



HIP News



JANUARY 2011

INSIDE THIS ISSUE:

| | |
|--------------------------------|---|
| Welcome | 1 |
| Bronze Award | 1 |
| RTE's Operation Transformation | 1 |
| Health and Well-being training | 1 |
| Healthy Life-styles Booklet | 1 |
| Group Mentoring | 2 |
| Stories Booklet | 2 |
| Research | 2 |
| Festive Recipe | 2 |

Healthy Ideas Promotion

Welcome to the second edition of our
HIP newsletter.

Congratulations to all !!

**We have achieved the Bronze
National Health Quality Award(HQA)!**

Kevin O Hagan, NYCI presents the award to Mary Lynch, Operations Manager and Alan Quinn and Ciara O' Halloran, Project Officers, in the BBBS Central Office in Galway.



Health and Wellbeing Training

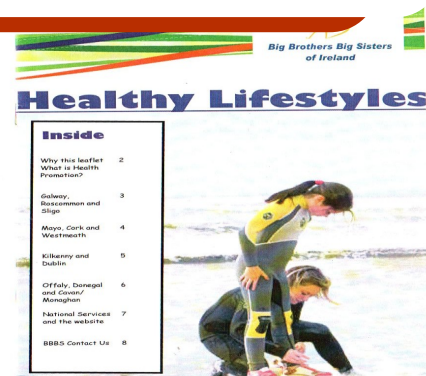
This training course has been developed by Foroige and is currently being adapted to suit BBBS. Staff are due to be trained in the programme in January and will be offering it to all volunteers Early in the new year..

HQA Team

Maartje Van Stokkem, Dublin.
Alan Quinn, Galway.
Aisling Walsh, Wexmeath.
Yvonne McManus, Cavan/Monaghan.
Louise Tuffy, Mayo.
Mary Lynch, National.

Operation Transformation

The RTE Show is back for a 4th series and Ronan Scully will be one of 5 leaders to lead the nation by following an Operation Transformation health and fitness plan. Ronan is planning to run the north pole marathon in March for 6 charities, one of which is BBBS...so tune in to RTE in January and follow Ronan's plan to get healthy in 2011.



A healthy lifestyles Booklet, detailing health promotion services in your local area, has been developed by BBBS as part of the HQA and is available to all matches nationwide. For details contact your local BBBS officer.



Big Brothers Big Sisters of Ireland

BBBS Headquarters, Westside Community
Resource Centre, Seamus Quirke Road,
Galway

Phone: 091 554420

Fax: 091 528326

E-mail: info@bbbsireland.ie

Web Address: www.bbbsireland.ie



Health Promotion Resources

Resources can be accessed through the
following websites:

www.bbbsireland.ie (members section)

www.nyci.ie

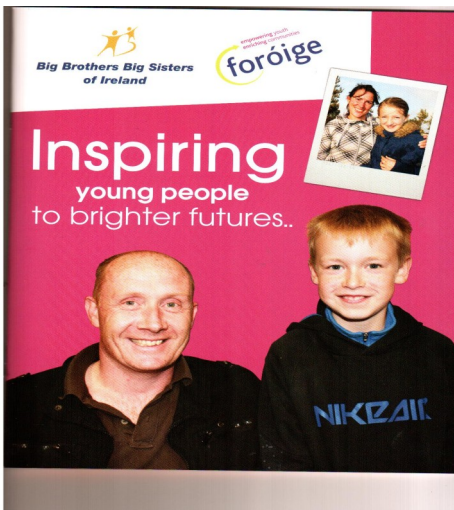
www.youthhealth.ie

www.reachout.com

BBBS Research

BBBS Community Evaluation,
by NUI Galway, is due to be
launched early in the new year.

BBBS School Research is due to
commence in September 2011.



Thanks to all of you who sent in your stories and photos for
inclusion in the Stories Booklet. The booklet 'Inspiring
young people to brighter futures..' is going to be
distributed to all matches over the coming weeks.

Group Mentoring

Congrats to all involved in this new initiative....it has been a
great success to date and we plan to replicate it nationally!!!
Group mentoring is where young people are matched with adults
in a group setting. The focus is on a particular activity of interest
and initially it is for a set period of time...ie. six weeks...with a
view to matches becoming community matches.

Examples include;

Fishing in Mayo, tag rugby in Galway and Westmeath, soccer
in Monaghan and cooking in Galway.

Online Surveys Thank You

**Thanks so, so much to all of you who
completed our online surveys. Your
feedback is assisting BBBS to identify
and meet your health needs
and achieve the HQA.**

Gingerbread Festive Recipe

Ingredients:

| | |
|-------------------------------|-------------------------------------|
| 2 cups unbleached white flour | 1 teaspoon allspice |
| 1 teaspoon baking <u>soda</u> | 1/4 cup honey |
| 1 teaspoon baking powder | 1/4 cup molasses |
| 2 teaspoon ginger | 2 tablespoons canola oil |
| 1 teaspoon cinnamon | 1/2 <u>cup</u> evaporated skim milk |

Directions:

Preheat the oven to 350 degrees. Combine the dry
ingredients in a medium bowl.
Combine the remaining ingredients in a large bowl.
Add the flour mixture slowly to the wet ingredients,
mixing well after each addition.
Pour into an 8 x 8-inch nonstick pan and bake for 35
to 45 minutes. Serve warm.



**The Health Quality Award Team
wish you a happy and healthy
New Year !!**