that suits you
- Gradually build up the frequency, intensity and duration
- Choose a variety of activities and ones you enjoy
- Try to do something every day.

Did you know?

80% of adults perceive themselves to be physically active but far fewer meet the target and 25% in Ceredigion don't do enough on any day of the week.

For older people or those less mobile it is just as important to keep active. Activities like yoga help retain flexibility and strength. There is evidence that balance training activities like Tai Chi help prevent falls in older people.

If you have not done any physical activity for a while you should consult your GP before you start.

To increase your level of physical activity or that of your client

- Focus on activities that fit easily into people's lives (such as walking)
- Tailor them to people's individual preferences and circumstances
- Aim to improve people's belief in their ability to change
- Anticipate barriers and explore solutions in advance (see below)
- Get or give ongoing support or do something with other people

For more information see 'Helping People Make Changes' in Section 2 and the Physical Activity Log (worksheet 1) in this section.

Barriers	Potential Solutions
Lack of knowledge and information	Provide information from this toolkit and other simple written information
Lack of time due to other priorities	30 minutes can be made up of 3 x 10 mins. Integrate activity into daily routine
Lack of someone to go with or social support	Organise group activities or introduce to walking groups, sports clubs, dance classes.
Not sporty type, lack of perceived required skills	Build into everyday life, select activities requiring no new skills or take a class to develop new skills
Financial constraints	Select activities that need minimal equipment or facilities.
Lack of available facilities or access to them	Non-facility based activity is more likely to be maintained. Encourage people to build it into their everyday activities
Lack of motivation	Plan ahead. The key is to do the things you already do but make them work harder. An Action plan can help. Take up something you enjoy or go with a friend, join a class.
Fear of injury	Wear sensible footwear and learn how to warm up and cool down to prevent injury. Choose activities with minimum risk.
Weather	Indoor activities like swimming or dance classes. Or go for a walk anyway. Wear a hat and sun cream or waterproofs.
Lack of energy	Plan physical activity for times in the day or week you have the most energy. Start slowly.
Don't enjoy it	Try new things or increase the intensity or frequency of something you already do and enjoy.

WORKSHEET 1		Activity Goal:						
PHYSICAL ACTIVITY LOG		Activity Achieved:						
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date								
Physical Activity								
Minutes of Activity								
How Hard Did I Work								
How I Felt								



4. Healthy Eating

Why is Food Important?

'You are what you eat.' Think about this for a minute. It's really true! The food you put in your mouth gets chewed up, digested and broken down into chemicals to be used by the body for energy, for repair, to make the other chemicals we need to function well. There are over 40 different nutrients that our bodies need to stay healthy. If we don't put it in we miss out. This is why it is important to eat a variety of foods and make sure we eat enough of what we need, and only a little of what we don't. Food is important in other ways too. It affects the way we feel as well as how well we function. And eating can be an enjoyable activity that creates and maintains relationships when cooking and meals are shared with others.

The following sections outline

- what healthy eating looks like
- the five food groups and why they are important
- a summary of the growing body of research on the importance of nutrition in mental health
- weight management and psychiatric medication

The worksheets are for use with an individual or group of clients who want to change their eating habits or lose weight. Interventions to improve diet might involve a number of different components. These could include healthy eating advice, family involvement and goal setting. They should be tailored to the individual and provide ongoing support. If losing weight is the aim then encouraging people to be more active will help them do this.

You may need to address obstacles like:

- Healthy eating is expensive - see 'Healthy Eating on a budget top tips'
- Healthier foods don't taste as good - organise a food tasting session or 'cook and eat'
- Lack of time - plan ahead, use a shopping list and shop off-peak
- Mixed messages from the media - the basic advice on healthy eating described here has been unchanged for 20 years
- Access to healthy food - consider setting up a food co-op or grow your own.

* Available from Ceredigion Public Health Team

What is Healthy Eating?

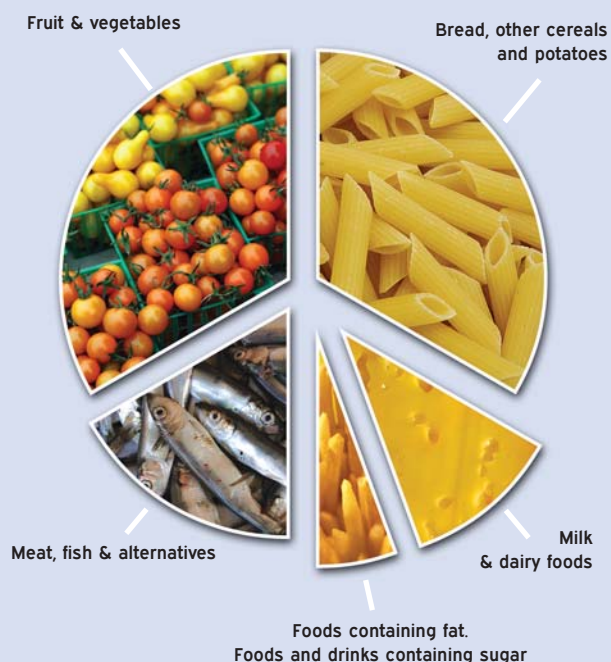
If you want to eat a healthy diet you should

- Base your meals on starchy foods such as bread, pasta, and rice, preferably whole grain
- Eat lots of fruit and vegetables which means at least five portions every day
- Have some protein-rich foods such as meat, fish, pulses, milk or dairy foods
- Keep foods high in saturated fat, sugars or salt to a minimum
- Drink approximately 6-8 glasses of fluid a day.

For most people this means eating more starchy food, fruit and vegetables and less foods high in fat, sugar and salt.

How much you eat has as much of an influence on your long-term health as what you eat. Eating too much of the wrong food, or simply overeating, will lead to weight gain and being overweight increases your risk of serious diseases. If you burn as many calories as you take in each day there is nothing left for storage as fat. Physical activity is as important a part of maintaining a healthy weight as eating healthily.

Eating a variety of food each day can help us get the nutrients and energy we need. The diagram below shows the proportion and type of foods that are needed to make up healthy and balanced eating.



ONE THIRD of what we eat should be **FRUIT AND VEGETABLES**



Eating a variety (a rainbow) of fruit and vegetables will give you plenty of vitamins and minerals. Many fruits and vegetables are naturally high in folic acid, vitamin C and potassium. They are also a good source of fibre and other substances such as antioxidants. Fresh, frozen, canned or dried; they all count.

ONE THIRD of what we eat should be starchy food: **CARBOHYDRATES**



Bread, rice, pasta, cereals, grains, yams; preferably whole grain. This is the body's main source of ENERGY, burns slowly and gives you that full feeling.

The **REMAINING THIRD** of what we eat from the rest:



Meat, fish and alternative sources of PROTEIN (soya, nuts, pulses) for its essential role in building and repairing your body.

Milk and Dairy for CALCIUM which strengthens bones and makes muscles and nerves run smoothly. (Calcium is also found in green vegetables.)

Fats and Sugars for ENERGY. Fats supply energy and help the body use vitamins. Sugars also supply bursts of energy but provide little other nutritional value.

Are all fats bad?

No. Our bodies need fats, but bad fats, meaning saturated and trans fats, increase the risk for certain diseases while good fats, meaning monounsaturated and polyunsaturated fats, lower the risk. The key is to substitute good fats for bad fats.

Some examples...

Trans fats - most margarines, partially hydrogenated vegetable oil and fast foods.

Saturated Fats- butter, cream, red meat, chocolate, coconut

Monounsaturated and polyunsaturated fats - oily fish, avocados, nuts, olive oil, peanut oil

How much is a portion?

A portion is a handful or

- A cereal bowl of salad
- 2-3 tablespoons of vegetables
- An apple, pear, orange
- Two small fruits like kiwi, plum, satsuma
- One slice of bread
- 2-3 heaped tablespoons cooked rice, lentils, beans
- 2 tablespoons nuts

Here are some ideas for eating more fruit, vegetables and starchy food.

Easy ways to 5 a day...

- Make small changes and set one goal at a time
- Start the day with a glass of fruit juice or have a piece of fruit with your breakfast
- Have some salad vegetables with your lunch
- Try having fruit for dessert - a fruit salad or fruit with low fat yoghurt
- Stock up on frozen, canned and dried fruit and vegetables for quick and easy cooking
- Add two different vegetables to your evening meal
- Add vegetables or pulses to your curry, casserole or stir fry.

Tips to increase starchy food and fibre...

- Make more rice and pasta and less sauce
- Add beans and lentils to casseroles, stews and curries - this bumps up fibre content, is cheaper than using all meat and is lower in saturated fat
- Try different breads and go for thick sliced
- Try brown rice - makes a good salad
- Opt for whole grains - they release energy more slowly and fill you up
- Porridge is a great start to the day or oats and fresh fruit in the summer

If your organisation is providing food you have an excellent opportunity to provide people with a regular healthy meal. If possible encourage people to participate and learn about preparing healthier foods. This will increase their confidence and they are more likely to take the lessons home. Worksheet 2 can be used one to one or in a group to start a discussion about healthy eating.

See Section 10 for further help and information.

Eating for Mental Health

'The body of evidence linking diet with mental health is growing at a rapid pace. As well as its impact on feelings of mood and general wellbeing, the evidence demonstrates its contribution to the development, prevention and management of specific mental health problems.'

Mental Health Foundation, 'Feeding Minds' 2006

There are good reasons why food affects the way you feel and your brain functioning. Chemicals in the brain can be influenced by what we eat which can lead to changes in the way we think, feel and behave.

Research carried out by the Food and Mood Project has shown that a change of diet can significantly improve a person's mental health. This can include reducing the likelihood of panic attacks, mood swings and anxiety and depression. Not surprisingly the basic recommended changes are in line with routine healthy eating advice - base your meals on carbohydrates, fruit and vegetables with small amounts of fats and protein and cut down on caffeine, sugar and alcohol. There are also some particular foods that contain nutrients which may specifically help with brainpower and mood.

How Does Food affect my mood?

It is generally accepted that how we feel can influence what we choose to eat and drink, but perhaps it is less well known that what we eat can affect our mental functioning and how we feel. For example:

- Too much caffeine can cause anxiety, irritability, nervousness and depression.
- Fluctuations in blood sugar levels are associated with changes in mood and energy and are affected by what we eat
- Not getting enough vitamins, minerals and essential fatty acids can affect mental health
- Artificial chemicals in food such as colourings and flavourings can cause a reaction

Which Foods affect which moods?

Foods and drinks that most often cause problems are those containing alcohol, sugar, caffeine and wheat. Sugar in biscuits, cakes and chocolate give you an instant blood sugar rush, but this is followed by a drop in mood and energy an hour or so later. This can lead to poor concentration, anxiety, irritability, tiredness and depression. Stimulants such as caffeine also produce a high which is quickly followed by a low. Try cutting down on caffeine by swapping from tea or coffee to water or fruit tea for every other drink during the day.

Which foods will help me feel well?

Serotonin is the chemical in the brain that can make you feel happy and relaxed. It regulates impulse control and raises feelings of optimism. Serotonin is often low in people with depression. Natural ways of boosting serotonin levels are by eating white meat like turkey and chicken, fish, bananas and avocados.

Vitamins are essential to keep your body and mind healthy. For example, a lack of iron can lead to tiredness and is also linked to depression and slow mental ability. We need to eat a variety of foods to get all the vitamins and minerals we need.

Top tips for helping your mood and brain functioning

- Drink enough water - vital for a healthy mind and body. Six to eight glasses a day can quickly change how we feel, mentally as well as physically
- A minimum of five portions of fruit and vegetables daily provides the nutrients needed to nourish body and mind.
- Eat breakfast
- Keep to regular mealtimes
- Choose foods that release energy slowly like wholegrain rye bread, porridge, pasta, beans, lentils, noodles and basmati rice
- Omega 3 oils can help your brain function well - found in oily fish, seeds such as linseed, rapeseed, sunflower, pumpkin, also walnuts, pulses, green leafy vegetables

How can I change my eating?

- Make changes slowly
- Small changes, one at a time are easier to manage and keep up. For example, start by just adding one portion of fruit or vegetables extra to your normal daily food
- Try something you wouldn't normally eat
- We may have to give up something when we change what we eat, but the rewards to how we feel can more than make up for it
- Keep a food diary to become aware of the effect of food on your mood
- Consider which foods you could change and whether they are acceptable, available and affordable
- Make sure it tastes good!

This information is taken from NHS Direct (www.nhsdirect.nhs.uk/articles/article.aspx?articleId=1862) and the 'Food and Mood Handbook' by Amanda Geary.



Weight Management and Psychiatric Medication

Weight gain is a very common side effect of a number of antipsychotics, including some of the atypical drugs, and can cause a lot of distress. The reason for this is not clearly established and there is some controversy. Recently Eli Lilly, the producers of Olanzapine, have admitted, having consistently denied a link for ten years, that the drug causes weight gain and high blood sugar and is therefore a risk factor for diabetes (New York Times 21/12/06). They have stressed the importance of a healthy balanced diet and exercise for those taking antipsychotics, whereas Mind are of the view that

"[weight gain] is linked to increased appetite and decreased activity, but is mainly caused by changes in metabolism - the way your body uses food and converts it to energy or stores it as fat." (From Mind booklet 'Making sense of Antipsychotics')

It is possible that both are true. Each person is affected differently by drugs, so it is difficult to predict. But if your client is putting on weight what can they do about it?

If your client has just started the medication, or if it is not helping with their symptoms, they should let their doctor know as he or she may be able to change the drug to a different one. People gain weight within a few weeks of starting the medication, so if your client has not put on weight in the first few weeks they are unlikely to be affected. If the medication is helping, but the person is putting on weight, the next step is to make sure they are eating a healthy diet and taking enough exercise. See other sections here. If that doesn't help and they are distressed about their weight gain, suggest they see their doctor again.

Healthy Eating on a Budget - Top Tips

Eating healthily doesn't have to cost more and may well save you money.

Plan Ahead

- Plan your meals a few days ahead. This saves you time and money.
- Make packed lunches and healthy snack foods to take to work or out with you.

Shop Smart

- Make a shopping list and stick to it
- Buy only what you need
- Don't go shopping on an empty stomach!
- Ditch the takeaways and ready meals. It is cheaper to prepare the food yourself and they are often high in fat, sugar and salt
- Buy store brands instead of well-known ones - they're usually cheaper
- Compare prices by unit to get the best bargain
- Buy what's in season. It will be cheaper and taste better
- Tinned and frozen vegetables and fruit are just as good as fresh - and keep longer
- Buy at the end of the day for reduced items
- Get together with others - buy in bulk, form a food co-op
- Shop off-peak - 30 minutes or so before the shop closes
- Buy what's in season
- Consider dried beans rather than tinned

Making your own Food

- Base meals around cheap bulk food like pasta, potatoes and rice
- Eat a proper breakfast of cereal or wholemeal bread and fruit - you'll stay fuller for longer
- Use the oven for several things - jacket potatoes and a casserole or roast vegetables
- Turn leftovers into soup
- Use tap water rather than bottled water
- If you crave a snack have a hot drink instead
- Vegetables are cheaper than meat so try cooking more vegetarian meals. Or you can add lentils or beans to meat dishes to make them go further.

For a selection of healthy eating recipes on a budget contact Ceredigion Public Health Team.

Worksheet 2

The Benefits of Healthy Eating

This can be done in a group as a 'brainstorming' exercise.

- Reduce risk of heart disease and stroke
- Control blood pressure and cholesterol
- Prevent some types of cancer
- Help prevent Type 2 diabetes
- Avoid nutritional deficiencies
- Keeps skin, hair, eyes and nails healthy
- Staying a healthy weight
- More energy for day-to-day living and exercise
- Better teeth and stronger bones
- Improves concentration and memory
- Strengthens the immune system
- Maintains a healthy and regular bowel

Make sure the following are also included:

- Food and mood - mood swings, brain functioning, emotional feelings, energy dips
- Coronary Heart Disease is the most common cause of death in the UK
- Diabetes in 3.77% of the population in Ceredigion and increasing
- Over 50% of people in Wales are overweight or obese

Government's Eight Guidelines for Healthy Eating

- Enjoy your food
- Eat a variety of different foods
- Eat the right amount to be a healthy weight
- Eat plenty of foods rich in starch and fibre
- Eat plenty of fruit and vegetables
- Don't eat too many foods that contain a lot of fat
- Don't have sugary foods and drinks too often
- If you drink alcohol, drink sensibly.

Worksheet 3

How Healthy and Balanced is your Eating?

Make a note of everything you eat and drink in a day.

Breakfast

Mid morning

Lunch

Mid afternoon

Evening meal

Supper

Drinks

Extras

Fruit and Vegetables
(5+ portions/day)



Bread, rice, pasta, cereals and potatoes
(5+ portions/day)



Meat, fish, chicken, eggs, nuts, pulses
(2 - 3 servings)



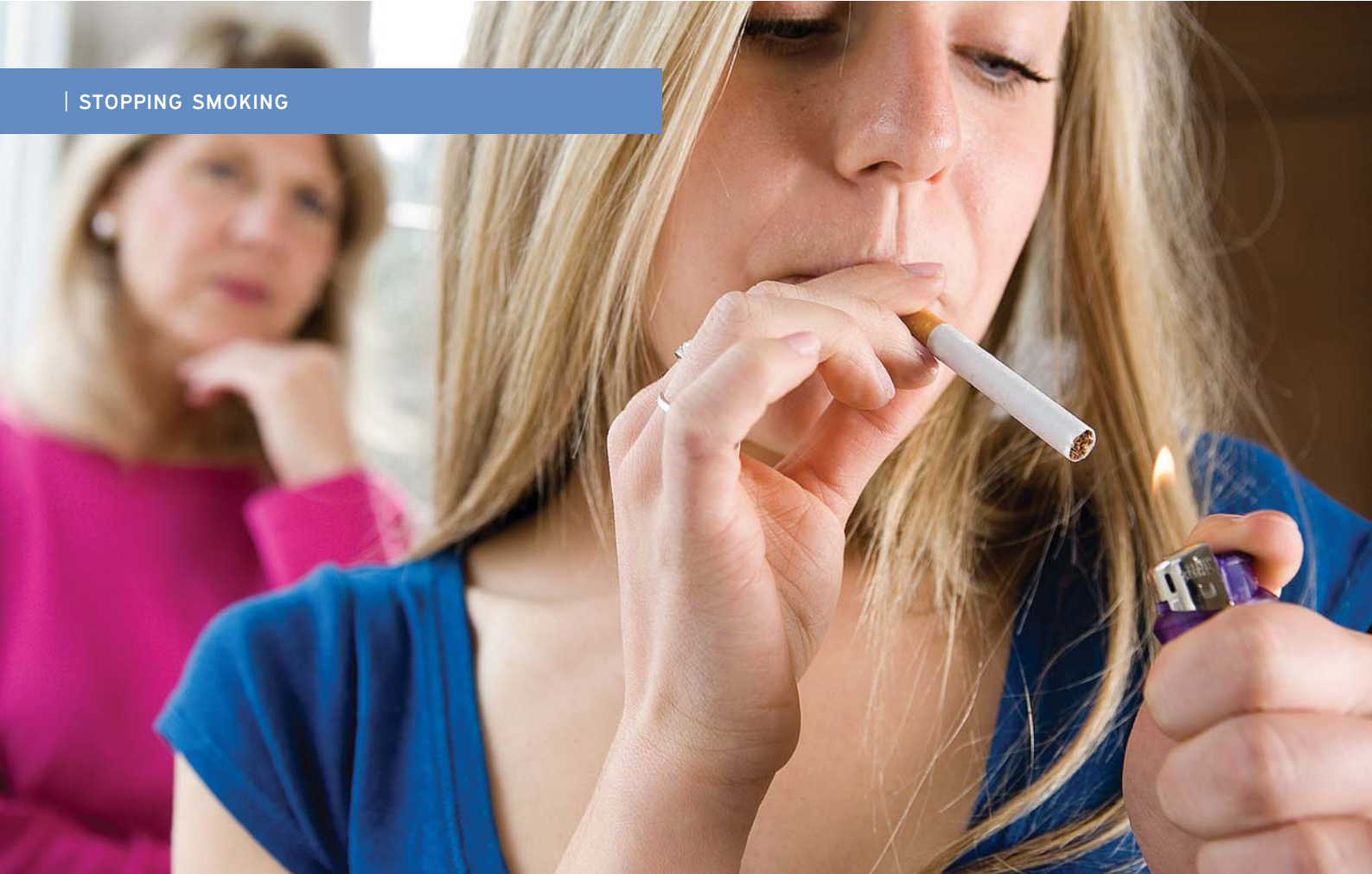
Milk and dairy foods
(2 - 3 servings)



Fatty and sugary foods - not too many!

Drinks (6-10 glasses per day)

Alcohol (2-3 units for women, 3-4 for men)



5. Stopping Smoking

Smoking and Mental Health

Smoking rates for people with a mental health problem are, on average, double those of the general population (25% of the public smoke). These smokers also tend to smoke more heavily than the general public. The health effects of smoking are well documented. Smoking puts this group at an increased risk of heart disease, lung cancer, respiratory diseases and lower life expectancy. Over half of mental health service users would like to give up smoking, but often they do not receive the encouragement or support to do so. Mental health professionals are well-placed to initiate discussion about smoking and to provide information about support services. National Institute for Clinical Excellence (NICE) guidelines are that mental health professionals should routinely enquire about patient's smoking status and refer to a smoking cessation service, unless there are exceptional circumstances, as part of their overall health care. You may find this a challenging idea. Consider the following comment from a report written for Smoke-free London.

'Some mental health professionals will also be smokers themselves and may indeed smoke with their patients. Mental health professionals rarely discuss smoking with their patients. This may be because they lack the skills and knowledge, or because they do not think that their patients can quit, or because they believe that smoking is one of the few pleasures that people with severe mental health problems can have.'

(Smoking and Mental Health, MacNeill, 2001)

What do you think of this statement?

It is a widely held belief that smoking reduces stress whereas studies show that it actually worsens stress, anxiety and sleep disorders. Nicotine creates an immediate sense of relaxation, but this is temporary and soon gives way to withdrawal symptoms and increased cravings. Smokers smoke mainly to avoid the stress that nicotine depletion causes.

Helping someone who is stopping smoking

It may be more difficult for your clients to give up smoking, but you are in a position to provide a lot of support and encouragement if they make the decision to stop. There are some practical things that can help too. For example, nicotine replacement therapy doubles the chances of quitting, and taking up exercise alongside quitting smoking also improves your chances of succeeding. Now that the smoking ban in public places is in effect there is an opportunity for those of us who smoke to examine our smoking and perhaps make an attempt to give up.

If a client wants to give up smoking it is important to involve key people such as the prescribing doctor or consultant, support worker and stop smoking advisor. Stopping smoking can affect antipsychotic medications so a client's dose may need adjusting. The All Wales Smoking Cessation Service provides free help, quit groups and one-to-one support, as do some GP surgeries.

See Section 10 for further help and information.



6. Alcohol

"We drink one another's health and spoil our own"
Jerome K Jerome.

The effect of alcohol on your health

Alcohol is both a tonic and a poison - the difference lies mainly in the dose. Moderate drinking seems to be good for the heart and circulatory system; heavy drinking is a major cause of preventable death in the UK.

Over the past fifty years alcohol consumption has doubled in the UK. Recent figures show that 38% of men and 6% of women are drinking above recommended limits. Our relationship with alcohol, as a nation, is an increasingly troubled one, but there has been little exploration about why we drink. A recent report by the Mental Health Foundation ('Cheers', 2006) suggests that we drink to alter our mood or to cope with feelings we find unmanageable.

Concerns usually focus on the physical effects of excessive consumption, but there is good evidence that high levels of alcohol consumption can make people vulnerable to mental ill-health.

'The co-existence of alcohol problems and mental ill-health is very common, and often referred to as "dual diagnosis". The idea that people 'self-medicate' their mental health problems using alcohol is also very well known and documented. The basic premise is that the psychopharmacological properties of alcohol help individuals deal with negative effects of mental ill-health by altering the chemistry of the brain, which in turn counters the negative feelings. The prevalence of alcohol dependence among people with psychiatric disorders is almost twice as high as in the general population. People with severe and enduring mental illnesses such as schizophrenia, are at least three times as likely to be alcohol dependent as the general population.'
(*'Cheers', Mental Health Foundation, 2006*)

The problem with using alcohol to deal with troubling symptoms is that alcohol reduces the neurotransmitters and serotonin in the brain. Neurotransmitters reduce anxiety naturally and low levels of serotonin are implicated in depression, so more alcohol is needed to try to alleviate these feelings.

Drinking heavily over time can lead to serious physical health problems. Alcohol has been linked with

- Liver damage
- Some types of cancer
- High blood pressure
- Problems with the digestive system
- Reproductive problems

And it is a major factor in traffic accidents, violence and suicides.

Alcohol is associated with a range of mental health problems and consequences. Research shows that people with alcohol dependency are more at risk of suicide, have higher levels of depressive and affective problems, schizophrenia and personality disorders.

Guidelines for Sensible Drinking

Government guidelines are that men can drink 3 to 4 units a day with no significant risk to their health. For women this is 2 to 3 units per day. These limits apply no matter how many days a week you drink. In addition it is advisable to have at least two alcohol-free days a week. Drinking above these levels could lead to alcohol-related problems. If someone is drinking more than 35 units a week (women) or 50 units a week (men) they are likely to develop physical and/or mental health problems and have a higher risk of becoming alcohol dependent.

What is a unit of alcohol?

- A pint of ordinary strength lager = 2 units
- A pint of strong lager = 3 units
- A pint of bitter = 2 units
- A pint of ordinary strength cider = 2 units
- A 175ml glass of red or white wine = 2 units (approximately)
- A pub measure of spirits = 1 unit
- An alcopop = 1.5 units (approximately)
- A can of beer or lager = 1.5 units

Good nutrition is particularly important for drug and alcohol users. Up to 50% of heavy drinkers are estimated to be significantly malnourished and a healthy diet can be an important part of the recovery process.

See Section 10 for further help and information.

Worksheet 4

Alcohol Awareness Test

Cage is a 4-item self-report screening test designed to identify dependent drinkers. Alcohol related health and social problems tend to increase as consumption rises. You might find this tool useful when working with a client to prompt reflection on their own drinking.

CAGE

- C** Have you ever felt you should Cut down on your drinking?
- A** Have people Annoyed you by criticising your drinking?
- G** Have you ever felt bad or Guilty about your drinking?
- E** Eye Opener: Have you ever had a drink first thing in the morning to steady your nerves or to get rid of a hangover?

Two positive responses are considered a positive result and indicate that further assessment is warranted.

(Nilssen O and Cone H (1994) Screening Patients for Alcohol Problems in Primary Healthcare Settings, Alcohol Health & Research World, 18, 2, 136-9)



7. Stress Management

What is stress?

"Stress is simply the adaptation of our bodies and mind to change" Peter G. Hanson, M.D.

Stress is something we all encounter in our lives. It can be defined as the way you feel when you are under abnormal pressure. The most common situations that cause stress involve work, money matters and relationships.

Our body's reaction to stress is a normal response. When under threat, in danger, your body releases a rush of adrenaline in order to allow a 'fight or flight' response (i.e. to give you the push you need to fight the threat or to run away from it). Your muscles tense, your heart beats faster to get blood to the places it is needed. This is only healthy as a short-lived response; excessive or prolonged stress can lead to physical and emotional exhaustion. A certain level of stress can help us to get started and perform better, but when we react in this way to everyday situations it is enormously sapping over time.

We can all suffer from 'stress' at some point in our lives. In the short term, where there is an identifiable problem causing the stress, try to address it and remove the stress. Learning to accept what cannot be changed is a useful skill to acquire.

For more complicated problems professional help should be sought. Many people turn to cigarettes, alcohol or tranquilisers as a way of coping with stress, but in the longer term they may undermine health.

Over time the prolonged impact of this stress response has a number of effects:

- It weakens the body's immune system
- Blood pressure goes up
- Tiredness
- Dizziness
- Nauseous
- Difficulty sleeping

Some ideas for coping with stress

"For fast-acting relief, try slowing down" Lily Tomlin

Managing your time by planning your day is important. Take breaks and use them wisely. Instead of coffee or a cigarette eat an apple or have a 5 minute walk. If you find yourself becoming stressed try deep breathing, take a walk round the block or have a drink of water. Some ideas are:

- Have a massage or reflexology treatment
- Do breathing exercises
- Take up yoga or tai chi
- Listen to music
- Take up a spiritual practice, meditation or practice mindfulness
- Learn a relaxation exercise
- Take up an absorbing hobby that allows you to take your mind off things
- Knitting or sewing work well because they are repetitive and quiet
- Go for a walk in nature.

The other messages in this toolkit of eating healthily and, especially, keeping physically active, will help too.

Laughter is the best medicine

Laughter is a physiological response to humour. The research shows that laughter

- Reduces the hormone released during the stress response
- Increases Immunoglobulin A (an antibody that helps fight respiratory disease)
- Increases heart rate, pulse rate, and juggles the internal organs.

There is a wealth of research that indicates that depression, anger, anxiety and stress are all related to heart disease. Humour directly changes these distressing emotions and may therefore reduce the risk of heart disease. A study by the University of Maryland found that people with heart disease were 40% less likely to laugh in a variety of situations compared to people of the same age without it. Humour helps you sustain a positive daily attitude and is helpful in reducing stress.

Here are some ideas to help you put more laughter in your life:

- Learn what makes you laugh and do it (or read it or watch it) more often
- Collect funny cartoons or pictures and stick them up where you can see them
- Look for the everyday humour. Start looking for the absurd, silly, incongruous activities that go on around you each day
- Observe young children to learn how to find delight and amusement in the most ordinary things

See Section 10 for further help and information.



8. Complementary and Alternative Therapies

The term 'complementary therapy' is generally used for those therapies that differ from orthodox Western medicine but which may be used alongside it to support or complement it. 'Alternative therapy' is used for medicines or therapies that offer an alternative to orthodox Western medicine. They usually have their own rationale and principles.

Many people have found the time spent with a therapist is beneficial. Complementary therapists often have a different view of our experience of being ill which encompasses aspects of our lives sometimes ignored by health professionals. They usually have more time to listen and allow space for us to make sense of what is happening.

Opposite is a list of questions people may want to ask a therapist before embarking on treatment. Although this list is written for counselling, it is applicable to other therapies.

Questions to ask your counsellor or therapist...

- Check that your counsellor has relevant qualifications and experience in the field of counselling / psychotherapy.
- Ask about the type of approach the counsellor uses, and how it relates to your problem.
- Ask if the counsellor is in supervision (most professional bodies consider supervision to be mandatory; see footnote).
- Ask whether the counsellor or the counselling agency is a member of a professional body and abides by a code of ethics. If possible obtain a copy of the code.
- Discuss your goals/expectations of counselling.
- Ask about the fees if any (if your income is low, check if the counsellor operates on a sliding scale) and discuss the frequency and estimated duration of counselling.
- Arrange regular review sessions with your counsellor to evaluate your progress.
- Do not enter into a long term counselling contract unless you are satisfied that this is necessary and beneficial to you.
- If you do not have a chance to discuss the above points during your first session discuss them at the next possible opportunity.

(From 'A checklist for clients interested in receiving counselling, psychotherapy or hypnosis', Dr. Stephen Palmer & Kasia Szymanska)

9. A Brief Introduction to Evaluation

Introduction

Evaluation is about showing the difference your work is making and how you achieve the changes you make. It can help you learn from what you are doing so you can do it better. Evaluation can also satisfy government and funders by demonstrating how well you are doing and that money is being well spent. Evaluation needs commitment, planning and some investment of time, but you probably already have the skills and resources you need. This brief section gives you an introduction to evaluation followed by a self-assessment tool which will help you start thinking about how well your organisation currently promotes healthier lifestyles.

So how do we know if it's working?

The first step is to clarify your aims for something you plan to do, how you will achieve them and set outcomes for the work. How will you measure what you are doing to know whether it is successful?

What is an outcome?

An outcome relates to the aim of what you're doing. Generally, it's something that happens in the longer term. For example, your aim is to help people choose healthier food options. To help achieve this, you organise a series of cooking sessions for cheap, healthy food. Lots of people turn up and clearly enjoy the sessions. That may be a positive and helpful response, but it's not an outcome.

Your aim was to change their choice of food, so that in the future they will regularly buy and cook healthier options. So to measure the outcome you need to know whether they did. (You may also wish to know to what extent they changed and why some didn't change.) The key questions are therefore:

- What are the changes or difference you want to make? (changes in the community, in people, in services, in policies...)
- How will you know if you have achieved these changes?
- What information will you need (e.g. Did you reach your target group?) and how will you collect and analyse it?

You may also wish to know...

- Would anyone else benefit from knowing what was and wasn't successful?
- Were there any unintended benefits (spin-offs) from the work?

If you want more detail about how to evaluate these sorts of activities a useful start is "Evaluating Your Community Development Activities", available free from Community Development Cymru, Plas Dolerw, Milford Road, Newtown, Powys SY16 2EH (01686.627377) admin@cdc.cymru.org. Some of the advice given in this document is reproduced here:

How might you collect evidence?

- Your own or others' monitoring records and reports
- Observation
- Case studies
- Meetings, workshops and events
- Mapping
- Interviews
- Focus groups / group discussions
- Oral histories / tapes, photos or films
- Questionnaires, surveys, feedback forms

Key Evaluation Questions

1. Is our activity successful?
2. What is the value of our work?
3. What will we do differently if we do it again?

Planning your evaluation (key questions):

Why are we evaluating - who is it for?

What resources do we need / what resources do we have?

Who will be involved in the evaluation?

What are we evaluating?

What is our starting point?

What information will we need and how will we get it?

When are we going to do the evaluation?

What does the information show?

How will we use the results?

How will we reflect on (evaluate) the evaluation?

AND FINALLY... just two words of evaluation jargon explained...

QUALITATIVE:

Concerned with measuring quality, expressed in words rather than numbers, for example: how people feel.

QUANTITATIVE:

Concerned with amount or quantity, expressed in numbers, for example the number of people attending an event or the percentage increase in people using a service.

Worksheet 5

Self-assessment tool

How well does your organisation promote healthier lifestyles?

- Do you offer fresh fruit as a snack?
 Yes No
 Comment:
- Do you offer water and juice options instead of tea and coffee?
 Yes No
 Comment:
- Do your members have access to information on healthier lifestyles? (Healthy eating, physical activity, avoiding stress, not smoking, alcohol and substance misuse, healthy sexuality...)
 Yes No
 Comment:
- Do you provide meals?
 Yes No
 Comment:
- Do you provide healthy options?
 Yes No
 Comment:
- Do you provide snacks?
 Yes No
 Comment:
- Do you provide healthy options?
 Yes No
 Comment:
- Do you provide buffets?
 Yes No
 Comment:
- Do you provide healthy options?
 Yes No
 Comment:
- Do you provide opportunities for physical activity in your programme? (e.g. group walks, swimming, yoga etc.)
 Yes No
 Comment:
- Are there barriers to you providing opportunities for physical activity in your programme?
 Yes No
 Comment: (e.g. what are the barriers to you providing these opportunities?):
- Do you help those members who want to give up smoking?
 Yes No
 Comment: (e.g. what would you want and need to do so?)
- Do you have ways of supporting members who feel under stress and want help?
 Yes No
 Comment: (are there any barriers to you providing this support?)

AND IF YOU WANT TO MAKE THINGS MORE FORMAL...

Obviously, as an organisation in the mental health sector, one of your aims is to promote mental health. In the following set of questions keep in mind that 'health and wellbeing' includes a person's physical health too.

- Do you have a policy, strategy and/or an action plan to promote health and well-being?

Yes No

Comment:

- Is promoting health and well-being referred to in your mission statement, in your promotional literature and/or on your website?

Yes No

Comment:

- Is health and well-being mentioned in staff job descriptions?

Yes No

Comment:

- Is health and well-being regularly discussed and reviewed?

Yes No

Comment:

- Do staff understand how promoting health and well-being fits with major strategies and policies?

Yes No

Comment:

(Thanks to the Ceredigion Inequalities in Health 'Healthy Hearts' programme for permission to use their self-assessment tool.)

10. Sources of Help

Physical Activity

Local Resources and Contacts

Walking the Way to Health - a national scheme with a project in Ceredigion. Weekly walks for those just starting out walking. It also provides training for walk leaders. Walks in Aberystwyth, Aberaeron, Llandysul, Tregaron, Lampeter and Cardigan.

Telephone: Cardigan (01239 615777)
and Aberystwyth (01970 615151)

Tir Coed, Forestry and Health Coordinator,
Bwlch Nant-yr-Arian, Ponterwyd, Aberystwyth SY23 3AD.
Tel 01970 890500.

Coed Lloel aims to help more people enjoy and care for woodlands in Wales www.coedlleol.org.uk. They have produced a guide 'Woodlands for Health and Wellbeing - How and Why' that gives practical advice to health practitioners and support workers in this area.

Shared Earth Trust's Denmark Farm outside Lampeter - A conservation organisation. Their 'Natural Links' programme works with community groups to provide opportunities for people to reconnect with nature. www.shared-earth-trust.org.uk. or Tel 01570 493358.

Coast and Countryside, Ceredigion County Council organises guided walks and events around the county. Go to www.ceredigion.gov.uk then click on the Coast and Countryside page under Environment.

The Ramblers have groups in Aberystwyth and Lampeter. www.ramblers.org.uk or Tel 0207 339 8500.

BTCV provide opportunities for people to volunteer to carry out conservation work. Look under Find a Community Group on their website www.btcv.org.uk or tel. 01970 871333.

Mentrol Luest - a horticultural project in Aberystwyth which provides organic horticultural training and opportunities for volunteering for people with special needs. www.mentrollest.org or
Tel 01970 612114

'GP Exercise Referral' - GPs can refer people with anxiety and depression for a structured exercise programme. Tel 01970 633610.

Yoga i Bawb - a community group that works to make yoga available and accessible in North Ceredigion and North Powys. www.yogaibawb.org.uk or Tel 01654 781373.

Extend is movement to music for the over sixties and less able people of all ages. It is useful for the elderly in developing physical agility, balance and strength, particularly in terms of falls prevention, and is both therapeutic and enjoyable. Currently mostly provided within residential homes and sheltered housing, the aim is to expand provision to include the wider community. Contact Gweneira Raw-Rees for details of classes near you on 01545 574019.

Moving More Often is a fun programme to promote physical activity with frailer older people. Short sessions are available in day centres, sheltered housing accommodation and residential care homes.

For more information contact Lucy Hancock, Ceredigion Public Health Team on 01570 424107.

Ceredigion County Council directory of sports clubs can be found under Tourism and Leisure at www.ceredigion.gov.uk.

Leisure Centres

Sir Geraint Evans Leisure Centre, Aberaeron 01545 571738
Plas Crug, Aberystwyth 01970 624579.

Aqua Serena County Club, Penparc - pool 01239 613644
Telfi Leisure Centre, Cardigan 01239 621287

Cardigan swimming pool 01239 613632

Glan-y-mor caravan park, Clarach - pool 01970 820759.

Crymych Leisure Centre - private pool 01239 831820

Canolfan Hamdded, Llandysul - gym 01559 363561

Llandysul swimming pool 01559 362548

Newcastle Emlyn Leisure centre 01239 711025

Tregaron Leisure Centre 01974 298960

All have a programme of activities and classes.

Over 60s can swim for free in some pools.

Further Information

'Mind Guide to Physical Activity', Mind Publications on 0844 4484448

'How Exercise can Help Depression' - a booklet from Mental Health Foundation at www.mentalhealth.org.uk or Tel 0207 8031101

The **BBC** website offers healthy lifestyle information, tools and tips at www.bbc.co.uk/health

www.motivatingmates.com - Find a buddy website

Cultivations is an organisation that provides information about the therapeutic and educational benefits of working with nature. Go to www.cultivations.co.uk.

Healthy Eating

Local Resources and contacts

Ceredigion Local Public Health Team Tel 01570 424107

Coleg Ceredigion run a 'Community Food and Nutrition' course. www.ceredigion.ac.uk or Tel 01239 612032 or 01970 639700.

Aberystwyth University Lifelong Learning runs a Certificate of Higher Education in Food & Nutrition www.aber.ac.uk or Tel 01970 622104.

Further Information

Food and Mood Project, PO Box 2737, Lewes, East Sussex BN7 2GN www.foodandmood.org produce 'The Food and Mood Handbook' and other resources such as posters and postcards. 'Food and Mood Workshop Facilitation Pack' - for people to run their own 'Food and Mood workshop' to explore these issues with a group of clients or professionals. 'The Mind Guide to Food and Mood' booklet available from Mind Publications on 0844 4484448

'Healthy Eating and Depression' - a booklet produced by the Mental Health Foundation available from mhf@mhf.org.uk or Tel 0207 8031101. MHF also has a 'Feeding Minds web guide' on their website that indicates what foods may help you manage your mental wellbeing.

Nutrition Network for Wales has a website that provides healthy eating information and a database of community initiatives www.nutritionnetworkwales.gov.uk. Contact Wales Centre for Health 02920 227744

The **BBC** website offers healthy lifestyle information, tools and tips at www.bbc.co.uk/health.

Food Standards Agency - The 'Community' section under 'Nutrition' on the FSA website at www.food.gov.uk gives information about how to help people learn more about food and cooking skills. Practical healthy eating and food safety tips are at www.eatwell.gov.uk.

Smoking Cessation

Local Resources and Contacts

All Wales Smoking Cessation Service - There are two smoking cessation advisors for north and south Ceredigion who provide support on an individual or group basis. Tel 0800 0852219 to contact them.

A specialist Smoking Cessation Advisor for people with mental health problems is funded by the Inequalities in Health programme and works out of Mind Aberystwyth. Tel 01970 626225

Smokers Helpline Wales 0800 1690169. Calls are answered by trained counsellors and are fully confidential.

Further Information

The **Mental Health Foundation** has produced a booklet 'Smoking and Mental Health: why people smoke and how to quit' www.mentalhealth.org.uk or Tel 020 7803 1101.

A **Mind** factsheet 'Smoking, giving up and mental health' is available free from Mind at www.mind.org.uk/information/factsheets.

Gasp produce many good resources, some written specifically for smokers with mental health problems. www.gasp.org.uk

The film 'The Insider', 1999 with Al Pacino and Russell Crowe examines the malpractices of the big tobacco companies.

www.givingupsmoking.co.uk - the NHS website with resources.

Alcohol

Prism - the Mid and West Wales Alcohol and Drug Advisory Service has a directory of substance misuse services in Ceredigion available at www.prism-online.info or Tel 01570 422555

DAN 24/7 - a national, confidential service providing 24 hour advice to drug and alcohol users and anyone wanting information on substance misuse. The helpline number is 0800 633 55 88.

The Mental Health Foundation has a fact sheet on alcohol and mental health at www.mentalhealth.org.uk/information/mental-health-a-z

Stress

Coping techniques from the BBC Mental Health pages at www.bbc.co.uk/health/mental/coping_index.shtml includes information on relaxation techniques, anger management and reducing tension.

'Mind Guide to Relaxation' and 'Mind guide to Managing Stress', Mind Publications 0844 4484448

Centre for Stress Management, London - www.managingstress.com

'The Power of Now' by Eckhart Tolle - a best-selling book offering practical ways out of anxiety and depression.

Complementary Therapies

Foundation for Integrated Health (FIH) 'Patient's guide to complementary medicine' is a useful resource on the different therapies, their regulation, and how to find a practitioner. The FIH is a good source of resources and research. They are currently working on guidelines for mental health professionals about how complementary therapies can help people with mental health problems due to be published in 2007.

www.fih.org.uk or Tel 020 3119 3100.

Complementary Healthcare Information Service at www.chisuk.org.uk. is a useful site for information on alternative medicine, complementary therapy and natural/holistic health.

Mental Health Foundation has a fact sheet 'Complementary therapies for mental health problems' at www.mentalhealth.org.uk/information/mental-health-a-z

Mind booklets include ones on homeopathy, yoga, massage and herbal remedies. Mind Publications 0844 4484448

Further Sources of Help

Ceredigion Public Health Team is part of the National Public Health Service for Wales. The team works in partnership with and supports organisations to improve health in Ceredigion. Telephone 01570 424107.

The 'Inequalities in Health' programme have produced a 'Healthy Communities Toolkit' for organisations who wish to implement healthy lifestyles. Telephone Ceredigion Public Health Team on 01570 424107.

West Wales Action for Mental Health provides a range of services to voluntary groups, service users and carers. Services include: advice on fundraising, project development and access to training and information.

The Mental Health Foundation at www.mentalhealth.org focuses on self-help and has much useful information and resources for people who want to look after their mental and physical health.

Health Challenge Wales is the Welsh Assembly Government's national focus for efforts to improve health and wellbeing www.healthchallengewales.gov.uk.

The NHS website www.nhs.uk has information on healthy lifestyles, complementary medicine and mental health.

'How to Look after yourself' self help booklet and 'The Mind Guide to Spiritual Practices' from Mind Publications 0844 4484448

'The Recovery Book', Norwich Mind 2005 is a practical resource for people suffering difficulties with their mental health. See the forthcoming 'Recovery Book' for Ceredigion.

The Sainsbury's Centre for Mental Health had a campaign, *Mentality*, to improve the physical health of people with mental health problems. Although now closed there are resources and information at www.mentality.org.uk.

'First Steps in Monitoring and Evaluation' available from Charities Evaluation Services, 4 Coldbath Square, London EC1 5HL. Telephone 0207 7135722 www.ces-vol.org.uk.

Funding sources

CAVO provides information on sources of local and national funding for voluntary groups www.cavo.org.uk or Tel 01570 423232.

The Food and Fitness Grant Scheme from the Welsh Assembly Government provides financial support for community projects that tackle obesity by encouraging active lifestyles and healthier eating within priority groups. For further information contact Ceredigion Public Health Team on 01570 424107.

Community Chest grants of up to £1000 provide opportunities for people to be more active more often. Contact Ceredigion County Council's Community Recreation Officer on 01970 633587.

Big Lottery Fund provides grants from £500 upwards to support local projects www.biglotteryfund.org.uk or Tel 01686 611700

Sports Council Wales have various funding opportunities that aim to increase levels of physical activity and sport in Wales www.sports-council-wales.org.uk or Tel 0845 045 0904.

Appendix 1

Where to get more information on promoting health:
Leaflets and booklets to support healthier lifestyles

All these resources are free except where stated. The British Heart Foundation ask for a donation if requesting a quantity.

Healthy Eating

Various good leaflets and booklets including 'Food should be fun...and healthy!', 'Guide to Food Labelling', 'Eating for your Heart', 'So you want to lose weight...for good'

'Just Eat More (fruit and veg)' booklets, posters and postcards

'Balance of Good Health' leaflets and individual leaflets on salt, fats and sugar.

Food and Mood book, postcards, posters etc
There is a charge for these items

The Mind Guide to Food and Mood - £1

Physical Activity

'Exercise for Life!' and 'Get Active!' booklets

'30 mins a day any way' booklet for those aged 50 or over, although much of the advice is useful for any age.

The Mind Guide to Physical Activity - £1

British Heart Foundation

PO Box 138 Northampton NN3 6WB
tel. 01604 640016
www.bhf.org.uk

Welsh Assembly Government Health Promotion Division

Tel. 029 2082 6547 or
The Department of Health
Tel 08701 555 455

Food Standards Agency Wales

Tel. 029 2067 8999 or
Food Standards Agency Publications
PO Box 369, Hayes, Middlesex UB3 1UT
Tel 0845 606 0667

Food and Mood Project

PO Box 2737Lewes, East Sussex BN7 2GN
Tel 01273 478108
www.foodandmood.org

Mind Publications

15-19 Broadway, London E15 4BQ
Tel 020 8221 9666
www.mind.org.uk

British Heart Foundation Details as above

British Heart Foundation Details as above

Mind Publications Details as above

Smoking

'All Wales Smoking Cessation Service' leaflet about the service

All Wales Smoking Cessation Service

0800 085 2219

'Smoking and How to Give Up'

British Heart Foundation

Details as above

Wide range of leaflets and products for smoking cessation including 'Stop Smoking: Hard yes...impossible no' written for mental health service users. There is a charge for these materials.

GASP

Smoke Free Solutions

93 Cromwell Road

Bristol BS6 5EX

Tel 0117 955 0101

www.gasp.org.uk

Alcohol

Alcofacts'

Welsh Assembly Government publications

Tel 0292 082 3150 or

email alcohol@wales.gsi.gov.uk

Stress

'Stress and the Heart' booklet

British Heart Foundation

Details as above

'Mind Guide to Relaxation' and
'The Mind Guide to Stress' - £1 each

Mind Publications

Details as above