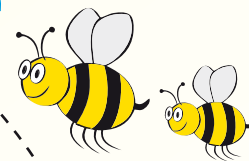


# ACTION PLAN

for Early Years

Helping you to a healthier lifestyle  
- Taking care of yourself



## CHILDHOOD IMMUNISATIONS

Also think about protecting your children in other ways as they grow up. Childhood immunisations start with diphtheria, whooping cough, tetanus, polio and Hib meningitis at two months.

MMR is the combined vaccine against measles, mumps and rubella. It has been shown to be the safest way to protect your children against these serious diseases.



## BREASTFEEDING

Breastfeeding gives your baby the best start in life. Breastfeeding is recommended for the first 6 months. Every day makes a difference to your baby's health now and in the future, giving greater protection against infections ranging from ear infections to eczema.

Breastfeeding allows you and your baby to get closer - physically and emotionally. Breastfeeding also helps protect mothers against:

- Ovarian cancer
- Breast cancer
- Weak bones later in life

## SUPPORT FOR FAMILIES

Torbay's Sure Start Children's Centres provide a number of services and activities to support families with children up to the age of 5. The children's centres activities range from things such as Active Tots, Weaning Groups, Stay and Play Sessions and Baby Massage to Parent's Training and more intensive family support.



## OTHER TIPS

- Childhood obesity is a growing problem. Start off by providing a regular, healthy diet for your child - to prevent obesity later.
- Encourage your child to wash his/her hands frequently so they grow up with a keen sense of hygiene, which will help to protect them through life.
- Begin to learn to swim or join a tumble tots sessions at your local leisure centre. Play is also an important way to stay physically active.

## SMOKING & DRINKING IN PREGNANCY

Smoking is bad for you, your partner and especially for your baby. Remember, your baby shares chemicals from the smoke you and others breathe out.

Your baby's oxygen supply may be restricted; there is more chance of your baby being born prematurely and with low birth weight; and there is more risk of asthma and chest infections.

We recommend abstaining from smoking and from drinking alcohol when pregnant.



To turn over a new leaf,  
turn over the page...



# How we can help...

## BREASTFEEDING

There are now maternity support workers in the community and peer support groups in each town in the Bay, while more breastfeeding advisors are being trained.

If you would like to know more about breastfeeding, contact Health Visitor Teams depending on what area you live:

**Brixham Health Visitors -  
01803 853374**

**Torquay North Health Visitors -  
01803 327855**

**Torquay South Health Visitors -  
01803 219810**

**Paignton Health Visitors -  
01803 522762**

## HAND WASHING

**Infection Control Team -  
01803 557163**

## IMMUNISATIONS

It is important to know when to immunise your baby for greater protection. Here is a guide:

**Two months old – Diphtheria, whooping cough, polio, tetanus and flu type B injections to combat pneumococcal infection**

**Three months old – Diphtheria, tetanus, whooping cough, polio and a flu type B injections to combat meningitis C infection**

**Four months old – Diphtheria, tetanus, whooping cough, polio and a flu type B injections to combat pneumococcal infection and meningitis C.**

**Around 12 months – Flu type B injections to combat meningitis C**

**Around 13 months old – Diphtheria, tetanus, whooping cough, polio injections plus MMR to combat pneumococcal infection**

**Three years and four months or soon after – Diphtheria, tetanus, whooping cough, polio injections plus MMR**

If you would like to know more about immunisation, contact Health Visitor Teams depending on what area you live:

**Brixham Health Visitors -  
01803 853374**

**Torquay North Health Visitors -  
01803 327855**

**Torquay South Health Visitors -  
01803 219810**

**Paignton Health Visitors -  
01803 522762**  
or your GP practice.

## OBESITY

**Lifestyles Team - Nutrition Team Lead - 01803 208840**

## STOP SMOKING SERVICES

**Stop Smoking Specialist Service (during pregnancy) - ask for**

**Stop Smoking in Pregnancy Specialist Advisor - 01803 299160**

**NHS Smoking Helpline -  
0800 1690169**

**Drugs and Alcohol - South Devon Drug and Alcohol Service (18+) -  
01803 291129**

## SUPPORT FOR FAMILIES

**Children's Centres - bringing services together around the needs of children and families.**

**Sure Start Torquay:**

**Echo's Children's Centre, Upton -  
01803 329666**

**Zig Zag Children's Centre,  
Market Street - 01803 210200**

**Watcombe Children's Centre,  
Moor Lane - 01803 313297**

**Sure Start Paignton -  
01803 556081**

**Family Health Partnership - support for young parents to achieve a better life for themselves and their children - 01803 540249**



# ACTION PLAN

For School Age and Young Adults

## SMOKING

Going smoke-free is the one single thing you can do to dramatically increase your chances of living a longer and healthier life. Amazingly, once your body is smoke-free, it will begin to heal within 20 minutes and the benefits will just continue. You may feel fitter, breathing may become easier and your hair and clothes will smell great!

## SEXUAL HEALTH

A sensible approach to sexual health is vital for both sexes – but particularly for females as the number of teenage pregnancies continues to rise in Torbay. The general advice is to delay sex until you are ready and resist any pressure from peers or images in the media. Teenage mothers can often experience poor emotional health and well-being. There are also dangers of a higher death rate of babies and an increased risk of low birth-weight which impacts on the child's long-term health.

## IMMUNISATIONS & SCREENING

You can get HPV (human papilloma virus) by being sexually active with someone else who has it. It is very common and over half of all women who have sex will get infected with HPV at some time in their lifetime.

Chlamydia is the most common sexually-transmitted infection (STI), affecting both men and women. You don't need to have had lots of sexual partners to be at risk.

The important things to know about Chlamydia are:

- You probably won't know if you or your partner(s) have it without having a test.
- Untreated it can have serious long-term health implications, and may lead to infertility (being unable to have children).

## HEALTHY EATING

Healthy eating and regular exercise are important as you grow up. Try eating five portions in all of fruit and veg a day (even smoothies help) and, remember, just 30 minutes a day of exercise can make a difference and help prevent obesity and other health problems.

Why not walk to school/college/work or get off the bus a stop early. Make physical activity part of your lifestyle.

## HELPING YOU TO A HEALTHIER LIFESTYLE - TAKING CARE OF YOURSELF

There are a growing number of health risks as you enter school age, then life as a teenager and young adult. There are also peer pressures to resist.

Smoking, alcohol, drugs and sexual health concerns all figure large as you grow up through your teens, but there is plenty of help and advice to stop you falling into the teenage traps. All these factors, if allowed to get out of control, can shorten your life.

## ALCOHOL & DRUGS

Dabbling in alcohol and illegal drugs can lead to a downward spiral, affecting your health and relationships with family and friends.

Start drinking as a young person and you face a greater risk of developing long-term health conditions in later life. Regular heavy drinking can lead to cancer, liver disease, skin and heart disorders and impotence. Binge drinking can increase the likelihood of clots forming and lodging in blood vessels in the brain.

Drug-taking can lead to a host of mental and physical problems.



TO TURN OVER A NEW LEAF,  
TURN OVER THE PAGE...



# How we can help...

## TEENAGE PREGNANCY & SEXUAL HEALTH

Health Wize shop, Union Street, Torquay - [01803 208414](tel:01803208414) or

Contraception and Sexual Health Service - [01803 656500](tel:01803656500)

HPV vaccine (against cervical cancer) - School nurse team leader - [01803 696776](tel:01803696776) or  
Immunisation team - [01803 299797](tel:01803299797)

## CHLAMYDIA SCREENING

If you are sexually active and under 25, you should be tested for Chlamydia every year or on change of sexual partner. You can get a free test. Any form of unprotected (without a condom) sex can put you at risk of catching Chlamydia, including oral sex.

Contraception and Sexual Health Service - [01803 656500](tel:01803656500)

Cervical screening - contact your local GP

## DRUGS & ALCOHOL

Torbay Under-18 Drug and Alcohol team are based within:

Checkpoint - [01803 200100](tel:01803200100)

Torbay Youth Offending team - [01803 201655](tel:01803201655)

Torbay Youth Service - [01803 208208](tel:01803208208)

## NATIONAL HELPLINES

Frank (drug help line) - [0800 776600](tel:0800776600)

Drinkline - [0800 9178282](tel:08009178282)

## STOP SMOKING SERVICES

Torbay Stop Smoking Service (ask for Young Person Specialist) - [01803 299160](tel:01803299160)

NHS Smoking Helpline - [0800 1690169](tel:08001690169)

## WEIGHT MANAGEMENT

For children between 7-13 years, there is a MEND (Mind, Exercise, Nutrition, Do It!) programme run over 10 weeks. Call [01803 208840](tel:01803208840)

## SUPPORT FOR CARERS

- To find out what services are available to you and the person you care for
- To find out about free training courses for carers

Ring our local carers helpline Signposts for Carers on [01803 666620](tel:01803666620)

For a carer's assessment (discussion about your needs) contact [01803 219700](tel:01803219700)



# ACTION PLAN ▶

FOR WORKING AGE ADULTS

HELPING YOU TO A HEALTHIER LIFESTYLE  
- TAKING CARE OF YOURSELF

## ILLEGAL DRUGS

Illegal drugs (cannabis, cocaine, heroin, etc) can seriously affect your health, relationships with your family and friends and your prospects, as well as putting a strain on your work and your pocket.

## SMOKING

One in two lifetime smokers will die from their habit. Going smoke-free is the one single thing you can do to dramatically increase your chances of living longer. Once your body is smoke-free, amazingly, it will begin to heal within 20 minutes.

## ALCOHOL

Over a quarter of Torbay people in this group are estimated to drink above the guidelines for lower-risk drinking. Deaths from liver disease have risen sharply in the 25-34 age group over the last 10 years. Drinking large amounts of alcohol regularly and binge drinking can cause heart problems and pose a major risk of a stroke.

## STRESS

Rising unemployment and the credit crunch can cause stress and perhaps depression leading to health problems – but there are ways to combat this.

## SCREENING

Deaths from cancer are a major factor, so it is important to be screened for common cancers at specific times in your life. For women, breast and cervical screening will be an important issue, but early screening for bowel cancer and prostate cancer can also be vital.

## HEALTHY EATING & EXERCISE

Healthy eating and exercise are important to your general welfare. Try eating five portions of fruit and veg a day, to balance your diet, while just 30 minutes a day of exercise can make a difference and reduce the risk of heart disease.

Help to make your workplace a healthy workplace. Take the stairs instead of the lift. Make physical activity part of your everyday life.

## TAKE A STAND

Look after your environment. The quality of the local environment is important to people. It affects how places look and are perceived. This consequently can attract other forms of anti-social behaviour and impacts on how safe and happy people feel about living in an area. Report any environmental issues in your community.

TO TURN OVER A NEW LEAF,  
TURN OVER THE PAGE... ▶



# HOW YOU CAN GET HELP

## DRUGS AND ALCOHOL

South Devon Drug and Alcohol Service (18+) **01803 291129**

Alcohol Referrals Line - **01803 604334**

\*Stick to the guidelines - no more than 3-4 units of alcohol a day for males and no more than 2-3 units a day for females



### MEN

Should not regularly drink more than 3-4 units a day



### WOMEN

Should not regularly drink more than 2-3 units a day



### PREGNANT WOMEN

Avoid alcohol altogether  
Never more than 1-2 units once or twice a week

## STOP SMOKING SERVICES

Torbay Stop Smoking Service call **01803 299160**

NHS Smoking Helpline **0800 1690169**

## SCREENING (BREAST, CERVICAL AND PROSTATE)

Contact South Devon Breast Screening on **01803 655350** for more information

or log onto

[www.cancerscreening.nhs.uk/breastscreen/](http://www.cancerscreening.nhs.uk/breastscreen/) for more information

For other cancer screening - NHS Cancer Screening Programmes on **0114 271 1060** or log onto [www.cancerscreening.nhs.uk/bowel/](http://www.cancerscreening.nhs.uk/bowel/) to understand the process or contact your GP Practice

## FLU VACCINATION

Contact your GP Practice for dates of flu clinics from October to February

## MENTAL HEALTH

If people are concerned about their mental health they should contact their GP Practice in the first instance.

Other contacts are:

Samaritans - **08457 909090**

Torbay Mental Health Information Service - **01803 546474 or 552175**

Control stress - Learn practical techniques and relaxation on our free 6-week evening class (one session per week) for 18s and over and you can bring a friend. Call **01803 290782**

Deal with depression – a free, self-help, seven-week course for small groups. Call **0800 030 4225** or the National freephone **0800 030 4225**

Community development workers, working with diverse communities, black and minority ethnic groups within

Torbay, on physical and mental health matters. Call **01803 208841**

To attend a course on managing stress please contact - **01803 290782**

To attend a course on managing depression please contact either **01803 210537** or the national freephone **0800 030 4225**

## PREMATURE MORTALITY

To discuss healthy lifestyles and wellbeing please contact the Lifestyles Team on **01803 208840**

## HEALTH AND FITNESS

Our Lifestyle Support Workers can help you make positive changes to your lifestyle. For more information, call **01803 208840**

Bay Walks – regular-led walks in Torquay, Paignton and Brixham – with shorter walks for beginners, and those with disabilities or recovering from surgery. Bay Walk Co-ordinator - **01803 321867**

For losing weight (Body Mass Index over 25) and finding out how to eat well – try our 11-week weight management course for those 18 and over. Call **01803 208840**

FREE cycle coaching is offered to adults in order to support people to gain confidence in riding on the roads in

today's traffic conditions.

Call **01803 321867**

The Library and Leisure Card offers Torbay residents reduced entry charges to a wide range of indoor and outdoor health and recreations activities. To find out more ask at any of Torbay Libraries.

## FIT-BAY

10-week exercise referral scheme to support people to become more active (ages 16+ no upper limit). For people with or without medical conditions who are motivated to become more active by using a gym or water-based sessions. Those interested should see their GP or practice nurse for details.

## TAKE A STAND

Help keep Torbay a safe and clean place to live and work, report such issues as fly-tipping, graffiti, fly posting, dog fouling and abandoned vehicles. Do it online at [www.torbay.gov.uk/apps2/StreetCare/asb.aspx](http://www.torbay.gov.uk/apps2/StreetCare/asb.aspx) or call **01803 207201**

## SUPPORT FOR CARERS

To find out what services are available to you and the person you care for and about free training courses for carers

Ring our local carers helpline Signposts for Carers on **01803 666620**

For a carer's assessment (discussion about your needs) contact **01803 219700**

# Action Plan

## Retirement Age Plus

Helping you to  
a healthier lifestyle  
- Taking care of yourself

### Healthy Eating and Exercise

As you get older, it is just as important to watch your weight, eat healthily and take moderate exercise.

Healthy eating and exercise are important to your general welfare. Try eating five portions of fruit and veg a day, while just 30 minutes a day of moderate exercise can make a difference. There are plenty of options for walking, cycling and swimming.

### Remember also, if you like a drink, then...

Stick to the guidelines - no more than 3-4 units of alcohol a day for males and no more than 2-3 units a day for females.

### Smoking

And if you have been a smoker all your life, you can still take steps to a healthier life. Your health begins to improve just 20 minutes after giving up!

### Avoiding Hazards

Keep your home safe and free from hazards (floor surfaces, trailing flexes), wear properly fitting slippers and increase the level of lighting everywhere - this will help you avoid slips, trips and possibly broken hips.

### Giving Yourself A Boost in Winter

Don't forget, too, that you can get your annual 'flu' jab to give you important winter protection.

### Some other tips...

- Playing cards and doing crosswords keep the brain active.
- Walk, keep physically active and enjoy the fresh air - it's good for the heart and lungs
- Try singing - it helps to combat stress
- Just 30 minutes of moderate exercise five days a week, such as walking or gardening, can help keep you healthy. Our bodies are designed to move and physical activity should form part of our daily routine. This can be in many forms and includes walking, housework and climbing stairs. 'Green gyms' are the latest trend, why not do some gardening or get an allotment?

To turn over a new leaf,  
turn over the page...



## Healthy life expectancy at 65

Lifestyles Team on **01803 208840**

## Flu vaccinations

Contact your GP Practice for dates of flu clinics from October to February.

## Drugs and alcohol

South Devon Drug and Alcohol Service (18+) **01803 291129**

### Stop Smoking Services:

Torbay Stop Smoking Service call **01803 299160**

NHS Smoking Helpline **0800 1690169**

Our Lifestyle Support Workers can help you make positive changes to your lifestyle. For more information, call **01803 208840**.

## Health and fitness

For losing weight (Body Mass Index over 25) and finding out how to eat well - try our 11-week weight management course. Call **01803 208840**.

Get in the swim at Torquay, Paignton and Brixham - with

the Torbay Splash programme if you are 60 or over. It's free. Membership is available from:

- Waves Leisure Pool, Torquay. Call **01803 299992**
- Torbay Leisure Centre, Paignton. Call **01803 522240**
- Swim Torquay, Plainmoor, Torquay. Call **01803 323400**
- Admiral Swimming Centre, Brixham. Call **01803 857151**
- ...and from Torbay Council Connexion offices and all Torbay libraries.

Bay Walks - regular-led walks in Torquay, Paignton and Brixham - with shorter walks for beginners, and those with disabilities or recovering from surgery. Bay Walk Co-ordinator - **01803 321867**.

Cycling sessions - FREE cycle coaching offered to adults in order to support people to gain confidence in riding on the roads in today's traffic conditions. Call **01803 321867**.

BALANCE and STRENGTH exercise classes for anyone with a fear of falling or who feels unsteady or who has been diagnosed with osteoporosis. For more information call **01803 321867**.

The Library and Leisure Card offers Torbay residents reduced entry charges to a wide range of indoor and outdoor health and recreations activities. To find out more ask at any of Torbay Libraries.

## FitBay

FIT-BAY is a 10-week exercise referral scheme to support people to become more active (ages 16+ no upper limit). For people with or without medical conditions who are motivated to become more active by using a gym or water-based sessions. Those interested should see their GP or practice nurse for details.

## Screening (breast, cervical and prostate)

Contact South Devon Breast Screening on **01803 655350** for more information or log onto **www.cancerscreening.nhs.uk/breastscreen/** for more information.

For other cancer screening - NHS Cancer Screening Programmes

on **0114 271 1060** or log onto **www.cancerscreening.nhs.uk/bowel/** to understand the process or contact your GP Practice.

## Control stress

Learn practical techniques and relaxation on our free 6-week evening class (one session per week) for 18s and over and you can bring a friend. Call **01803 290782**.

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