



Health Improvement Progress Report



"We will work with you to promote and improve your health and wellbeing, striving to reduce health and social inequalities for positive outcomes for all."

2018-19

INTRODUCTION

The Promoting Wellbeing Division works across Trust Directorates and in partnership with statutory, voluntary and community sector partners to promote health and wellbeing and reduce inequalities in health.

This work supports the Trust's Corporate Priorities, particularly:

- We live long, healthy active lives
- Working in partnership

Making Life Better

We work towards achieving the vision outlined in 'Making Life Better', the 10-year strategic framework for public health where: **all people are enabled and supported in achieving their full health and wellbeing potential.**

A key aim of 'Making Life Better' is to strengthen coordination and partnership working to create a whole system approach to public health and wellbeing.

The Trust works closely across sectors with the PHA, HSCB, Councils,

statutory, community and voluntary sector partners.

Healthier Lives Programme

Outcome 4 of the draft Programme for Government (PfG) is that 'We enjoy long, healthy, active lives'.

The priorities and enablers required to achieve this are set out in a Healthier Lives Programme; aimed at increasing the number of years everyone lives in good health, independently and tackling health inequalities. This includes a focus on supporting healthier communities and the Trust is an active partner in Community Planning processes across councils to address priorities for health and wellbeing.

This report summarises the health improvement activity led by the Promoting Wellbeing Division over the last year contributing to the 'Making Life Better' themes. This report should be read alongside the Community Development, PPI, Volunteering, Carers and Travellers Annual Reports.

MAKING LIFE BETTER THEMES

Our health improvement activities span the five theme areas:

Page 3-10

Giving every child the best start in life

Quality parenting & family support

Page 11-14

Equipped through life

Ready for adult life, lifelong learning & healthy active ageing

Page 15-26

Empowering healthy living

Supporting individuals to improve their health behaviours

Page 27

Creating the conditions

Safe and healthy homes and environments

Page 28-38

Empowering communities

Safe and healthy communities and workplaces

Page 39-45

Developing collaboration

Partnership working for health and wellbeing

MAKING LIFE BETTER

Health improvement

Health improvement action is the support and activity undertaken with individuals and communities to enable and encourage healthier lifestyle choices and behaviours.

It involves societal approaches to target and address the social determinants of health and build capacity within communities to improve wellbeing.

The World Health Organisation states that:

Health and wellbeing is not just about the absence of disease or illness, but is also about one's quality of life, physically, mentally and socially.

"Wellbeing is the subjective state of being healthy, happy, contented, comfortable and satisfied with one's quality of life." (NICE)

Gains in life expectancy have slowed with an increase of 0.5 years in males and no change in females. Male life expectancy has continued to improve in NI and female life expectancy remained constant. However healthy and disability free life expectancy has declined. This is in part caused by factors like tobacco and alcohol use, hypertension, obesity and physical inactivity. This highlights the need for continued support to reduce the risks of developing a long term health condition.

Different stages in people's lives and the settings in which we work and live present opportunities for prevention, early intervention and support to influence health and wellbeing.

The Health Improvement leads within the Promoting Wellbeing Division work collaboratively with community development colleagues and others across Trust Directorates to plan and deliver activity, programmes and services that promote better health and wellbeing.

They also provide resources and training to increase knowledge and skills to empower individuals and communities for health and wellbeing.

Services commissioned in 2018/19

In 2018/2019 the Trust was commissioned by the Public Health Agency/HSCB to deliver services and activity in the following areas:

- Early intervention and parenting support
- Roots of Empathy
- Health and wellbeing of looked after children & young people
- Mental health promotion
- Protect Life - suicide prevention
- Sexual health promotion
- Healthy eating, obesity prevention and weight management

- Physical activity training and programmes
- Physical activity programmes for people with a physical, sensory or learning disability
- Health and wellbeing programmes for people with a learning disability
- Stop smoking services
- Accident prevention
- Workplace health

Other funded programmes

In addition the Promoting Wellbeing Division leads on a number of Macmillan Health and Wellbeing services, funded by Macmillan

Cancer Support and Neighbourhood Renewal Health and Wellbeing Plans, funded by Department for Communities (detail provided in the Community Development Annual Report).

FOR MORE INFORMATION

Find out more about our current programmes at

www.southerntrust.hscni.net/124.htm

GIVING EVERY CHILD THE BEST START IN LIFE

Mellow Parenting success for families



Mellow Parenting programme facilitators

5 new facilitators were trained in Mellow Parenting during 2018/2019. These facilitators have used their skills delivering programmes in Armagh and Newry.

The Mellow Parenting programme is aimed at parents of children under four years old and is having great success with parents with additional support needs.

To date **209** families from across the Southern Trust area have participated in the 14 week programme, which helps to build a more positive relationship between parent and child and improve the wellbeing of mothers and children.

Funded by the Public Health Agency, Mellow Parenting is coordinated by the Trust's Promoting Wellbeing Division and is delivered by facilitators from a range of disciplines including Health Visiting, Child and Adolescent Mental Health, Parenting Partnership and PWD staff.

27 Mellow Parenting Programmes have been offered to date.

One mother who participated on the programme said:

"I really loved the programme. I feel closer to my daughter and I understand her more. The support was great."

Evaluation

The emotional and mental health of the participants was assessed using the Strengths and Difficulties questionnaire and the Adult Wellbeing Scale. Both scales were completed pre and post programmes and showed an increased level of wellbeing for mothers on completion of the programme.

Other Benefits: Mother's anxiety levels decreased on completion of the programme and mums reported that their children were:

- More considerate of other people's feelings
- Could stop and think things out before acting

For further information log onto:

www.southerntrust.hscni.net/livewell/mellowparenting.htm

FAST FACTS

In 2018-19:

89 home visits to referred families

18 families completed programmes

GIVING EVERY CHILD THE BEST START IN LIFE

Daily Mile challenge

Evidence highlights that inactivity and obesity in children increases the likelihood of becoming obese adults.

According to the Health Survey (NI) 2017/18, **18%** of children aged between 2 and 15 years are classified as overweight and **9%** as obese. Recognising the importance of the school environment for health promotion, SHSCT and PHA have supported a pilot Daily Mile challenge for schools across the Trust area. Resources were provided to the schools with support of Council Health Inequality Officers.

The Daily Mile is a simple and free initiative, implemented by the school to increase children's physical activity levels, for 15 minutes every day. Children walk or jog together within the school grounds at their own pace, as part of the school day. This has been shown to improve fitness, mental health and concentration of the children.



"Those who were not keen on running to begin with are now starting to run"

"Concentration levels have improved"

FAST FACTS

Number of Daily Mile schools

10 Armagh and Dungannon

11 Craigavon and Banbridge

16 Newry and Mourne

Outcome

To increase physical activity & reduce sitting behaviour for children in primary schools

6

schools participated in the Daily Mile challenge 2018 over 6 weeks

1070

school children participated in the Daily Mile challenge on at least 3 times per week

40%

of teachers took part in the Daily Mile

Wide range

of classes from Primary 1 to Primary 7

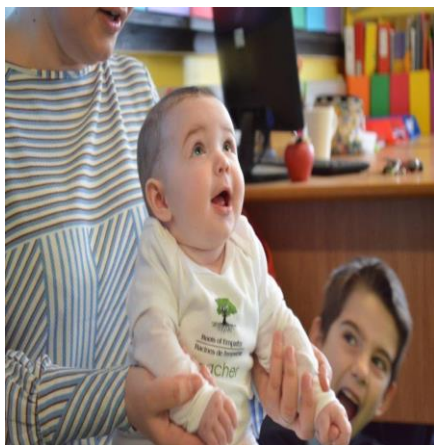
GIVING EVERY CHILD THE BEST START IN LIFE

Roots of Empathy

The PWB Division coordinates the Roots of Empathy (ROE) programme in primary schools across the Southern area in partnership with local schools and the Education Authority, Southern Region.

The programme, which is funded by the Public Health Agency (PHA), was founded in Canada in 1996 by Mary Gordon. To date in the SHSCT area **4,660** pupils have participated in the ROE programme.

In 2018/2019 **27** ROE programmes were delivered in **27** Primary schools in the Southern area and **717** pupils benefited from the 27 week programme.



Key to the programme delivery is a baby and his/her parent who visit the classroom throughout a school year.

A trained Roots of Empathy Instructor coaches the pupils to observe the baby's development and feelings. Over the year pupils learn that everyone is different and how personality and experience makes everyone unique. They learn about how the human brain develops and is related to feeling secure and loved.

They also learn about what is involved in caring for a baby, why babies cry, the importance of sleep, that everyone has feelings, the importance of verbal and non-verbal communication and how to keep themselves safe.

Art work and singing are used as part of the programme delivery to support the pupils to reflect on their own thoughts and feelings and empower them to apply the learning to everyday life. The "emotional literacy" skills taught in the programme lay the foundations for good mental health and wellbeing and being able to develop positive relationships.



FAST FACTS

27 programmes

delivered in **27** primary schools in the Southern area

7 new instructors were trained

4 new primary schools joined the programme including:

- Richmount PS Portadown
- St. Mary's PS Castlewellen
- Moyallon PS Portadown
- Hamiltonsbawn PS Armagh

717 pupils benefited

Evidence shows that children who take part in the programme experience an increase in proactive social behaviours such as sharing, helping, inclusion and show a decrease in bullying and aggressive behaviour. A Queens University Belfast study concluded that Roots of Empathy is a cost effective programme that complements the current NI Curriculum and has been well received in schools.

The annual Roots of Empathy Baby Celebration event was held in Armagh Teachers Centre in June to thank the babies and their families and facilitators for their contribution to teaching the programme to children in the Southern area.

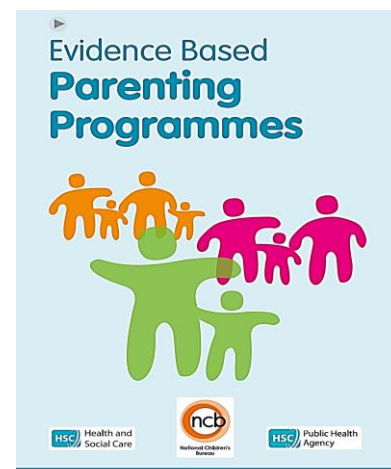
GIVING EVERY CHILD THE BEST START IN LIFE

Supporting good quality parenting and family support

A child's physical, social, emotional and cognitive development in the early years strongly influences their future wellbeing, educational attainment and capacity to engage in relationships and the world of work.

The role of the SHSCT Child Development Interventions Coordinator is to provide support and capacity for the development of a range of evidence based parenting support programmes across the age spectrum (pre-birth to 18 years).

A regional leaflet has been created which lists the evidence-based parenting programmes currently delivered in Northern Ireland, supported by Child Development Interventions Coordinators. This list is not exhaustive and may change over time.



The Coordinator also supports a number of local implementation groups including:

- Family Nurse Partnership
- Early Intervention Support service – Level 1 (Getting Ready for Baby and Toddler) and Level 2 (Early Intervention Family Support 0-18)
- Family Support Hub Steering Group
- CAWT Cross Border MACE Programme

The following details some examples of activity supported in year with the statutory, voluntary and community sectors.

Strengthening Families

The Strengthening Families Programme is an evidence-based 14 week parenting programme for the families of children 12-16 years.

Parallel sessions are delivered to parents and young people each week with transport and childcare provided to support engagement. Strengthening Families is found to significantly improve parenting skills and family relationships, reduce challenging behaviour, address alcohol and drug issues in young people and improve social competencies and school performance.

ASCERT is funded by the PHA to deliver this programme in the Southern area in partnership with local family support providers.

Examples of individuals and organisations involved in the delivery of the programme in the Trust in year were the Parenting Partnership, Education Welfare Service and SPACE, along with a number of volunteers who gave of their time.

During this year support has been given to ASCERT and the Strengthening Families steering group to deliver two 14 week Strengthening Families programmes in Newry and Portadown areas.



Martina McCooley, Child Development Interventions Coordinator, Tel. 028 3756 4462
martina.mccooley@southerntrust.hscni.net

GIVING EVERY CHILD THE BEST START IN LIFE

Infant mental health

The Infant Mental Health Framework for Northern Ireland recognises that *‘protecting and nurturing mental health in childhood contributes to productive social relationships, effective learning and good physical health throughout life’*.

The framework advocates the need for practitioners to have a better understanding of the importance of attachment and the essential elements of positive social and emotional health in infants. It also highlights the need for improved parental skills to engage positively with infants to maximise their social and emotional development.

There are a range of examples of activity in the Southern area contributing to the principles of the Regional Infant Mental Health Strategy enabling professionals to support families of infants/children, particularly recognising and responding to predictors of vulnerability in infants and families.

A process has been initiated to develop a Southern Area Infant Mental Strategy and Action Plan. A multi-sectorial strategy working group has been established to progress engagement and development of the strategy and has planned a stakeholder event in May 2019 to determine the key elements of the strategy and actions. Representation from across the voluntary, community and statutory sector is being sought at this event.



Solihull Approach

The Solihull Approach aims to increase emotional health and wellbeing through both practitioners and parents.

It is recognised as a key means of promoting infant mental health messages.

The Solihull Approach is used for workforce development to increase skills and knowledge, consistency and shared language across agencies working with children and families.

It gives a robust understanding of the importance of the first three years in supporting the best start in life.

Solihull Approach training continues to be progressed in the Southern Trust area. Extensive training has been provided to key practitioners supporting families of children pre-birth to 3 years, such as midwives and health visitors.

Training for early years providers is supported by the Southern Childcare Partnership and facilitated by the Trust specialist health visitors. There are plans to extend training to all practitioners in early years settings.

Within social work, Solihull training is embedded as part of the training calendar with two programmes offered each year. Places are also allocated to family support practitioners in the community and voluntary sector on this training.

A Training for Trainers programme has also been delivered within early years and social work to sustain delivery of the Solihull Foundation programme.

GIVING EVERY CHILD THE BEST START IN LIFE

Incredible Years

Incredible Years is a series of evidence-based programmes for parents and teachers of children 0-12 years.



The programme suite aims to reduce behavioural difficulties and to promote problem solving, social competence and emotional regulation.

Core programmes have been evaluated globally by independent researchers using Randomised Controlled Trials (RCT) and have been shown to be highly effective.

The Incredible Years® pre-school basic parent programme is listed as a Level 1 Programme in the Graham Allen Early Intervention report.

Early Intervention Foundation (EIF) ratings of the Incredible Years® programmes range between 3 or 4+. In the 2016 EIF report,

Foundations for life: What Works to Support Parent Child Interaction in the Early Years, the Incredible Years® Preschool BASIC Programme is one of only two programmes that received a 4+ rating.

This year the SHSCT provided opportunities for practitioners in Autism Services, Parenting Partnership and Middletown Centre for Autism to train to deliver the Incredible Years Autism and Speech and Language Delay Programme. Two programmes for parents commenced March 2019 and feedback to date has been excellent.

Supervision and Support

The quality and fidelity of programme delivery continues to be a key focus for the Child Development Interventions Coordinator.

Supervision and support workshops have been promoted to practitioners and managers through the developments of a regional events calendar.

Workshops cover the themes of programme fidelity, peer networking (opportunities for shared learning) and the use of impact measurement tools to determine progress made for families along with skills development for practitioners. The level of uptake continues to be very good and the progression opportunity for practitioners engaging in supports remains high.

Further practitioners have secured accreditation in their fields of delivery which impacts considerably on their confidence levels along with considerable impact on recruitment and retention of parents onto programmes.

Incredible Years also have a second mentor in Northern Ireland with capacity to deliver training for the delivery of the school age programme.

The SHSCT CDIC coordinator offers a lending library for Incredible Years resources such as programme packs and cameras to support those delivering programmes. This continues to be utilised and valued by organisations.

GIVING EVERY CHILD THE BEST START IN LIFE

Odyssey Parenting Your Teen



ParentingNI

Odyssey Parenting Your Teen is a Universal programme to improve communication and relationships between parents and their teenagers

This programme covers a range of themes including teen development, self-esteem, rules and consequences, dealing with conflict and problem solving. The programme promotes authoritative parenting, which has proven to be most effective.

Two contracted programmes have been provided in year by Parenting NI in the Southern Trust area (Newry and Portadown), with very positive engagement at each.

An additional programme was supported through local PHA funding for the Banbridge area and the level of uptake again has been extremely positive.

"It has helped me calm down and communicate better with my teen. Better understanding of how my son feels"

"Very good, breaks things down"

"Really helpful to see alternative ways of tackling parenting problems"

Parents Plus



Parents Plus is a charitable organisation that provides training on evidence based parenting programmes to professionals working to support families in both community and clinical settings.

The Child Development Interventions Coordinator secured additional funding through PHA to offer training for staff within Tier 2 CAMHS and the Trust Autism Services to deliver on the Parents Plus Adolescents programme (parents) and Working Things Out (teen) programmes. The Parenting Plus Adolescent programme considers how parents can connect with and build good relationships with their teenage children, while being firm and influential in their lives. Working Things Out is an evidence-based CBT programme for adolescents (aged 11- 16) promoting positive mental health and teaching coping skills to overcome specific problems. The programme aims to help young people build communication and conflict resolution skills in order to help them improve their relationships within their families, in school and in the community.

Planning is underway to have both programmes available to families of children attending the CAMHS and Autism services. Evaluations will be carried out to determine the effectiveness and impact of the programmes for the families involved. Supervision and support will also be provided to the staff facilitating the programmes to ensure fidelity and to maximise on the opportunity for retention of participants on the programme.

GIVING EVERY CHILD THE BEST START IN LIFE

Child Safety in the Home Training

Throughout 2018-19 the Promoting Wellbeing Division has promoted safer homes for children by providing training for staff working with children and young families across the Trust area.

"Equipped me better to inform parents of home safety risks"

20 people completed the accredited 'Child Safety in the Home' training delivered by the Royal Society of Prevention of Accidents (ROSPA). Including:

- Health Visiting Teams
- Family Support Workers
- Promoting Wellbeing
- Division Support Workers
- Children's Nurses
- Child Health Assistants

"Will help guide provision of home safety information during assessments"

"Given me tools to deliver home safety advice to clients"

Alex and Connie Puppet Shows

The Promoting Wellbeing Division commissioned Beam Creative Network to deliver Alex and Connie Puppet shows to primary schools and early years settings across the Southern Trust area.

855 children participated in 20 puppet shows in 18/19.



FREE interactive puppet show covering the most common accidents involving young children in the home:

- Falls
- Fire
- Burns and scalds
- Poisoning
- Fireworks

To book a performance contact:
kathryn@beamcreativenetwork.com
or Call – 028 87769157

LIMITED SPACES
Promoting Wellbeing Team



Burns and Scalds Campaign

Did you know that a child's skin is 15 times thinner than an adult's and will burn or scald much more easily?

Helpful tips to prevent scalds

- Put hot drinks down before holding your baby or child.
- A hot drink can scald up to 15 minutes after it has been made.
- Remember that soups and stews can cause scalds also.
- When heating bottles or baby jar food, mix well and test the temperature before giving to your baby or child.
- Keep ALL hot items out of reach of children.

www.nidirect.gov.uk/burns-safety-advice

For more information please contact the home safety team on 028 3791 3800 or homesafety@armaghbanbridgecraigavon.gov.uk

Burns and scalds are perhaps two of the most serious childhood injuries imaginable. Not only are they extremely painful, and occasionally life threatening, they can cause scarring that lasts a life time. Children are particularly at risk, due to their natural inquisitiveness and because their skin is thinner than an adult's they are more sensitive to high temperatures.

Newry Mourne & Down, Armagh, Banbridge and Craigavon Borough Councils, Public Health Agency and the Southern Trust are working together to raise awareness of how to prevent burns or scalds. A poster and business card has been created with prevention tips for the general public. These are available from Promoting Wellbeing Division and have been distributed to premises providing hot food and beverages in the council areas.

EQUIPPED THROUGHOUT LIFE

Supporting care experienced young people

The PHA provided £15,000, to support care experienced young people improve their health and wellbeing and a number of different programmes were facilitated in the SHSCT area.



Personal Development Programme

A Personal Development programme was facilitated and attended by **15** care experienced young people aged 12-21 years from throughout the Trust area. The programme was held over 12 sessions with an **85%** attendance rate. The young people had fun and simultaneously achieved personal goals and targets identified and set by themselves in partnership with their carers and personal advisor. Young people reported improved self-esteem and self-efficacy and were more aware of the benefits of exercise and activity.

Participation in physical activity supported better physical, mental and emotional wellbeing. To support evaluation of the Leisure Scheme and the Personal Developments Programme the Warwick-Edinburgh Mental Wellbeing Scale was used pre and post programmes to assess the wellbeing of the young people. There was a small but significant improvement, with an average increase of 6.1 (Pre score 36.1 – Post score of 43.2).

Leisure Scheme

Partnerships have been established with local councils and a scheme established to support care experienced young people participate in local leisure provision. **106** young people benefited from the innovative programme between April 2018 and March 2019. Each young person was encouraged and supported to take part in an activity of their choice and when necessary appropriate clothing and resources were purchased through a complementary voucher scheme.

In addition the Community Engagement Project Worker who was funded 10 hours per week as part of the Health and Wellbeing Plan, mentored **29** young people and enabled them to join local clubs and benefit from sporting and leisure activities including rugby, soccer, GAA, cycling, drama, pilates, swimming and art.



Small Cost Programme

The Small Cost Programme, which offers flexible support to meet personal development needs of young people, supported **53** of the 79 applications that were received from individuals and groups. These included hair dressing courses, driving theory sessions, CSR work cards, personal care, team building activities and group activities.

All of the young people and their respective carers reported that they had developed their self-confidence and acquired new skills. This led to improved health and wellbeing and enhanced independent living skills. They also felt this programme respected their right to choose, their right to self-determination, expression and play.

Colm McCafferty, Assistant Director, Corporate Parenting in the SHSCT commented:

"The LAC Health and Wellbeing Programme is a good example of how additional funding has enabled the Trust to provide creative health and wellbeing opportunities to enhance the support available to young people in and leaving the care of the Trust"

EQUIPPED THROUGHOUT LIFE

Supporting care experienced young people (contd)

Quotes from young people

TASKE Community Engagement Project Worker

The Community Engagement Worker mentors care experienced young people to engage in the many different groups and organisations in the community who provide opportunities for sport, music, drama, dance, art and crafts and other activities that will support their health and wellbeing and engagement.

"I feel that going for walks really helps me clear my head and I would not be able to motivate myself"

"I really want to build up my fitness and confidence, that I can do this myself eventually"

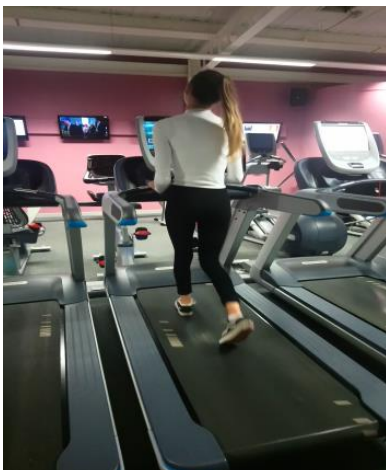
"I really enjoy our sessions every week"

Quotes from staff

"The confidence she has gained is amazing. She's trying everything and making better decisions"

"He has made new friends at football and really enjoys going every week"

"I think it's a really good idea to refer the younger age group from 16 plus team"



EQUIPPED THROUGHOUT LIFE

Promoting Wellbeing Training 2018-2019

The Promoting Wellbeing Division coordinates the delivery of training to build knowledge, skills and capacity to improve health and wellbeing.

Throughout the year training delivery included programmes supporting mental health and wellbeing, physical activity, nutrition and weight management, parenting and home accident prevention.

Fast facts

52 courses

785 participants

- **72** attendees took part in interactive **Autism Awareness** sessions specifically for those working with a child or with parents of a child on the autism spectrum.
- **20** people supporting families completed **Sleep Awareness** training enabling them to raise awareness of the importance of sleep for children and young people's physical and emotional wellbeing.
- **41** people completed City and Guilds certificates in **Child Safety and Home Safety** training
- **20** new **Walk Leaders** have been trained in the Newry & Mourne Area
- **23** people gained an OCN Level 2 qualification in **Chi Me** to facilitate sessions with older people and those with health issues
- **22** people attended **Fire Safety and Carbon Monoxide** awareness training

"Great information on autism and very worthwhile training course".

Autism Awareness

"Training was excellent – good balance between theory and case studies".

Sleep Scotland (May 2018)

"Very good course, good delivery and practical"

Child Safety
(March 2019)

"Training facilitator was excellent. Organisation of the course overall was excellent".

RoSPA Home safety training (Sept 2018)

"Really good course. Informative and very well presented".

Walk Leader training (2018)

"Enjoyed the course and looking forward to delivering some Chi Me sessions"

Chi Me (May 2018 & March 2019)

EQUIPPED THROUGHOUT LIFE

Promoting Wellbeing Training

- **25** facilitators trained in **Chair Based Activity** gaining an OCN Level 2 qualification and equipping staff to deliver the training in Day Centres, Nursing and Residential Homes and those working in the community to deliver to groups of older people.
- **30** people attended 2- day interactive **ASIST** (Applied Suicide Intervention Skills) training giving them the skills to help prevent the immediate risk of suicide.
- **45** attendees at Suicide **Awareness** sessions.
- **25** staff attended **Mindfulness** sessions to gain knowledge in a range of mindfulness techniques for their own mindful practice and self-care.
- **31** new **Cook it!** Facilitators have been trained in the SHSCT area.
- **16** **I Can Cook it!** Facilitators trained to deliver for adults with mild to moderate learning disabilities.



"Very good course. Fun and informative".

Chair Based Activity September 2018

"The course was excellent, I really enjoyed it, very helpful and I will be able to use in my work".

ASIST 2018

"Course pitched at a very effective level"

Suicide Prevention

"The training provided me with new ways to think about being present and in the moment".

Mindfulness

"The trainers were knowledgeable and helpful"

Cook it! Facilitator Training

For more information contact:
Pwb.training@southerntrust.hscni.net

EMPOWERING HEALTHY LIVING

Cancer prevention and screening uptake

Breast awareness and early detection is vital in reducing the number of women dying from breast cancer. However, about 25% of women invited do not attend for screening.

The breast screening programme invites women aged between 50 and 70 every three years for a routine mammogram. The Promoting Wellbeing Division continues to support the Breast Screening Service in promoting the uptake of breast screening.

25% of women invited for breast screening do not attend

Lower screening uptake was noted in women with a Learning Disability (LD). The Trust Breast screening service, Health Improvement and LD Health Facilitators and PHA worked together on an IHI quality improvement project to help improve access to the Breast Screening service for those with a learning disability. A pilot is being undertaken with 2 GP practices in Dungannon. To inform this surveys have been completed with service users, carers and staff. Currently the service is offering 'pre appointment' site visits for women with a LD to prepare them for screening.

It is hoped that this will result in increased uptake of the service by women with a learning disability and a more positive user experience. It is also planned to continue to offer pre appointment visits to all women with a LD.

Learning disability awareness training was also delivered to the Breast Screening staff to increase their skills in supporting women with a LD. All Breast Screening Staff have also completed E-Learning training in: 'Equality, Good Relations and Human Rights: Making a Difference', 'Sensory Awareness for Frontline Staff' and 'Caring for people with a learning disability in a hospital setting'.

Awareness Raising

To promote Breast Cancer Awareness month articles were developed for U- Matter and newsletters such as Domiciliary Care and FUSE.



Be Cancer Aware

The Promoting Wellbeing Division has established a multi sectorial Be Cancer Aware sub group to support implementation of the Armagh, Banbridge Craigavon Council community plan theme of Healthy Communities.

The group includes Council staff, Trust breast and bowel screening staff, dermatology, Cancer Focus, Action Cancer, Bowel Cancer UK, Macmillan and WRDA.

27 participants have attended bowel and skin cancer prevention training.

FOR MORE INFORMATION

Please see www.cancerscreening.hscni.net or www.southerntrust.hscni.net/services/3362.htm

EMPOWERING HEALTHY LIVING

Gimme 5 Youth Worker Training

The 'GIMME 5' resource is used by the Education Authority Youth Workers and the Promoting Wellbeing Health Improvement Officer to enable youth workers to promote positive wellbeing with young people.



The resource is based on the New Economics Foundation (NEF) evidence-based '5 Ways to Wellbeing' messages for good mental health and wellbeing and provides a range of activities to help young people explore and develop their personal strengths and resilience.

Training delivery

During 18/19 GIMME 5 facilitator training was provided on 7 occasions with 111 participants from a range of disciplines trained including youth workers, teachers and community workers. In the Southern area 210 young people took part in GIMME5 programmes, with positive feedback received.

In addition support was provided to train 78 youth workers from across Northern Ireland to enable them to deliver (LTP) in schools and local youth clubs across the region.

"We learnt about looking after how we feel in a simple, fun way. I loved the exercises; they were a good way to get the message across. It's good to know that there are simple things I can do to look after myself."

(Young person who participated in Gimme 5 sessions)

Fast Facts

111 people participated in GIMME 5 facilitator training

210 young people participated in GIMME 5 sessions

Hopeful Minds facilitator training

The Hopeful Minds facilitator programme was introduced to the Southern Trust for the first time in March 2019, delivered by Marie Dunne founder of Hopeful Minds NI.

Hopeful Minds was developed by IFred (the International Foundation for Research and Education on Depression) and is based on research that suggests hope is a teachable skill. Its aim is to equip students, educators and parents with the tools they need to find and maintain hope, even during the most trying of times.

This two day training equipped participants with the knowledge and skills to deliver the programme, with each participant receiving a training pack containing lesson plans and resources.

18 participants from across statutory, voluntary and community sectors completed the training. Feedback on the programme was very positive with participants expressing their commitment to deliver programmes with those they support.



EMPOWERING HEALTHY LIVING

Take 5 Steps to Wellbeing

The Promoting Wellbeing Division continues to promote and embed Take 5 Steps to Wellbeing, a public health message aimed at promoting positive mental health.

In the Southern area during 2018/19 Take 5 Ambassador Briefing Sessions were developed and introduced. These sessions provide participants with the knowledge and resources needed to deliver short Take 5 sessions in their communities.

90 Take 5 Ambassadors have attended briefing sessions to date and Take 5 awareness sessions have been delivered to 420 individuals in local communities.

FAST FACTS

90 Take 5 Ambassadors have spread the Take 5 message to **420** people living in our communities

Take5
steps to wellbeing



Connect
Connect with the people around you: family, friends, colleagues and neighbours. Spend time developing these relationships. They will support and enrich you every day. We connect when we feel able to be ourselves, share our thoughts or feelings, or share a new experience together.



Be active
Go for a walk or run. Step outside, swim or cycle. Play a game, Garden or Dance. Exercising makes you feel good. Most importantly, discover a physical activity that you enjoy; one that suits your level of mobility and fitness



Take notice
Stop, pause, and take a moment to look around you. What can you see, feel, smell, hear or taste? Look for the new, unusual or extraordinary in your everyday life. Think about how that makes you feel. Practice gratitude



Keep learning
Try something new. Rediscover an old interest. Sign up for a course. Take on a different responsibility at work. Fix a bike; learn to play an instrument or how to cook your favorite food. Set a challenge you will enjoy achieving. Learning new things can be fun.



Give
Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Think of other people. Giving something back can be incredibly rewarding and will create connections with the people around you.

Bibliotherapy

libraries ni
www.librariesni.org.uk

Read yourself well!

Evidence shows that reading about and understanding your condition can help you to feel better. To support this Trust coordinates a Bibliotherapy scheme.

Delivered in partnership with Libraries NI, the Bibliotherapy scheme has enabled all libraries in the SHSCT area to have a collection of books covering a range of mental health and wellbeing issues.

In 2018/19 training was delivered to 15 library staff in promoting Take 5 steps to wellbeing with library users.

Activities in 2018/19

Additional books purchased to extend range.

Books are available in 13 libraries across the Southern Trust area.

4727 bibliotherapy books were borrowed from the libraries during this time.

Most popular topics borrowed:

- Depression
- Sleeping problems
- Mindfulness
- How to be happy

EMPOWERING HEALTHY LIVING

The Health Clinic for young people

The Promoting Wellbeing Division continues to deliver health and wellbeing clinics for young people aged 16-25 years across all Further Education College settings within the Trust area.

The Health Clinic supports and encourages young people to make informed and positive choices regarding their sexual health through weekly access to sexual health services across each College Campus. The clinic provides information, advice, support, signposting and onward referrals relating to a wide range of health issues including; smoking, drugs, alcohol, mental health and weight management.

2018/2019

- 675 Attendances
- Male - 358
- Female – 310
- Other – 7

Reason for attending clinic

- 557 condom packs
- 40 STI tests
- 25 emergency contraceptive pill
- 20 pregnancy tests
- 19 contraceptive pill
- 18 smoking cessation
- 8 HIV POC test

The Health Clinic services are responsive and develop to meet the needs of young people. In 2018/2019 the service implemented HIV POC testing, access to free sanitary items and a stop smoking support service for young people. The feedback from service users reflects the importance of having an on-site health service within the FE College.

The Clinic staff have increased links between the Colleges and Promoting Wellbeing, as well as a number of community and voluntary organisations. This has resulted in improved access to a wider range of health promoting initiatives and training opportunities for College staff and students.

Awareness campaigns

The Health Clinic staff participated in Student Freshers' week, promoting health issues and awareness of sexual health in conjunction with regular classroom visits each term. Focused campaigns were also supported through the term year including Stoptober, Mental Health Awareness week, Christmas/New Year Festive Season Safety, Sexual Health Week and No Smoking month.

The Health Clinic coordinated awareness workshops to promote World AIDS day in December and Sexual Health week in February. Twelve HIV awareness workshops were delivered collaboratively by Health Clinic staff, FE College Wellbeing Coordinators and Positive Life with 250 students attending the workshops. The workshop included an overview of HIV and challenged the ongoing stigma associated with the condition.

In February, the Health Clinic, PSNI and FE College Wellbeing Coordinators facilitated consent workshops across 5 campuses in which 250 young people participated.

The campaign highlighted the regional campaign #nogreyzone.



To support the partnership working across sectors a Memorandum of Understanding was updated and signed by Chief Executives of the SHSCT, SWC and SRC.

Information regarding the full range of contraceptive and sexual health services available through the Trust is now available at

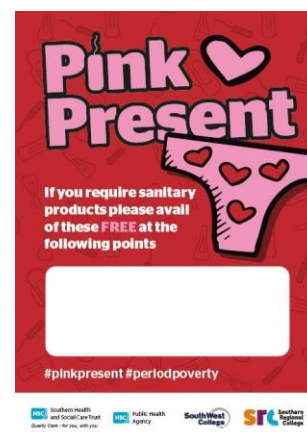
www.southerntrust.hscni.net/services/HealthClinic%20.htm

EMPOWERING HEALTHY LIVING

The Pink Present

The Pink Present pilot was launched on International Women's Day to address the issue of period poverty. A range of sanitary products have been made available and accessible in all FE College Campus sites and one Youth Engagement Centre within the Trust area. This initiative ensures that young women do not miss out on their education because

they have their period and cannot afford sanitary items. **Donation** sites are also available in each FE College, Promoting Wellbeing office and PHA office in the SHSCT. Reaction has been overwhelming with recent Facebook posts promoting the pilot outperforming all other posts on the SRC Student Union page. College staff have also highlighted the value of the service:



“The Pink Present is a fantastic initiative providing extra support to students who already face more issues nowadays than ever before” (College staff)

Health and Wellbeing Room Daisy Hill Hospital

A Health and Wellbeing Room has recently been opened in Daisy Hill Hospital for visitors, service users and staff attending the hospital to access health and wellbeing information and services.

A Promoting Wellbeing Resource Wall Holder has been erected outside of the HWB room so that resources can be accessed if the room is being used. The HWB Room also continues to be well utilised by community and voluntary staff including Alzheimer's Society, Arthritis Care, and Orchard Women After Stroke Group. Staff also continue to run their campaigns and initiatives from the Hub in Craigavon.



Promoting Wellbeing staff, acute staff and voluntary sector providers use the room to promote awareness of health issues and signpost people to appropriate services. The Stop Smoking Service, PPI team and Community Advice Service are currently offering their services on a weekly basis.



EMPOWERING HEALTHY LIVING

Self-help for emotional health and wellbeing



The Promoting Wellbeing Division provides access to a range of evidence based self-help booklets to support emotional health and wellbeing.

Display stands for the booklets have been purchased and distributed to organisations and HSC settings across the Southern area including GP surgeries, community and voluntary settings.

Online access is also available and the booklets are available in audio format and can be downloaded from the Southern Trust's online bookcase at:

www.southerntrust.hscni.net/livewell/MentalHealth.htm

Stress Control Programme

In partnership with the Primary Mental Health Care Team and Regional Colleges in the Southern area, a series of 6 week Stress Control classes have been delivered across the Southern area.

The programme, which is delivered by Cognitive Behavioural Therapists, aims to support those experiencing stress, anxiety and depression by equipping them with skills and techniques to manage their symptoms.

Topics covered include: an overview of what stress is, controlling your body, controlling your thoughts, controlling your actions, getting a good night's sleep and planning for the future. Classes are delivered in a range of settings in the Southern area including local libraries, Southern Regional Colleges and other community/voluntary settings.

STORM training

The Promoting Wellbeing Division arranged STORM (Skills Training in Suicide Prevention and Self-Harm Mitigation) Level 2 and Level 3 for **32** people who work directly with individuals at risk of suicide and self-harm.

Self-care training

During 2018/19 the Promoting Wellbeing Division organised 5 Self-Care Awareness workshops attended by **72** Trust staff including staff from the Mental Health Division. Participants explored stress, burnout, compassion and compassion fatigue before practicing and planning personal self-care.

FAST FACTS

In 2018/19 **21** programmes were delivered with **556** participants, an increase of 152 on the previous year.

Self-Harm Awareness Sessions



A total of **55** Education Authority staff participated in **5** Self Harm Awareness sessions delivered by Zest. The sessions explored the issue of self-harm and provided a range of information on support available for people at risk.

REQUEST COPIES

To access printed booklets contact Promoting Wellbeing at

pwb.resources@southerntrust.hscni.net

Or download copies from

<http://www.southerntrust.hscni.net/livewell/MentalHealth.htm>

EMPOWERING HEALTHY LIVING

Diabetes Prevention Programme

Northern Ireland

A new Diabetes Prevention Programme is set to be delivered in the coming months. The programme is designed to help delay or prevent the onset of Type 2 diabetes for those at risk of developing this disease.

The number of people living with diabetes in Northern Ireland is estimated at 96,000 with Type 2 diabetes accounting for 90% of all cases.

Type 2 diabetes can have an enormous impact on an individual's quality and length of life but the good news is research indicates that for most people a Type 2 diagnosis is largely preventable or can at least be postponed, by making some simple changes in their day-to-day lives.

Transformation funds have been allocated regionally across Trusts to progress an evidence-based Diabetes Prevention Programme (DPP). This behavioural intervention programme focuses on preventing the development of Type 2 diabetes in at-risk individuals through 18 interactive group education sessions covering nutrition, physical activity and behaviour change.

The Southern Trust has appointed a manager and health coaches to progress delivery of this programme in the Southern area. A steering group has been established and is supporting joint working with the Integrated Care Partnership and primary care to progress referrals from GPs to the programme.

For more information email:

diabetesprevention@southerntrust.hscni.net

or contact them on

028 3756 2201



Meet the team from(left to right) : Malachy Nixon - DPP Manager, Laura Burke-Health Coach, Ellen Teague-Health Coach, Sharon Martin -Admin Support, Louise McDougall -Health Coach.

The DPP in NI is for people referred by their GP or Practice Nurse who are:

- Age 18 years and over and
- Identified as at high risk of developing diabetes by a blood test of either HbA_{1c} 42-47 mmol/mol or FBG 5.5-6.9 mmol/l in the last 3 months
- No subsequent diagnosis of Type 2 diabetes.

Exclusion criteria:

- Patients with Dementia
- Patients with terminal disease
- Pregnancy/Breastfeeding

EMPOWERING HEALTHY LIVING

In 2018/2019

What we delivered

69 community nutrition education programmes delivered

65 new facilitators trained

35 Cook it! programmes

11 I Can Cook it! programmes

3 Food Values programmes

10 Choose to Lose programmes

2 Cook it! taster sessions

8 Goodfood Toolkit sessions

624 Participants in the Southern Trust area

2 health promotion events supported

16 support visits to trained facilitators

5 one to one update sessions for facilitators



Contact the Cook it! Team

For more information on any of these programmes, contact the Cook it! Team Dietitians at

cookit@southerntrust.hscni.net

028 3756 4544

Cook it!
fun, fast food for less



Cook it! Team

The Cook it! Team coordinate the delivery of evidenced-based nutrition programmes.

The Team's key role is to train and support a network of facilitators to deliver evidence-based nutrition and cooking skills programmes across community and HSC settings. The Cook it! Dietitians trained 65 new



In addition to core programme delivery, there were also two health promotion events supported by the Cook it! Team.

"Learnt about portion sizes and what foods are high in fat and healthier substitutes"

"I am now more mindful of what I eat"

facilitators in 2018/19 to work within a wide range of community groups. Update sessions were also provided to facilitators on the new Cook it! Manual, Eatwell Guide, Food Safety and BME materials

Monitoring and Support

To ensure good practice the dietitians provide support visits.

"Excellent training, I have learnt so much"

Feedback from facilitators' evaluations remains very positive and demonstrates participants' behaviour change.

In 2018/19 we trained the following facilitators:

31 Cook it!

16 I Can Cook it!

4 Choose to Lose

14 Goodfood toolkit



EMPOWERING HEALTHY LIVING

SHSCT staff Cook it!

The Cook it! team Dietitian and Dietetic Support Worker delivered a Cook it! programme to 10 staff within SHSCT.

"The sessions were very well explained, lots of helpful advice, food labelling, choice of food"

The 6 week community nutrition programme promotes healthy eating, good food hygiene and enhances cooking skills.

To meet demand, a second programme commenced on 2 May 2019 and a further programme is planned for autumn 2019.

Staff weight loss

Staff weigh-in sessions were offered by Dietetics across a number of Trust sites from January to March 2019. The **121** staff participating achieved **58.3 kg's (9st 2lb)** in weight loss.



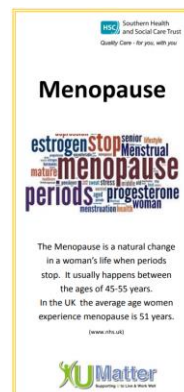
Nutrition in the workplace

The Trust's Cook it! Team Dietitians continue to provide staff with a great selection of healthy recipes via the recipe of the month initiative.

On 4 February 2019 the first taster session of "Recipe of the Month" was held in all staff dining rooms across SHSCT. This was a joint initiative to support World Cancer Day.

Table Talkers

The Cook it! Team and core dietetics continue to coordinate the development and distribution of a range of Table Talkers to promote healthy eating and support conversations about health in the dining rooms across the Trust.



Two new table talkers were produced on 'Menopause' and 'Caffeine' in addition to 12 already produced.

The full range of recipes and table talkers can be accessed by staff via:

<http://www.u-matter.org.uk>



Workplace health

The Nutrition in Workplace Group has been working locally with catering staff to support the implementation of HSC Minimum Nutrition Standards for Catering. Current catering provision has been audited against the Nutrition Standards and recommendations made to improve food and drinks provision in Trust dining rooms in line with the standards.

EMPOWERING HEALTHY LIVING

Stop Smoking Services

The Trust continues to deliver quality Stop Smoking Services across the Trust area, funded by the Public Health Agency.

In 2018/2019 the SHSCT Stop Smoking Services supported **1,155** smokers to plan their quit attempt with 61% of clients successfully quitting at 4 weeks.

Further successes were noted in clients with chronic disease with 444 people supported through Trust stop smoking services in year with an overall 69% quit rate at 4 weeks. Particular success was achieved in supporting cardiovascular patients to quit smoking with 76% quit at 4 weeks following their quit date.

Stop Smoking Service:

stop.smoking@southerntrust.hs.cni.net

028 3756 4400



Brief intervention training

A rolling programme of Brief Intervention training is offered to Trust staff to enable them to discuss smoking with service users and encourage uptake of referral.

In 2018-2019, **505** people received Brief Intervention training.

Free online Brief Intervention training is available to support brief discussions about smoking and alcohol use and physical activity at:

www.medicinesni.com

Make March Your Month to Quit

The Stop Smoking team promoted March as a month to quit smoking, with stands across hospital and community settings. There was also comprehensive promotion through the Trust's social media to promote uptake of the Stop Smoking Services.

FAST FACTS

1,155

smokers supported through our Stop Smoking Services

61% of clients quit at 4 weeks

These figures include:

146

 pregnant women

60% quit*

21

 partners of pregnant women

62% quit*

442

 routine and manual workers

67% quit*

248

 clients with cardiovascular disease

76% quit*

160

 clients with respiratory problems

61% quit*

9

 cancer patients

75% quit*

27

 diabetic patients

62% quit*

*Quit % at 4 weeks stage

EMPOWERING HEALTHY LIVING

Falls prevention with older people

Falls represent the most frequent and serious type of accident for those over 65 years and are the most common reason for loss of independence and quality of life for older people.

Raising awareness of how to prevent falls within the older population is a key objective for the Southern Trust and the Promoting Wellbeing Division

During 2018-2019 the Promoting Wellbeing Division and the Council Home Safety Officers teamed up with the Southern Trust podiatrists to deliver a 1 hour workshop to older peoples groups across the Trust area.

At each session the participants received information on:

- How to keep their home free from hazards
- The importance of looking after your feet and of suitable footwear choices.
- Strength and balance type physical activity
- Healthy eating
- Caring for vision and hearing
- Home safety check information
- Medication review
- What to do if you have a fall

Fast Facts

114 individuals attended the workshops

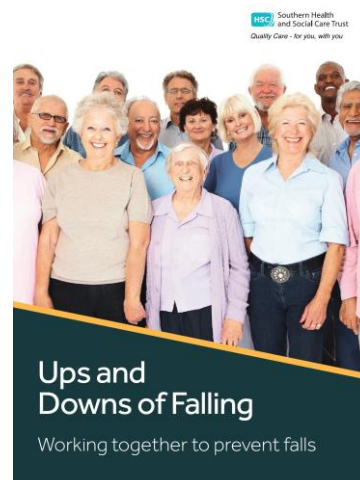
Pre and post knowledge questionnaires showed a 74% increase in falls prevention knowledge after the presentation.

Participants were provided with resources to support care of their feet and prevent falls.



Falls Prevention Talk at Armagh Men's Shed

'Ups and Downs of Falling'



The Promoting Wellbeing Division and the Trust Falls Team have updated the 'Ups and Downs of Falling' for use with older people at risk of falls booklet.

This is available to order by contacting either:

lisa.mcaliskey@southerntrust.hscni.net

joanne.mcelmeel@southerntrust.hscni.net

The publication is also downloadable at

<http://www.southerntrust.hscni.net/live/well/falls.htm>

Home safety training delivered across the Trust area:

80 Child Safety in the Home participants.

22 Fire safety & Carbon Monoxide Awareness participants.

65 Fall prevention participants

20 ROSPA's An Introduction to Home Safety participants

Approximately **1,800** items have been circulated to homes across the Trust area.

EMPOWERING HEALTHY LIVING

Home Safety Champions

In March 2019, 20 individuals from across the Southern Trust areas were trained as 'Home Safety Champions' and completed an **'Introduction to Home Safety'** with ROSPA.

The course provided participants with an overview of home safety for children under 5 years and adults over 65 years and enables the Home Safety Champions to raise awareness of home safety within communities.

Home Safety Champions Trained

- South Ulster Housing Association
- Belfast Central Mission
- Splash Surestart
- Newry & Mourne District Council
- Home Safety Officers
- Armagh Men's Shed
- Southern Trust Dementia Navigators
- Learning Disability and Sensory Disability Staff.

Home Safety Champions are promoting home safety messages and resources have been distributed in order to achieve the reduction in home accidents for the most vulnerable in our community.

Verve Health Trainer Programme



The Promoting Wellbeing Division manages the Verve Health Trainer programme in Craigavon Neighbourhood Renewal Area.

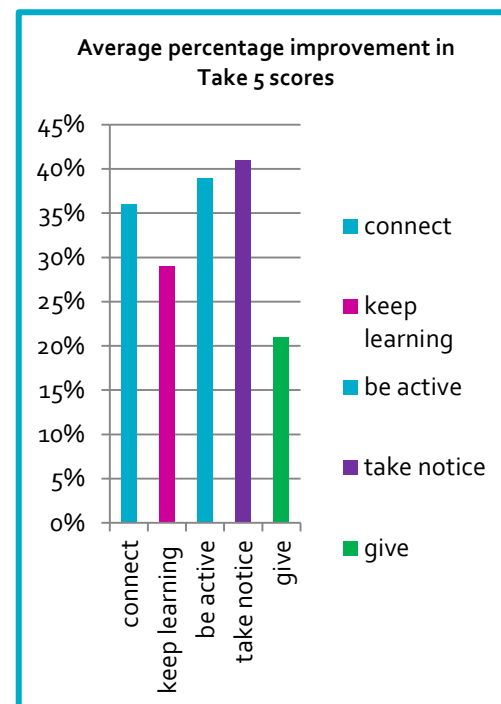
The programme helps people to choose a healthy lifestyle through small but significant changes with practical support and advice and in the past year they have worked with 50 individuals to develop a Personal Health Plan.

What difference did we make?

Of those clients who completed the plan we found an average of:

- 20% improvement in health rating
- 10% improvement in confidence to address own health needs
- 100% reported improvements in food choices and behaviours
- 100% reported increased physical activity levels

Health Trainers use the **Take 5** steps to wellbeing to support clients with improving their mental and emotional wellbeing.



"The Health Trainer has made me more aware of the importance of healthy eating & getting more exercise I already feel better for the changes made in my life both physically & emotionally & I feel better about how I look"

"Help and advice on healthy eating and exercise on a daily basis has helped me to get back on track. In particular the advice on how to manage my anxiety has been of great importance"

"My Health Trainer helped motivate me when I needed it most and has definitely been a big plus throughout my journey. I have lost 15.5kg and 10cm from around my waist. I am off medication because of increased exercise and a healthier diet."

CREATING THE CONDITIONS

Cycle for health



The Trust continues to offer and coordinate Cycle Leader training to increase the accessibility of cycling as a form of physical activity in collaboration with local Councils.

32 cycle leaders are offering groups access to cycling for people wanting to improve their health.

29 new cycle leaders were trained this year through Cycling Ireland. This included staff in SHSCT and councils and those working in community and voluntary organisations.

The Cycle Pods at Dungannon leisure centre were relocated to the park to increase usage.

Cycle Pods are located at the following locations:

- Loughgall Country Park, Armagh
- Cascades Leisure Centre, Portadown
- WIN Business Centre, Newry
- Scarva Tea Rooms, Banbridge
- Dungannon Park



WALKING FOR HEALTH



The Trust continues to coordinate the Walking for Health programme to enable leaders to promote and implement walks in the community or in the workplace. There are **59** active walk leaders. This year **33** new walk leaders were trained to support walking across the Trust area.

Physical activity training opportunities

A range of programmes are provided to build capacity for provision of physical activity at a local, community level. These include Walk Leader, Cycle Leader, Chi Me, On your Feet, Moving More Often and Early Movers.

EMPOWERING COMMUNITIES

Bluestone physical activity programme

Individuals with severe mental health illness are at greater risk of health problems with life expectancy of between 15-20 years less compared to the general population.

More than half of patients with severe mental illness fail to meet the physical activity recommendations for health and report high levels of sedentary behavior of around 8 hours plus per day.

To address this Promoting Wellbeing Physical Activity Coordinator worked with Bluestone Psychiatric Intensive Care Unit (PICU) and Occupational Health Team to devise a physical activity programme, as part of a wider therapeutic recovery focused intervention. An Everybody Active Coach from Armagh, Banbridge & Craigavon Council facilitated sessions.

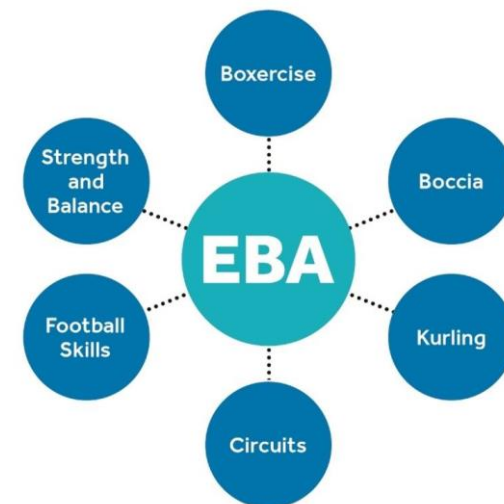
How well did we do it?

"Helped relationships with staff"

"Helped me get rid of tension"

"It was a distraction from negative thoughts"

"It stabilised my mood"



How much did we do?

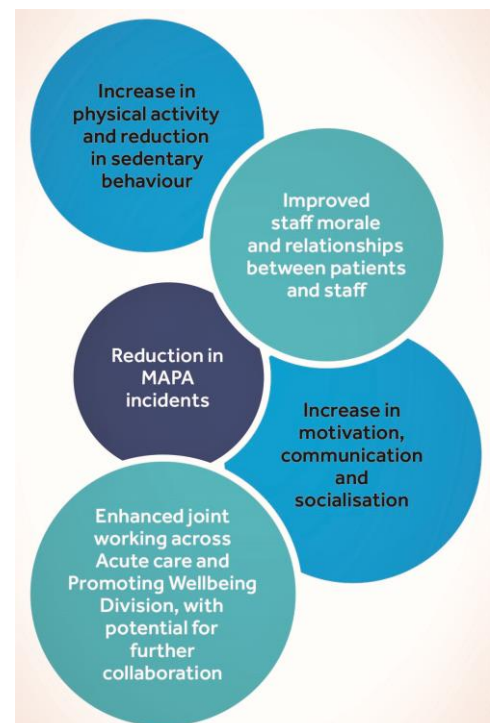
The physical activity sessions ran over a 6 month period, with a total of 24, 45 minute physical activity sessions being offered catering for 40 patients. This covered a range of activities including circuits, boccia and kurling.

In 2018/19 we trained staff in the following:

- 10** level 2 gym instructor
- 4** moving more often
- 2** chi me leaders
- 1** on your feet
- 4** walk leaders
- 2** cycle leaders

Outcomes

The intervention has been shown to be successful in helping patient's physical health and wellbeing. Social interaction between staff and service users was also enhanced.



EMPOWERING COMMUNITIES



Fit 4 U supports adults with physical and/or sensory disabilities to access physical activity opportunities in the community which provide social interaction and promote positive, mental and social health and wellbeing.

"I enjoy the routine and exercise and meeting up with folk"

The programme is funded by the Public Health Agency and led by the Southern Health & Social Care Trust in partnership with other organisations, including local councils.

Activities take place weekly in 5 leisure centres across the SHSCT and sessions include a range of group exercise and sports e.g. boccia, kurling, badminton, ball skills and target sports.

**2018-19 delivery**

215 activity sessions

214 individual participants

18 structured programmes a year

52 monthly boccia competitions

2 special events

6 support volunteers



Fit 4 U 2 provides physical activity and sports opportunities for adults with a learning disability and aims to improve physical, mental and social health and wellbeing.

Activities take place weekly in five leisure centres across the Trust and sessions include a range of group exercise and multi-sports e.g. circuits, ball skills, indoor golf, boccia, kurling, badminton and other target sports.

Training

Volunteers, support workers, and coaches participated in relevant training including, Communication Workshop, Safeguarding Children and Vulnerable Adults, Autism Awareness and Walk Leader.

"It has helped me communicate more and I have made new friends."

**2018-19 delivery**

208 activity sessions

2 special events

134 individual participants

9 support volunteers

Contact the Fit 4 U Coordinator Rhonda Richardson on 028375 64490 or access our web page at

www.southerntrust.hscni.net/services/2245.htm

EMPOWERING COMMUNITIES

Staff health and wellbeing

The staff health and wellbeing steering group continues to lead on the implementation of the Staff Health and Wellbeing Strategy which was launched on 23 April 2018. Three sub groups have been formed to develop, implement and monitor activity focusing on

- Better physical health
- Better psychological health
- Better work and relationships

The Umatter website launched in April 2018 has achieved 102,972 page views and was used 15,765 times in its first year. The website provides a central point of information on health and wellbeing issues for Trust staff, including:

- a news and events section
- links to over 900 health topics
- health self-assessment tools
- video clips
- Trust based supports for staff, Trust policies related to health and wellbeing
- Information about the Trust's workplace champions

Take 5 Pledge

A pledge was developed based on the Take 5 Steps to Wellbeing. The Senior Management Team completed this, committing to activity in support of health and wellbeing. This pledge has been cascaded across the organisation, encouraging individual teams to make their own commitment to improve health and wellbeing.

During the past year Health Improvement Lead for workplace health has visited teams to raise awareness of the strategy including taking part in the Trust's Quality Improvement event in November 2018. Staff have been encouraged to develop their health and wellbeing pledge and to come forward as a workplace health wellbeing champion.



"Only came in for a look; I'll do this with my kids now, really enjoyable"



New content

Staff receive weekly emails on new content and events including:

- **walking routes**- on Trust sites, park runs, couch 25K
- **staff support**- information on sexual health, bereavement, grief, cancer and menopause.
- **events**- pilates classes, 1 hr information sessions, menopause event, stress control classes, link and learn sessions, Halfords cycle to work roadshows, Christmas gift appeal, 6 week Cook it! Programme, staff weigh ins.

2018-19 Umatter Web Statistics

102,972 page views

15,765 sessions

Most popular areas:

- Events
- Staff support
- Lifestyle advice
- News

Flexible access

The Umatter website can be accessed by employees from work or at home.

www.u-matter.org.uk

Username: southerntrust

Password: umatter

EMPOWERING COMMUNITIES

Workplace health champions



To further embed a focus on staff health and wellbeing a Workplace Health Champion Model is being progressed to train and support a network of workplace champions across Trust teams.

30 staff have signed up to be a champion and are now undertaking a number of measures to improve the health and wellbeing of their teams by doing lunchtime walks, setting up health and wellbeing noticeboards, encouraging healthy eating, weight loss and by raising awareness of key health issues. Staff have improved their working environment through planting flowers and taking part in fund raising events for the Trust charity.

The staff at Bluestone Hospital celebrated their 10th Anniversary by holding a health and wellbeing day in December. Staff were able to enjoy food throughout the day, music was provided and members of the Southern Trust's Arts Care Choir sang Christmas Carols. Some lucky members of staff had a chance to relax and get creative with activities including Reiki, Reflexology, Mindfulness, Colour Breathing, Pilates and painting. A display of photos showing staff celebrations and achievements over the years was organised for the event.

If you would like to learn more about becoming a workplace champion contact nina.daly@southerntrust.hscni.net Tel: 028 3756 4488. Training and support is available to staff who wish to become a health champion.

Staff health and leisure scheme

The Staff Health & Leisure Scheme continues to be promoted with competitive rates offered for staff who wish to avail of the local leisure centres services across all council areas. To date 558 staff have joined the schemes.

Staff Health & Leisure Scheme
APRIL 2018

Our Staff Health & Leisure Scheme allows all SHSCT employees to avail of reduced rates at Leisure Centres across the Trust area. Find out more about the special offers available in your local area.

Pilates classes for staff

The Physical Activity Coordinator and Physiotherapy planned Pilates classes for Trust staff across hospital sites.

100 staff took part in the 6 week programmes. 100% of staff enjoyed the classes and wanted more. 98% of staff felt that the classes had a significant impact on their health including improving posture, releasing tightness and tension in the neck and back, increasing flexibility and improving core strength. The Pilates programmes are set to continue in the coming months.

Physio led Pilates Programmes for Trust staff

Move more. sit less!

COST: £30.00 FOR 6 WEEK CLASSES

The beginner classes are open to Trust staff. Booking is essential. For further details please visit [Umatter](http://www.u-matter.org.uk) www.u-matter.org.uk

LOCATIONS

- MONDAY 7TH JANUARY**
PW8 TRAINING ROOM
Ward 1 basement: 5.15 - 6.15pm @ 6.15 - 7.15pm
- THURSDAY 10TH JANUARY**
LURGAN HOSPITAL
Training room: 5.15 - 6.15pm
- WEDNESDAY 9TH JANUARY**
NEW VENUE! SOUTH TYRONE HOSPITAL
Physiotherapy department: "A" Floor 5.15 - 6.15pm
- WEDNESDAY 30TH JANUARY**
NEW DATE/TIME! CRAIGAVON AREA HOSPITAL
HEC Lecture theatre: 5.30 - 6.30pm

Please note: Numbers are restricted to maximum of 10 staff per programme.

XUMatter
Inspiring you to live a better life

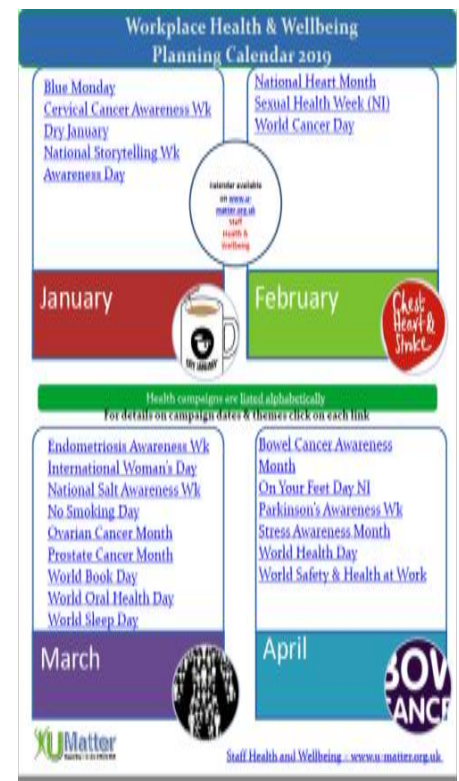
BEWARE OF THE CHAIR

EMPOWERING COMMUNITIES

Staff health and wellbeing campaigns

A number of health and wellbeing campaigns have been promoted to Trust staff during the year. A range of communication media have been used including Southern-i, global emails, dining room screens, the Trust's social media sites, desktop messages, SharePoint and [Umatter](#). These include:

- Dry January
- World Cancer Day 4 February
- Ovarian /Prostate Cancer Month March
- No Smoking Month March
- Bowel Cancer Awareness Month April
- Stress awareness Month April
- Family Safety Week 1-5 April
- Men's Health Week 10 -16 June
- World Osteoporosis Day 20 October
- Carer's Rights Day 30 November
- Alcohol Awareness Week 19-26 November
- Love Activity, Hate Exercise 30 November
- 12 days of wellness challenge December



Lunchtime information sessions

A number of lunchtime information talks were organised for staff at South Tyrone Hospital, Daisy Hill Hospital, St Luke's Hospital, Craigavon Area Hospital and other venues.

These 1 hour sessions were delivered by staff and volunteers from statutory and community based organisations. Through these sessions staff received information and resources on key health issues including:

- 3 Prostrate cancer
- 3 carers information
- 3 understanding your child
- 2 consumer rights information



EMPOWERING COMMUNITIES

Working to support health and wellbeing of adults with a learning disability

Promoting Wellbeing staff continue to work with colleagues in Learning Disability Services to help build and embed a health and social wellbeing improvement culture for adults with learning disability across the Southern Trust.

Health improvement initiatives

The PWB Division is working with learning disability colleagues to develop and implement health improvement initiatives for people with a learning disability and their families and carers.

A Health and Wellbeing Improvement Plan for adults with a learning disability is produced on an annual basis.

Health & Wellbeing Coordinator for Learning Disability

Jason Henry commenced as Health and Wellbeing Coordinator for Learning Disability in January 2019.



Since then a series of health and wellbeing initiatives have been running throughout Day Services to help improve health and wellbeing outcomes for adults with a learning disability. Jason has worked very closely with Trust staff from Day Opportunities, Day Centres and Health Facilitator staff. He has also made links with ABC Council, NIFRS and community and voluntary groups.

Recently service users were involved in raising awareness of World Cancer Day 4 February and held a **Fruit Party** for staff and users alike. This was a huge success!



Carers celebration event

Staff from Linenbridge Centre, Manor Centre and Bannvale SEC held an event to celebrate and acknowledge the valued role that carers give.

The event was funded through the recent PPI Small Grants Programme and was a huge success

61 carers attended

43 other stakeholders attended

15 information stands available



"Wide range of information on hand. Good opportunity to interact."

EMPOWERING COMMUNITIES

Working to support health and wellbeing of adults with a learning disability

Improving access and experience in hospital setting for Adults with a Learning Disability

Learning Disability Awareness week 2018

Promoting Wellbeing supported the roll out of MENCAP's 'Treat Me Well' campaign to raise awareness of Learning Disability week 2018 (18-24 June). The 'Treat Me Well' campaign aims to help to transform how the NHS treats people with a learning disability in hospital.

3 friendly drop-in events were held.

200 staff signed up as MENCAP LD learning disability champions

50 managers attended Learning Disability Awareness Training for hospital staff



A new easy Read tile on Sharepoint has been created so that Trust staff can easily find accessible information developed for and with people with a learning disability.

Hospital Passports

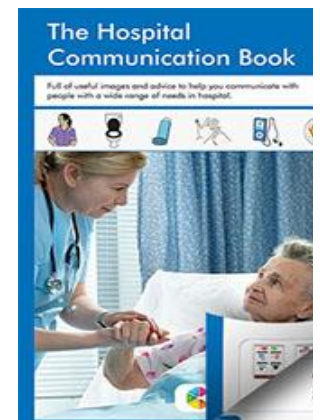
The HSC Hospital Passport has been developed by the PHA and the Regional General Hospital Forum for Learning Disability for people with a learning disability to complete and present to staff every time they have contact with a general hospital. It gives staff important information on the person and how they prefer to communicate, their medical history and any support they might need while in hospital.

Within the Southern Trust all carers have received a hospital passport and lead nurses have a batch of hospital passports – these are also shared during training and awareness events. Funding has been secured from the Health & Social Care Board for the co-production of a Digital Resource to raise awareness of the hospital passport. Two carers were nominated from the Learning Disability Carers Forum to sit on the working group.



Hospital communication Books and Pre-Hospital Communication Guides

Acute Nursing Governance was successful in securing transformational funding to promote and advance Personal & Public Involvement (PPI) to purchase new Hospital Communication Books and Pre Hospital Communication Guides. These resources will be included in the communication folder in each ward.



EMPOWERING COMMUNITIES

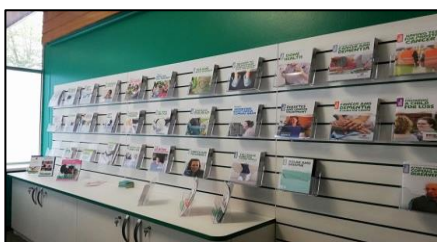
Macmillan cancer health and wellbeing service

The Macmillan Health and Wellbeing Service aims to support people and families affected by cancer to access information and services in support of their recovery, health and wellbeing following cancer treatment.

The volunteer-led Cancer Information Service in Craigavon Area Hospital continues to develop with over 4,920, carers and staff using the service to date. The service is managed by the Health and Wellbeing Coordinator and supported by the Macmillan Health and Wellbeing Support Worker. There are 9 trained volunteers currently volunteering at the centre.

Daisy Hill Hospital

The Macmillan information room has now been installed in Daisy Hill Hospital in partnership with Macmillan Cancer Support. The volunteer-led service will be further developed on the Daisy Hill Site and supported by the Macmillan Health & Wellbeing Coordinator. The service continues to map and promote existing services in support of recovery, health and wellbeing and through engagement with those affected by cancer to identify needs and gaps in services and support.



Self-management programmes

The HOPE self-management programme has been delivered this year to 26 people affected by cancer. The programme is a free course (delivered over 2 full day sessions) and allows participants to share experiences, gain confidence and learn skills to help better manage symptoms and stress.

Health and wellbeing events

The Health and Wellbeing Service continues to embed and develop approaches to increase access to quality information and support, including working with the Cancer Nurse Specialists to facilitate health and wellbeing events for cancer patients.

10 health and wellbeing events have been coordinated in 2018/2019 with **477** attendees, enabling participants to increase self-management and improve their health and wellbeing.



Family History Service

The Southern Trust is the only Trust in the region offering Family History Service to women at risk of developing breast cancer. The project has demonstrated Trust partnership working across directorates and teams within the Trust as well as strengthening external partnerships with local Councils and community projects, with an overall aim of supporting these women make lifestyle changes.

To date **150** women have participated in the workshops and the taster sessions.

Move More

More recently, formal links have been made with Macmillan Move More Programme which is run in partnership with the local councils.



EMPOWERING COMMUNITIES

Quality awards for Macmillan information and support service

The Macmillan Information and Support Service has achieved The Macmillan Quality Award in recognition of the environment provided at the centre and the management of the volunteers at the centre.



Caroline Davies, Macmillan Health and Wellbeing Support Worker based in the Macmillan Information Centre at Craigavon Area Hospital has recently been awarded the Macmillan Volunteering Quality Standards (MVQS) Certificate, the charity's quality standard for good practice in volunteer management.

The Macmillan Volunteer Quality Standards Award is a specially designed tool to help assess and assure the quality of volunteer management. It ensures consistency across the board, so that each and every volunteer gets a great experience – no matter how or where they volunteer for Macmillan.

The overall aim of the MVQS is to provide volunteers with a high quality volunteering experience that is consistent across the organisation and our volunteer-involving partners.

The Macmillan Quality Environment Mark (MQEM) is a detailed quality framework used for assessing whether cancer care environments meet the standards required by people living with cancer. The Macmillan Information Centre based at Craigavon Area Hospital has been once again recognised for its compliance of its quality standard environment and has been awarded the MQEM in February 2019.



Look good feel better

The Southern Health and Social Care Trust in Partnership with the Look Good Feel Better Charity are now offering free skincare and make-up workshops for women coping with the side-effects of cancer treatments.

The 2 hour workshops take place on the first Wednesday of each month at Lough Neagh Discovery Centre, Oxford Island, run by a team of trained volunteer beauty therapist and make-up artists. Over 100 ladies have attended the Look Good Feel Better workshops from the start of the pilot in November 2018.



"Great workshop to get makeup tips and meet other people in a similar position as me. Makes me feel like I am not alone. Thank You"

"Lovely morning, advised and shown how to apply make-up throughout our treatment. Thanking you all."

EMPOWERING COMMUNITIES

World Cancer Day

World Cancer Day is a health campaign held annually on 4 February to raise awareness of the risk factors and ways to prevent cancer.

The Trust supported World Cancer Day by organising a series of information sessions on bowel cancer, prostate cancer and lifestyle issues such as alcohol and stopping smoking.

Taster sessions were held in the Trust canteens allowing staff to sample the recipe of the month which was a bean chilli: www.u-matter.org.uk/service/healthy-eating-recipe-month

A number of staff had the chance to have their skin assessed by the use of a UV light box provided by Cancer Focus and some staff also had their blood pressure checked and received advice from our Occupational Health Nurses.

A cancer awareness guide was produced for staff to raise awareness of the ways to reduce the risk of developing the most preventable forms of cancer, the importance of engaging in cancer screening programmes and visiting your GP as early as possible if you have any concerns.

The guide is on www.u-matter.org.uk website. Staff also received copies of the leaflet '5 simple steps to a healthier you' - also available on the cancer information section on Umatter along with recipe books and other resources.



A key component of World Cancer Day looked at the link between cancer and diet and other lifestyle factors. Staff were encouraged to organise healthy fruit based parties which many did. Some teams used this as an opportunity to raise funds for the Trust's Charity of the Year.



EMPOWERING COMMUNITIES

Supporting the health and wellbeing of the Traveller community

The Trust works in close partnership with Traveller Support Groups, and other partners across the Southern Trust Area to ensure a collaborative approach to supporting the health and wellbeing of Travellers

In conjunction with the Traveller women's groups, young women's groups, Traveller men and guidance from a range of professions 'Our Pregnancy Journey' is in the process of being published.



Training

Following on from discussions around the content of the pregnancy booklet the women expressed an interest in Paediatric First Aid.

29 Traveller women, completed Paediatric First Aid

7 Traveller women attended defibrillator training.

Health and wellbeing

In partnership with a varied range of service providers, Traveller Support Groups/Workers the Southern Trust has successfully engaged with over 200 families learning about a wide range of health and wellbeing topics breast and cervical screening and Care in the Sun. Through the Traveller women's groups, relevant messages are being taken home to share with the wider family circle.

Melanotan

Following on from Care in the Sun awareness programme, reported high level use of Melanotan among Travellers and no information leaflet available the following leaflet was published.

Traveller women across the Southern Trust area discussed, agreed on the content and designed the leaflet to cover both Melanotan injection and more commonly used Melanotan nasal spray. **'All you need to know about Melanotan'** was designed by Traveller Women's Groups across the Southern Trust and is available for circulation.



DEVELOPING COLLABORATION

Suicide Prevention



Community Response Plan (CRP)

The Trust led Mental Health / Protect Life Implementation Group has a Community Response Plan in place for the Southern area. This plan outlines how the Trust works with partner organisations in response to incidents of suicide within communities. It has been developed in partnership with the Public Health Agency, PSNI, local councils and community and voluntary sector organisations and is reliant on all working collaboratively to ensure communities are supported in the aftermath of suicide.

The Southern Trust and partners continue to gather and share information, monitor situations and provide additional support in communities to meet the needs of those most closely impacted by suicide and/or self-harm. While there was no formal activation of the Community Response Plan during 2018/2019 an increased level of support was provided to a number of communities by MH/PLIG partners across the Southern Trust area.

The Community Response Plan (CRP) was updated in 2018 to reflect PHA guidance on memorials and public gathering and changes in key personnel. The Southern The PLIG partners await for the revised Protect Life strategy to be launched and implementation of the recommendations from PHA's review of the SD1/ CRP process.

Bereavement Support

The Trust continues to monitor the Sudden Death 1 (SD1) forms that are forwarded by PSNI to identified individuals in the Trust and the Public Health Agency. The purpose of the SD1 form is to identify if a death is a probable suicide and to allow for timely support to be offered to individuals and communities. It is also used to quickly identify if there is a potential 'cluster' developing in an area.

As part of the SD1 process the Trust's Protect Life Coordinator offers bereavement support and follow up to those who have indicated that they would like this support. In 2018/2019 38 SD1's were received in the Southern area, and 27 families give consent to be contacted by the Protect life Coordinator to offer support.

A public 'Facing Bereavement' support leaflet has been developed and distributed to PSNI officers who attend the scene of a suspected death by suicide. This will enable PSNI Officers to provide loved ones with the contact details of the support services available.

The Protect Life Coordinator continues to work collaboratively with colleagues in the other HSC Trusts and the PHA to implement recommendations following the evaluation of the SD1 and CRP process.

DEVELOPING COLLABORATION

Community Health Synchronisation - CoH-Sync

A new health and well-being project known as CoH-Sync has been rolled out by the Southern Health and Social Care Trust in the Armagh and Dungannon locality and is being delivered by Connected Health.

A CoH-Sync Health and Wellbeing hub has been established in the Armagh and Dungannon Area, offering support to people to improve their health and well-being in areas such as physical activity, mental health, nutrition, smoking and alcohol consumption.

EU INTERREG VA grant funding was secured for the CoH-Sync project by the cross border health services partnership, Co-operation and Working Together (CAWT) to deliver the project in border areas of Northern Ireland, the Republic of Ireland and Western Scotland. This EU funding was awarded by the Special EU Programmes Body and the Southern Health & Social Care Trust, as one of the CAWT partner organisation, was successful in securing a Health & Wellbeing Hub for their area.

Additional match funding has been provided by the Departments of Health in Ireland and Northern Ireland.

Speaking at the launch on behalf of the Southern Trust and the CAWT Partnership, CEO, Shane Devlin said:

“it is fantastic that this CAWT EU funded CoH-Sync health and wellbeing hub is now up and running in the Southern Trust area. The focus for the hub is to prevent chronic diseases such as diabetes, heart and circulatory related or respiratory illness happening in the first place. This project is about enabling people to improve their health and general well-being with a supportive community-based environment, thereby preventing or reducing the likelihood of developing a chronic disease.”



Pictured at the Armagh and Dungannon CoH-Sync Hub launch are (Back row/left to right): Liam Jackson, CoH Sync Hub Lead, Connected Health; Shane Devlin, Chief Executive Officer, Southern Trust; Gerard Rocks, Assistant Director for Promoting Wellbeing, Southern Trust and Dougie Adams, Chief Executive Officer, Connected Health. Centre: Brigid McGinty, Project Manager, CAWT cross border health. Front row: Sinead Donnelly, CoH-Sync Senior Health Facilitator, Connected Health; Laura Winter, CoH-Sync Health Facilitator, Connected Health and Andrea Milligan, CoH-Sync Health Facilitator, Connected Health.

DEVELOPING COLLABORATION

Men's health and wellbeing

Men's Health Week - Staff Photo Competition

Men's health is being addressed through a range of programmes from community, voluntary and statutory services



A photography competition was run for male staff in June to mark Men's Health Week. The theme for the campaign was 'What small step are you going to take for your health and wellbeing?' Staff were asked to send in a photo that depicted in what way they were meeting one of the five themes under Take 5; Connect, Be Active, Keep Learning, Take Notice and Give.



33 entries were received and an overall winner and four runner ups were selected. A prize giving morning was organised and attended by our Chief Executive. The final winning photos are displayed in Ward 1 St Luke's Hospital.

Visit our web page for more information:

<http://www.southerntrust.hscni.net/livewell/menshealth.htm>

Take5
steps to wellbeing



Connect



Be Active



Take Notice



Keep learning



Give

Winning Picture

Robert Glusek

Weekend away camping with kids....plenty of walks and other activities.

Staff were able to receive advice, information and had their height, body mass index, blood pressure and body composition levels checked.

67 health checks completed

DEVELOPING COLLABORATION

World Menopause Day

The Trust supported World Menopause Day 18 October 2018 with an information event held in Seagoe Parish Centre, with 140 members of staff attending.

The event was organised by the Health Improvement Lead for Workplace Health and chaired by Lynne Smart Acting Head of Health Improvement. Speakers included:

Dr Karen McKinney (Consultant, SHSCT) who discussed the physical impact of the menopause

Dr Liz Simpson (Lecturer, University of Ulster) who discussed the psychological impact of the menopause.

Dr Gillian Norris (GP, Integrated Care Team) who discussed the menopause from a GP's perspective

Dr Angela Higgins (Head of Occupational Health) who spoke about why the menopause is an important workplace health issue

Nina Daly (Workplace Health Improvement Lead) who introduced staff to the Trust's new information leaflet and menopause information tool.

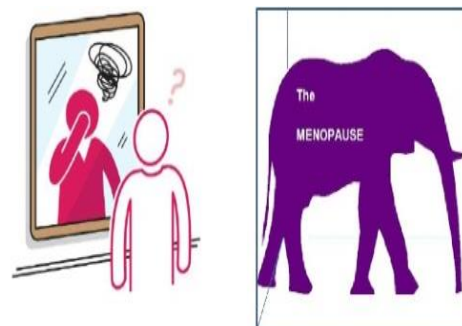
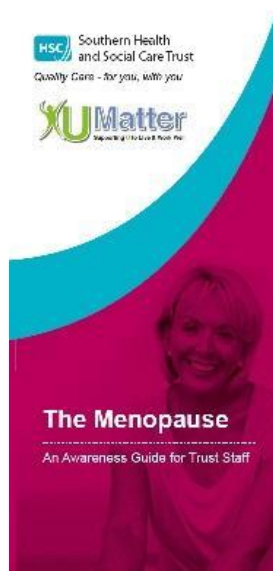
A number of Trust staff and external agencies were present to provide information to staff including complementary therapies, flu vaccination, creative arts and support for carers. An information pack was also provided to staff.

Menopause leaflets produced

The Trust launched two new leaflets for staff about the menopause and a menopause information tool. These resources are available from www.u-matter.org.uk/service/menopause.

Hard copies of the leaflets 'The Menopause' and 'An Awareness Guide for Trust Staff' are available by emailing

nina.daly@southerntrust.hscni.net



The Menopause: An Awareness Guide

[Menu](#) [Foreword](#)

HSC Southern Health and Social Care Trust

XUMatter Supporting Us to Live Well

Staff reflections at the menopause event

"This is fun, just what the doctor ordered!"

"I need to make more time for myself to do this kind of thing!"

"I loved painting when I was a child. I haven't painted since. This makes me want to get back to it. It feels so good."

DEVELOPING COLLABORATION

Arts for health

The Southern Trust commissions Arts Care Northern Ireland to deliver arts activities in Trust premises for patients, service users and staff through their Artists in Residence programme.

Our three dedicated Artists in Residence work in Trust settings based in each locality:

Armagh and Dungannon

Eddie Rafferty

Craigavon and Banbridge

Jill McKeown

Newry and Mourne

Gwen Stevenson

The Artists in Residence work closely with local committees in deciding what projects to undertake and consult with staff and patients to finalise concepts and themes. By working in this way the people who make decisions about the art provision are the people who will live with the art.

Activities this year

This year across the Trust, the Artists in Residence provided input to 36 different HSC facilities. This included service users and patients with a learning or physical disability as well as those accessing the Trust's

mental health/addiction services and acute services. Artists in Residence also supported a number of Trust events for staff health and wellbeing.

There were 8,218 total points of contact with the Artists in Residence or the finished artworks during this period. This included support in designing, producing and finalising a piece of art. This figure also reflects the artists' participation at Trust and community based events and viewings/exhibition opportunities arranged through the Artists in Residence.

Variety of art forms

Many forms of art were employed by the artists from drawing, painting, print making, creative journaling, felting, 3D art pieces, willow and other materials as well as digital art. Functional pieces were also developed including lanterns by CAMHS service users, items of pottery by service users with a physical or learning disability and garden planters at Windsor Day Centre.



Aims of Arts Care

Through our Arts Care service the Trust aims to:

Provide accessible Artist in Residence services across a variety of settings, in agreement with the locality committees.

Improve mental health, self confidence and self-esteem

Make a positive contribution to the wellbeing of patients, clients and staff.

3D Arts Project

This project was offered to service users based at Station Road Resource Centre. Many of these service users have a learning disability or have acquired a disability via an accident or a stroke. The project involved creating 3D art pieces using wire, papier mache and air drying clay, with assistance from the Artists in Residence.

Through the medium of clay the group were able to express themselves and gained confidence. This project helped to engage many senses and helped to develop the fine motor skills of the participants.



DEVELOPING COLLABORATION

Makaton symbols developed with service users at Windsor Day Centre



These 7 large scale paintings were produced for the dining area at Windsor Day Centre. Each painting represents Makaton symbols that the clients consider important to them when they are in the dining area: **Good Morning! Biscuit, Drink, Dinner, Good! Toilet, Thank You.**

The aim of this project was to facilitate the creation of a series of artworks by the service users to enhance the day centre, meaningfully engage participants in the process and provide an outcome that they can relate to and be proud of. Staff commented:

"It is really important that clients have had hands on experience in the making of the work and the work is meaningful to them".

"This project captures the essence of what The Windsor Day Centre is about".

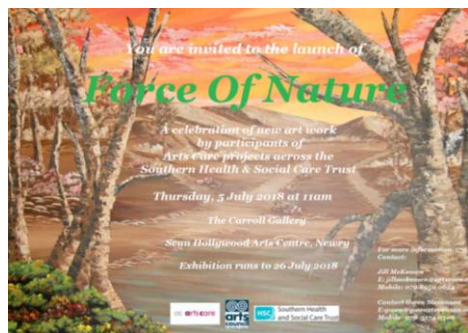
Digital Media

A digital media arts project was undertaken with older people and people with a learning disability using creative technology including iPads, digital cameras and scanners. One project used scanners to digitise old photos which led to storytelling workshops. These stories were then written and produced digitally in film format.

Workshops were run on photography, digital animation and digital storytelling. Participants were delighted and surprised with their abilities to use the technology. Collecting and digitising old photographs stimulated conversation, storytelling and camaraderie among the group.

Participants enjoyed seeing their photographic work projected in large scale and comparing their own work to that of others.

Forces of Nature Exhibition



This project was developed with a number of service user groups based in Linenbridge, Crozier Lodge and Bluestone Hospital, accessing community based mental health services. Service users created a series of artworks in a variety of mediums for a 'Force of Nature' exhibition based on ideas around climate change or local wildlife and habitats. The finished works included acrylic paintings, collage, cyanotype prints and 3D pieces which were exhibited in July in the Sean Hollywood Arts Centre in Newry, as a Southern Trust Art Exhibition. The exhibition took place from 5-26 July and attracted approximately 390 visitors.

The pieces helped to highlight nature's increasing fragility and aimed to help people become more aware of their environment outside their own individual circumstances and mental health diagnosis.

Exhibitions help to generate a sense of pride among service users and they derive pleasure from having their families being part of the celebration. Participants also liked having a theme and deadline to work towards as it gave focus and direction.

Fast Facts

36 different facilities supported

8,218 contacts with our Artist in Residence of the artworks

DEVELOPING COLLABORATION

Arts for Health Workshop

In November 2018 the Promoting Wellbeing Team organised an Arts for Health workshop in Seagoe Parish Centre. 63 people attended including Trust staff as well as our partners from the statutory community and voluntary settings.

The workshop was held to help inform the development of the Trust's Arts for Health Strategy and to showcase some of the excellent work. Speakers included members of Trust staff, Jenny Elliott, Chief Executive for Arts Care NI, Paula McHugh, the Arts in Health Manager from BHSCT, Gwen Stevenson, Artist in Residence for Newry & Mourne and a number of service users. The event ended with a performance from members of the Trust's choir.



Sharing good practice on the Heart of Living and Dying

In May 2017 to mark Dying Matters Awareness Week the Southern Health and Social Care Trust's Palliative Care Team ran a series of events called the 'Heart of Living and Dying'. These events offered members of the public an opportunity to engage in an Advance Care Planning conversation. For some of these events Trust staff were joined by staff from the, Southern Area Hospice Services and Arts Care NI. They were involved in almost all of the 14 events offered since May 2017 up to May 2019. All the events were widely advertised and to date more than 200 people have participated in the supported conversations, enabling them to communicate what is important to them and their wishes in relation to their living and dying.

This year the Trust hosted 10 public events over one year across a range of community venues in partnership with Arts Care. The Artist in Residence spent some time working with Arts Care NI's Graphic Designer, Alan Diver and Deirdre McKenna, SHSCT's Palliative Care Team and assisted in the design of a Facilitator's Guide. The guide was written by Deirdre McKenna to help other trusts replicate the processes used in the Southern Trust. A memento of the workshop was also created for participants.

"the people who make decisions about the art are the people who will 'live' with the art"

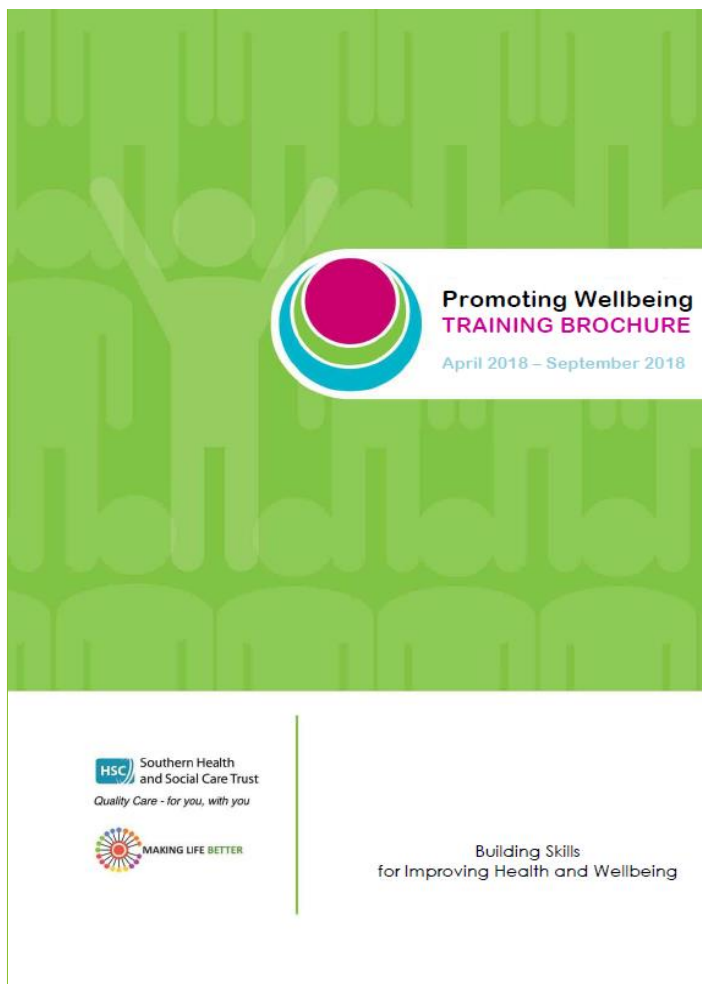


"The value of such a beautifully facilitated event cannot be overstated. The follow up memento serves as a gentle reminder to make my wishes known and a genuine appreciation for my participation. Thank You."



MAKING LIFE BETTER

Want to know more?



This is just a snapshot of the work of the Promoting Wellbeing Division across Trust Directorates and in local communities, to achieve the priorities of *Making Life Better*.

To find out more about current initiatives, training opportunities and who to contact, have a look at some of the information online at www.southerntrust.hscni.net/124.htm

If you would like added to our regular emailing list, please contact Esme Brown at esme.brown@southerntrust.hscni.net

For further information on resources we currently stock and how to order go to: www.southerntrust.hscni.net/livewell/3874.htm

If you would like added to the Promoting Wellbeing training brochure circulation list, please contact:

Orla Clarke on 028 3756 4454 or email pwb.training@southerntrust.hscni.net

For details of our community development activity and support for volunteering, visit

www.southerntrust.hscni.net/livewell/3865.htm

Up to date contact details for all areas of work delivered by the Promoting Wellbeing Division are available online at www.southerntrust.hscni.net/livewell/3867.htm