

COOKSTOWN HEALTHY TOWNS INITIATIVE

Feeling Good Feeling Great!

STAKEHOLDER EVENT

*'Working together to prevent
and address obesity as a local health issue'*

Monday 28th June 2010, 9.15am - 1.30pm
Burnavon Arts and Cultural Centre
Burn Road, Cookstown



ADDRESSING A REAL AND URGENT NEED

According to the British Heart Foundation, being overweight can significantly increase the risk of high blood pressure, high cholesterol, diabetes and stroke. The indications are that the incidences of overweight and obesity are rising rapidly. Furthermore, high levels of obesity and overweight amongst children are likely to exacerbate the rising obesity levels in the adult population over the longer term.

MAKING A START

Cookstown District Council in conjunction with the Northern Health and Social Care Trust and the Public Health Agency are coordinating a new initiative called 'Feeling Good Feeling Great' as part of a new Managed Obesity Network for the Northern area. *Feeling Good Feeling Great* has begun by providing programmes within the District for a range of different groups. The aim is to offer opportunities to help people improve their health and well-being, with a special focus on preventing and tackling obesity, including targeting groups of people who are most at risk.

LOOKING TO THE FUTURE

Obesity presents a much longer term challenge. We would like to invite you to join us at this STAKEHOLDER EVENT to hear about what has been happening to date, to share your views and ideas on how work can best be taken forward in this area on preventing and tackling obesity, and to help shape a vision for the role Cookstown District can play in a wider network of support and action on this issue.



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Marcella Molloy
Environmental Health Department
Cookstown District Council
Council Offices
Burn Road
Cookstown
BT80 8DT

STAKEHOLDER EVENT

This event represents a chance to have your say on what we can do to prevent and tackle obesity and related health issues across Cookstown District. A key area for discussion will be how organisations, communities, groups and individuals can work together to identify issues and gaps, and then devise effective actions which have the potential to make a real difference. Plans made and work taken forward will need to take full account of our existing, successful Hearty Lives programme, as well as fitting with the direction being set by the Northern Area Managed Obesity Network.

The information collated from the stakeholder event will be used to shape local networking and inform a targeted action plan.

- Tell us what you and your community need to help prevent and tackle obesity
- Let us know about existing services that could play a part, and where the gaps are

THE PROGRAMME

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| 9.15 | Registration (tea and coffee) |
| 9.45 | Welcome and introduction – setting the scene: <ul style="list-style-type: none">• The Managed Obesity Network in the Northern area• Cookstown Hearty Lives• The Feeling Good, Feeling Great programme |
| 10.15 | Workshop 1: The local issues relating to obesity and health |
| 11.15 | Refreshments |
| 11.45 | Workshop 2: A vision for future work
Areas for local action |
| 13.00 | Close and lunch |



REGISTRATION FORM

Name.....

Address.....

Telephone..... Email.....

Special Dietary Requirements.....

PLEASE RETURN TO COOKSTOWN DISTRICT COUNCIL BY FRIDAY 18TH JUNE 2010

Marcella Molloy, Environmental Health Department

Cookstown District Council, Council Offices, Burn Road, Cookstown, BT80 8DT

Or email to: marcella.molloy@cookstown.gov.uk