



Big Brothers Big Sisters
of Ireland

HIP News

JUNE 2010

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Healthy Ideas Promotion News

Welcome to the first edition of our HIP newsletter.

BBBS is taking part in a National Award, called the **Health Quality Award (HQA)**.....the plan is to work hard over the next year to gain the Gold award for BBBS in early 2011.....in the process we hope to encourage all involved in BBBS nationally (young people, parents, volunteers, staff, management and stakeholders) to be aware of and actively promote a healthy and supportive environment for all.

**Youth Mentoring...
Little time,
Big Difference...**

This newsletter will help us to keep you up to date on what is happening with the HQA and we hope that you will also contribute with stories and ideas for healthy activities/services/resources in your area.....

We will need a helping hand

Online Surveys

We want your opinion.....we are asking all volunteers, young people and staff to complete the online survey of health promotion needs and activities....

There are 3 surveys ;
Youth Survey
Volunteer Survey
Staff Survey

The survey can be accessed through our website;
www.bbbsireland.ie

All surveys are anonymous and will take less than 10 minutes to complete online.

By completing these surveys and giving feedback on your needs and opinions we will assess your health needs and how we can meet them. This will assist us in achieving the HQA.



Healthy Living Tips

- Choose healthy foods
- Eat breakfast every morning
- Eat five pieces of fruit/veg every day
- Get physically active: cycling, swimming, skipping, jogging, walking
- Make sure to have fun with friends and family.....
- Smile



Big Brothers Big Sisters of Ireland

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Training/Resources

Staff and volunteers are asked to register with the NYCI to receive a copy of their training schedule for the year.

www.nyci.ie

There will be further training offered by BBBS in the coming months on health and wellbeing...etc...

Resources: staff, youth and volunteer resources can be accessed through the website in the members section. www.bbbsireland.ie

Any queries contact Mary Lynch @ 091 554420

*Creating possibilities
through friendships.....*



Mini Marathon

BBBS volunteers, staff and parents took part in the West of Ireland Ladies Mini Marathon on Sunday 2nd May 2010.

Participants enjoyed the 10km track cheered on by family and friends who joined them after for a tasty barbeque in the BBBS office. Each participant raised money for the BBBS programme.

Big Summer Big Citrus Smoothie

Place a banana, half a glass of orange juice, a low fat strawberry yogurt, 2 handfuls of fresh strawberries, 1 pink grapefruit and 2-3 ice cubes in a blender.

Blend for 2-3 minutes and pour into a glass that has been chilling in the fridge.

Decorate with some strawberries and a sprig of mint. This yummy smoothie is the perfect summer drink to cool you down. The best thing about it is, besides being super yummy, it is also very healthy.



Healthy Weblinks:

www.nyci.ie
www.spunout.ie
www.youthhealth.ie
www.reachout.com