

Welcome to your Autumn edition of the MDT Newsletter. As the nights draw in and the days get shorter, we'd like to share all the positive and wonderful good news stories that are happening in your local MDT areas.

TRANSFORMATION FUNDING BID

As you may know, SPPG and DoH have recently submitted a bid for Transformation funds. The Department of Finance have now considered and ranked all bids made, with MDTs scoring 'Good' based on their potential transformation impact. We are pleased to say that MDTs have now progressed to the next stage of the process.

As MDTs are the only health bid in the running, and with the high level of political support for MDTs, we hope that some level of funding will be made available to us. We now sit tightly for further updates.



Preparedness Planning

It's really important now that we are prepared, should funding become available. Local areas are now being advised to

- Establish a Trust/Federation Board
- Develop a recruitment plan for completion of all areas over the next 4-4.5 years
- Extend any existing waiting lists, where possible

The SPPG MDT Programme Team have actively been engaging with Trust/Federations over the last number of weeks on this.

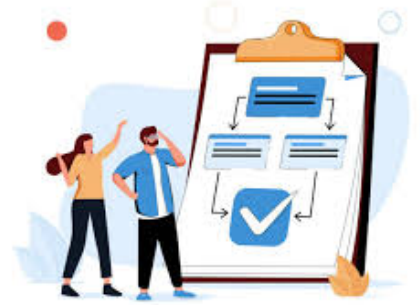
If you have any questions, the SPPG MDT Programme Team will be happy to hear from you!

WELCOME TO THE TEAM

We said farewell to Aideen Johnson, who left her role as SPPG MDT Programme Manager in July and who now begins work on the Regional Mental Health Service. Joining the team is Jordana Nolan. Jordana will have responsibility for Causeway and Derry MDTs, and will be the SPPG lead for Mental Health.

Contact Jordana at: jordana.nolan@hscni.net

PROGRAMME GOVERNANCE



SURVEY UPDATE

10K More Voices Patient Survey

Following on from our update in the April Newsletter, the stories received have now been analysed to identify the emerging themes. Linda Craig (PHA Regional Lead Patient Client Experience) presented at each of the local MDT Project Boards and with the MDT professional groups to outline the findings at both local and profession specific level. Regional, Local Area and Service Areas reports are now in their final stages of development and will be issued to MDTs shortly.

Staff Survey

The SPPG MDT Programme Team developed a survey to capture the views of MDT staff working in GP practices. The survey, conducted via MS Forms, ran for three weeks, closing on 12th June and received over 240 responses. SPPG have analysed the quantitative and qualitative data and the report prepared will be issued in due course.

GP Survey

The final report of the GP survey was issued to MDT Trust & Federation Managers for local circulation back in May. The report included a number of actions / recommendations, which were open for discussion at the MDT 'Leadership and learning' event on 19th June at the Dunsilly Hotel.

The SPPG MDT Programme Team are now progressing the next steps to review learning and take forward the actions / recommendations from the surveys via a Task & Finish Group.

HSC SERVICE DELIVERY PLAN

In line with use of public funds and HSC financial governance and accountability, we are required to set performance metrics and report quarterly into the HSC Service Delivery Plan (SDP). To date, there has not been any formal SDP metrics agreed for MDT FCP, MHP and SW services. In the interim, the MDT Programme have therefore been using draft planning assumptions to report on MDT performance as part of the HSC SDP.

Over the last number of months SPPG have been engaging with all Service Leads, Federation Managers and Trust Managers, including Heads of Service to review the planning assumptions with a view to seeking regional agreement for this submission.

Cont....

A delivery planning assumptions paper with supporting tables was issued in July to the MDT Regional Project Board for their review and comment. We are pleased to advise that Project Board have now given their formal approval for the proposed regional MDT performance metrics to be used as formal metrics.

These metrics will be useful for Service Leads and Project Boards to inform if there are any particular pressures or concerns at a practice level. Already we have found this process to be very beneficial in identifying any local coding issues and taking the appropriate action to address these.

SDP Reports will now be prepared by SPPG on a quarterly basis and issued to the Service Leads.

GP FEDERATION PAYMENT PROCESS

SPPG have recently implemented a new internal process for managing the monthly MDT payments to GP Federations. Should Federations have any queries regarding their payment, please can these be directed to your SPPG MDT Programme Manager in the first instance.

NEW BUSINESS CASE TEMPLATES

The March 2024 DoH circular 'New Developments to Business Case Guidance', outlines changes to the business case guidance for 3 new templates to be used for Minor, Moderate and Major funding proposals

These new templates should now be used going forward for all new business cases.

Please contact your MDT Programme Manager if you require a new template, which the SPPG MDT Programme Team will have standardised in line with MDT requirements for your funding proposals.

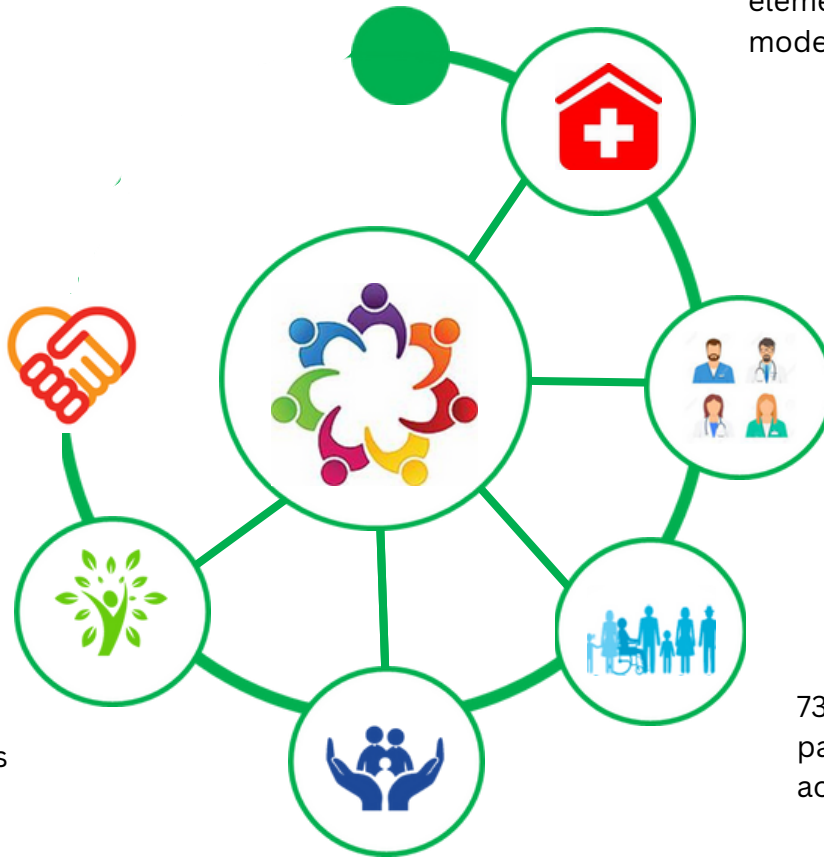


MDT IN NUMBERS

GPIP MDT HIGH LEVEL DASHBOARD

MDT DATA - AS OF OCTOBER 2024

117 GP practices currently have an element of the MDT model



WTE Staff in Post:

Mental Health – 69.65
Physiotherapy – 57.5
Social Work – 113.6
Health Visiting – 45.92
District Nursing – 62.64

72.5%* of patients managed with no onward referrals

732,453 patients with access to MDTs

79,694* patient contacts

Our GPIP MDT High Level Dashboard is populated with both EMIS and Vision data and provides data from January 2020 on a continuing basis. This dashboard is the official dataset for MDTs and will be refreshed at the beginning of every month.

Current figures can be found above:

Data may vary depending on timing of quarterly submission of Highlight Reports

**Source: GPIP Q2 2024-25*



AWARDS

WHSCT/DERRY MDT- SOCIAL WORK

Congratulations to two members of the Social Work team (WHSCT/Derry MDT) who received staff recognition awards back in April for their community development work in MDTs. More than 240 staff and guests, including award winners, colleagues and management from across the WHSCT joined together at a special ceremony held at the Killyhevlin Hotel, Enniskillen on Thursday 18 April 2024

Winner - WHSCT Community Champion of the Year



Kevin Leonard, Senior Social Worker

Highly Commended - WHSCT Improvement, Innovation and Involvement Award



*Neil Guckian, WHSCT Chief Executive
presenting the award to Shona McEleney,
Social Work Assistant,
Glendermott Medical Practice*

SET/DOWN MDT- SOCIAL WORK

Evidence Informed Professional and Organisation Research Award

Rachel Duncan (Down MDT Social Work Lead), Aine Morrison (Chief Social Work Officer) and Maria Flanagan Senior Social Work Practitioner from Donard Family Practice received an award for completion of Evidence Informed Professional and Organisation Research with Ulster University. This award was received at the 11th Annual Social Work and Social Care Conference which was hosted in the iconic surroundings of Belfast Castle on 20 March 2024.



SET- MDT SOCIAL WORK

Finalist - Rising Star category, SET Chairman's Award



Senior Social Work practitioner Niall Rotherham was shortlisted as a finalist in the category of Rising Star for the Chairman's award for his commitment and passion to his work. Niall has been a very innovative practitioner and was instrumental in the development of ND1, South Eastern Trust's first neurodivergent support group for adults and also the Neuro-café service for support parents and carers of children who have ADHD and ASD or who are waiting assessment.

Shortlisted - Royal Television Society Award

The Peninsula Nurses programme has been short listed for a Royal Television Society award In the Lifestyles and Features category. District Nursing staff from Ards Peninsula took part in a two part BBC Northern Ireland programme last year showcasing the profession in the area. The film crew from Tyrone productions joined the district nurses over a period of months; 6 patients and their stories were featured. It was a wonderful opportunity to highlight the uniqueness that is District nursing. This nomination is one of the highest accolades in Television.





LOCAL AREA NEWS

NEWRY & DISTRICT FEDERATION

Chatty Bench Launch

Thursday 5 September, at the Confederation of Community Groups building at Ballybot House saw the official launch of their 'Chatty Bench' supported by the Primary Care Multi-Disciplinary Team. The bench was created as part of their 50th Anniversary celebrations and installed for all the users of Ballybot House, An Stóras and the wider community.



A "chatty bench" is designed to allow people to spend longer outside, which is beneficial for our mental health and allows us to connect with others in our community. This is also true for our physical health as it can provide a resting place for people with reduced mobility and this project marks the 17th bench now located within the Southern Trust area.

The was funded and opened by Martina McAloon, Social Work Lead MDT Newry & District GP Federation, and John Flett, Social Work Assistant within the MDT. The bench will provide a comfortable neutral and quiet space to bring people together for a rest and some conversation while offering service providers based at Ballybot house the opportunity to support their Service Users in a covered shelter whatever our ever changeable weather brings!

The project was co-ordinated by Conor Keenan from the Confederation of Community Groups and also supported by NM&D, Age Friendly Co-Ordinator Tara Smyth and Annie Clarke Community Development Worker from the SH&SCT Promoting Wellbeing Team.



Thanks to all who came and supported the event on the day and we hope the new bench will go a long way towards providing opportunities to make connections through conversation.



NEWRY & DISTRICT FEDERATION

Pocket translation device improving patient care

A new handheld translation device is helping to improve communication between staff and patients who do not speak English in Craigavon Area and Daisy Hill Emergency Departments and GP practices across the Southern Trust area.

The pocket-sized digital kit can translate up to 108 languages through audio or text in real time.

Introduced as a pilot by the Southern Trust Promoting Wellbeing team and Primary Care Multidisciplinary Teams, this is the first time the technology has been used in Northern Ireland health and social care.



Dr Aaron Milligan from Dromore Doctors Surgery, Craigavon GP Federation, holding the translator device.

Martina McAloon the Multi-Disciplinary Teams in Primary Care Social Work Lead said:

“We are keen to promote and improve access to our services for all of those living in our local community. The translation devices are an ideal solution for those occasions when a person arrives into a GP surgery or ED without an interpreter, or perhaps when we cannot match a specific language interpreter for an urgent appointment time. They allow the initial consultation to proceed rather than cancelling the appointment, ensuring the best use of staff time and health and social care resources, and that we can offer more timely care with a better overall patient experience.”

Alison Rooney, Director of Operations for the Southern GP Federation, stated:

“Following a successful funding bid in collaboration with the Southern Trust, we delivered translator devices to 20 practices within the Craigavon GP Federation last week and the feedback has been overwhelmingly positive. This welcome addition is designed to enhance, not replace, existing translation services, ensuring more equitable access to healthcare, particularly for on the day presentations, for patients who do not speak English. Over the upcoming weeks, we look forward to delivering the translator devices to the Newry & District and Armagh & Dungannon GP practices.”

NEWRY MDT - SOCIAL WORK TEAM

Wool Crew Project

Clients at both Crozier Day Centre and Keady Day Centre have been crocheting and knitting items for charity in a collaborative project with MDT Social Workers.

Wool was donated by the MDT Social Workers and some of the clients in Crozier and Keady Day Centres have created a selection of gorgeous items which will be donated to local charities. This collaboration is part of the MDT Social Work 'Wool Crew' project using wool (crocheting and knitting) as a medium for increasing social connections and improving confidence and feelings of purpose in isolated and vulnerable individuals.



Lynn Cross (MDT Social Work Practitioner) said:

'We know that crafting is a mindful activity, as well as providing a sense of purpose and achievement when learning or developing crafting skills. We are delighted to be working with Keady and Crozier Day Centre clients and know all these gorgeous items will go to local charities and vulnerable people living in our area'

Hillsborough Castle Garden Party

Members of the Multi-Disciplinary Teams in Primary Care were invited to a garden party at Hillsborough Castle in September. This special recognition was for their outstanding work helping to enhance Primary Care services for our patients.

Pictured left-right: Anne McDonnell, Dr Siobhan McEntee, Julia Fitzhenry, Dr Sheila Gunn, Dr David Ross



DOWN MDT - MENTAL HEALTH PRACTITIONERS



The Just Right State Programme

The **Just Right State Programme** is delivered by SMHP in Newcastle, Clough and Dundrum, with further groups planned across Down GP Federation area.

The aim of the programme is to support adults to regulate emotions during times of distress and when feeling overwhelmed.

Over 6 sessions, the patient learns about; the different levels of self-regulation (physiological, sensory, emotional, and cognitive); the regulating effects of food and activities; and how to create an enriched environment that is tailor made for your sensory-attachment needs.

Feedback has been positively overwhelming with a large number of patients committing to making changes to their lifestyle.

What our patients said.....

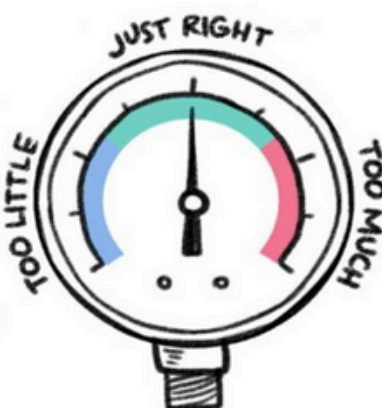
Qualitative Feedback



"...Talking about what has happened in the past. It's okay to feel how I feel - there is no switch!..."

"Forced / or rather encouraged me to meet other people and broaden my horizons..."

"...This group has helped me make small changes and gain new habits to help me deal with stress....."



"...It has made me think about relaxing more. Very lucky to have been a part of this group..."

"The group has helped me to slow down and be more aware of triggers and stressor's...."

"...Valuable activities and interacting with other group members. Knowing there are many kinds of options for stressful situations....."

DOWN MDT - MENTAL HEALTH PRACTITIONERS

Rural Support Initiative

Are you really as tough as old boots?



Farmers and those working in the agriculture sector are expected to be 'tough' - to show resilience and not weakness. This expectation is one of the reasons why those working in the agriculture sector have been found to seek less support for their mental wellbeing than the general population - why is this? Good mental health is just as important as good physical health, and maintaining it should be a priority for everyone. Unlike a piece of equipment or machinery – you cannot be replaced if your mental health prevents you from working.

How are you coping with the pressures of farming?

The agriculture sector is undergoing significant changes – and while that means opportunities for some, many others are finding the uncertainty and upheaval challenging. Are you experiencing low mood, anxiety, stress, bereavement, isolation, family difficulties, financial worries, worries for the future – succession planning?

Did you know that at Montalto Medical Practice you can book an appointment directly with our Mental Health Practitioner?

Our mental health practitioner can offer an initial assessment, provide advice on management of your mental health, offer short term treatment, and direct/refer you to appropriate services

Remember – Often a few simple things may be all you need to protect your mental wellbeing. A healthy farm is nothing without a healthy you.

Contact: Linda Ferguson, Mental Health Practitioner, Montalto Medical Centre, 2 Dromore Road, Ballynahinch, BT24 8AY. Tel. 02897562929



The Rural Support Initiative is being delivered by SMHP in the Ballynahinch locality.

The overall aim of the initiative is to promote and improve mental health in farming families /communities, to reduce stigma, increase health seeking behaviours and engagement with services.

In the longer term, it is envisaged that the initiative can be moved beyond a community engagement / outreach level and a local task group established to ensure collective action, develop and sustain MH initiatives to include partnership working with farmer representatives, Agri services, UFU, Rural Support etc.

To date, SMHP has been:

1. Attending NI Agri-Rural Health Forums
2. Raising awareness of SMHP role through the distribution of the above flyer:
Are you really as tough as old boots?
3. MH in Farming scoping questionnaires - seeking views on current issues, interest in MH awareness sessions, stress management, peer support etc.
4. Outreach – stands at local marts, Agri suppliers

WEST BELFAST FEDERATION

NI AHP Research & Innovation Conference 2024: “Embracing a Population Health Approach”

Over 115 Allied Health Professionals (AHPs) were in attendance at the inaugural Northern Ireland AHP Research & Innovation Conference on 11th September in the Balmoral Hotel Belfast. The conference was sponsored by the Public Health Agency (PHA) NI and run in partnership with the Department of Health and HSC Trust AHP leads.

The conference committee, co-chaired by Helen Welch Consultant Physiotherapist BHSCT, Community for Allied Health Professions in Research, NI hub (CAHPR NI) Research Champion and Heather McFarlane, Consultant Allied Health Professional Consultant, (PHA) included Dean Warner (PHA) and Michelle Toland (Primary Care MDT Programme Manager, BHSCT). The conference was supported on the day by staff from the First Contact Physiotherapy service from West Belfast GP Federation who ensured the smooth running of the event.

The scientific committee, with membership from Ulster University (UU), Queen’s University Belfast (QUB) and CAHPR NI hub leadership, reviewed 76 submitted abstracts as part of the conference programme committee, from staff in all parts of the 14 professions comprising the AHP workforce and at all stages of their research careers

The one day event was opened by DoH Chief Allied Health Professions Officer, Michelle Tennyson, and featured keynote presentations and discussions on “Community appointment days: an experiment in new models of care” from Laura Finucane and Natalie Blunt, Sussex MSK Partnership Central, Causeway Healthy Kids project from Claire Galway, BHSCT “Act Now: Tackling Health Inequalities in MSK” by Sue Brown, CEO of Arthritis and Musculoskeletal Alliance (ARMA) and “Learnings from a Churchill Fellowship” from Heather McFarlane, PHA.



West Belfast Primary Care MDT FCP team with Colin McMullan, Director Adult Community Older People Services and AHPs, BHCT and Deirdre Winters Co-Director and AHP Professional Lead, BHSCT

With almost 48 contributors spread across two rooms, the engaging and interactive platform presentations, rapid 5 presentations and poster presentations stimulated discussion, maximised shared learning and generated networking opportunities.

The conference emphasised the importance of supporting and developing new AHP researchers with a session on how to obtain future funding for AHPs research time via the NI Health and Social Care Research Resilience and Growth funding scheme (PHA HSC R&D). Attendees left with a deeper understanding of the breadth of AHP R&I work across NI, as well as the mechanisms and methodologies used to set-up and deliver such projects.



Left to Right – Deidre Winters, Michelle Toland, Helen Welch and Colin McMullan



Michelle Tennyson, Chief Allied Health Professions Officer, DoH



Left to right: Heather McFarlane, AHP Consultant PHA, Prof Jonathan Jackson, BHSCT, Colin McMullan, BHSCT, Deidre Winters, BHSCT, Dr Joe Dugan, Chair West Belfast GP Federation, Roger Kennedy, SPPG

A prize for “Best poster” and “Best Rapid-5 presentation”, as judged by members of the conference scientific committee was awarded to Emma Mullan (Western Health and Social Care Trust SureStart) for her “Play and Discover” poster and Paul Corns (Northern Ireland Ambulance Service) for his presentation on “Out of Hospital Cardiac Arrest Masterclass Training in the Northern Ireland Ambulance Service”.

All accepted abstracts will be available to view on the Allied Health Professional pages on the Department of Health web site.

WEST BELFAST MDT - FIRST CONTACT PHYSIOTHERAPY

The OAK Programme

As Health Care Professionals we appreciate that people are different; we enjoy different things and have different goals in our lives. Similarly, osteoarthritis affects people in different ways. So finding the right treatments or management plans to suit your needs is important. This is why the First Contact Physiotherapy team developed the OAK programme – Options, Advice and Knowledge on osteoarthritis of the knee in co-production with community and third sector stakeholders, supported by seed money from the West Belfast GP Federation.

In the session, the OAK team lead by Arlene Blair and Trudy Matchett (FCP West Belfast GP Federation) provided up to date information about osteoarthritis, and information on treatments and approaches that are effective in management of knee osteoarthritis. Within the session, there was also information about what services are available locally.

The first session was held in the Andersonstown Leisure Centre on the 1st October 2024 and was attended by 27 people from West Belfast community who had a diagnosis of osteoarthritis of the knee.

Throughout the session, people were able to speak with representatives from West Belfast Federation MDT, Versus Arthritis, Better Gyms, Connected Community Care, Public Health Dietitians and CEDAR supported employment solutions.

People attending the session were also able to take part in practice exercise sessions with a Chi Me exercise session lead by Lisa Carlisle from Versus Arthritis and a quadriceps strengthening programme lead by Better Gyms.



Above: Victoria Irving GLL Better, Margaret Donnelly & Lisa Carlisle Versus Arthritis, Trudy Matchett & Arlene Blair FCPP

All participants reported that the session was very helpful with increased confidence in managing their symptoms and engaging in local community services.

The OAK team plan to roll the programme out across West Belfast Federation with the next session planned in the Falls Leisure Centre in January 2025



Right: Participants in the OAK Programme

DERRY FEDERATION

SMHP 5 Year Anniversary

‘Reflecting on the past but looking forward to the future’



On 2 September 2024 the SMHP team in the Derry GP Federation marked its 5th anniversary since the team was formed in 2019. The team marked the occasion by getting together over lunch and reflecting on the development and changes that have happened over the past 5 years.

Dr Liam Foy, GP Clinical Lead, offered his thanks and congratulations to the team and the achievements which they have accomplished in such a short period of time. Dr Foy reflected on the anxiety surrounding the idea of having a SMHP in practice however this anxiety was soon expelled and replaced with gratitude. Dr Foy thanked the team for their professionalism, their dedication and above all their loyalty for Practice, Federation and Patients.



On the day, one of our service users kindly presented the team with a special gift to mark this 5 year celebration. In her own words she stated:



‘It’s only a very simple thing, as I didn’t have much time, but I wanted to make something to commemorate all the amazing work that you and your team does. This piece of wood is local Applewood, I chose it because like the tree, your work helps individuals to find their strength again, to take root and to flourish. And just like the apple, those individuals helped with your support, set seeds of hope and healing that grow and blossom within their families and spread even wider out into the communities.’

These very touching words were then matched with an equally beautiful piece of handcrafted woodwork which she went on to present to the delight of the team.

As SMHP Team Lead, along with Nicola McCrea SMHP Deputy Lead, we would like to express our own gratitude and thanks to every member of our team. The ability of the team to embed and develop in this relatively new service within Primary Care has ensured that patients within the Derry GP Federation have had a high quality experienced practitioner, who has local knowledge and is easily accessible.

We also would like to acknowledge the efforts of the Federation and the Member Practices in welcoming and facilitating the implementation of the SMHP team and will endeavor to continue to strive to develop further alongside our colleagues within practices to ensure good quality outcomes for our patients.

Stephen Browne & Nicola McCrea, Derry SMHP Team

WHSCT/DERRY MDT & NHSCT/CAUSEWAY MDT SOCIAL WORK TEAMS



The 'Chatty Carriage' Loneliness Awareness Week June 2024

The 'Chatty Carriage' initiative was to highlight and address social isolation and loneliness in our community which has been a major theme across MDTs and services across the region. The event was in conjunction with WHSCT MDT/Derry GP Federation, the Causeway Loneliness Network, Translink and Causeway MDT/GP Federation. In addition there was an intergenerational aspect to the event with Irish Society PS involved. In all there were 200 participants. The feedback has been very positive and participants have stated how they have made valuable connections within their communities especially as many were isolated post pandemic. The aim is to develop these interconnected networks to encourage social interactions. This forms part of the Social Work MDT aim to help people help themselves through effective community development initiatives and thus encourage less reliance on statutory services at both primary and secondary care levels.

This initiative forms part of a wider remit of MDT and the Causeway Loneliness network to address social isolation, with groups that cater for grief, bereavement, carers stress and mental health issues feeding into the 'chatty carriages' thus widening the reach. As a result we have had participants from all across our federations and surgeries and also connections with community groups such as REACH Portrush, CRUN, Causeway Volunteers all linking with the teams and getting involved from a grassroots level. Translink have also been actively involved not only providing the transport but recognising and working to combat the issue by promoting and co-producing the event.



Some of those who took part in the Chatty Carriage journey pictured at the station in Coleraine.

WHSCT/DERRY MDT SOCIAL WORK TEAM

Health & Wellbeing Event for Older People



The Health & Wellbeing Event for Older People took place on 19th September at the Foyle Arena. This event was organised by our Social Work Assistants and it brought together over 35 community and statutory services.

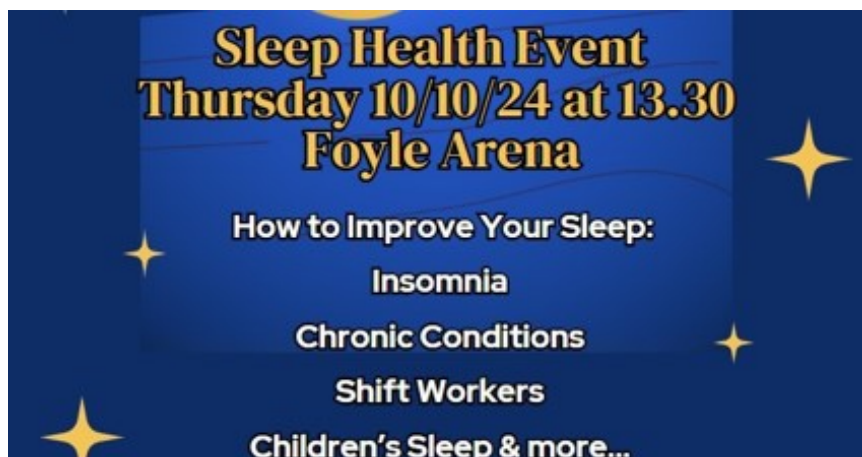
The aim of this event was to raise awareness among older people of the support services available to them in the community, to promote positive ageing, through sharing information on how to live well for longer, and to minimise / prevent common risks associated with older age. Older people were able to avail of health checks (facilitated by University of Ulster nursing students), access referral pathways on the day, listen to key speakers and enjoy taster sessions of some of the activities available for older people in the area. 190 older people attended the event.



WHSCT/DERRY MDT SOCIAL WORK TEAM

Sleep Health Event

Our senior social work practitioners collaborated with other WHSCT staff to facilitate a sleep event on 10th October. 262 people attended the event in person, and a further 26 tune in to the live webcast. This event was aimed at raising awareness of sleep issues, and how they can be best managed using a non-pharmaceutical approach.



Dr David Lee, founder of Sleep Unlimited was the keynote speaker of the day. There were plenary rooms and sessions available for specific service user groups; including those living with chronic illness and pain, children, those who undertake shift work etc.

C&V Funding Applications

Social Workers in PCMDT have a focus on sustainability, when it comes to community development work. Collaborative practice with our third sector colleagues is pivotal to this. Recognising the impact of funding cuts and competing demands, our social workers have readily supported our community and voluntary sector colleagues in completing applications for funding, and/or endorsed applications via confirming the need for proposed projects/initiatives, based on what our data is telling us about the trends, patterns and unmet need in local communities. There are many examples of such applications that have been successful in being awarded funds. Just recently, the social worker based in Ederney GP Practice (Western Rural Healthcare) supported the Ederney Community Hub with an application to the Big Lottery Funding. We received news recently, that this application was successful, and the hub have been awarded £240,000. This is a significant success for such a small rural area, and demonstrates what can be achieved through integrated and collaborative working.

If you have a good news story that you would like us to share in a future edition, please get in touch:

lorraine.goodall@hscni.net

