

# *Community Development in Action*



**Southern Health and Social Care Trust  
Community Development Annual Progress  
Report 2016/17**

## Introduction

## Welcome to the Southern Trust's Annual Community Development Progress Report for 2016/2017

Community Development is recognised as a key approach in addressing health and wellbeing inequalities and empowering service users, families and communities to get involved in promoting their own health and wellbeing and ensure the most effective use of resources. This report highlights progress led and supported by the Promoting Wellbeing (PWB) Division for the year ending March 2017. This progress aligns to:



- Health and Wellbeing: 2026 - Delivering Together
- Making Life Better - A Whole System Strategic Framework for Public Health (2013-2023)
- Regional HSC Community Development Management Framework (2012-2017)
- The Trust's corporate objectives
- Local council Community Plans x 3

We hope you enjoy the small selection of community development activities highlighted to provide a flavour of the wider SHSCT Community Development action plan and the progress made during 2016/2017.

**Carolyn Agnew, Head of User Involvement  
and Professional Lead for Community Development**

### Meet the Team

The Promoting Wellbeing Division has 7 Community Development Workers (2 part-time) based across each of the locality PWB Teams:

#### Armagh & Dungannon PWB Team



**Tracey Powell**



**Jacqueline Connolly**

#### Craigavon & Banbridge PWB Team



**Lisa McAliskey**  
(from Dec 16)



**Nuala Carlin**

#### Newry & Mourne PWB Team



**Marian Cully**



**Deirdre Magill**

(part-time from Sept 2016)

M Flynn (until November 2016)

## Community Development in Action

### Community Development National Occupational Standards (CDNOS)

Community development is a long-term value based process which aims to address imbalances in power and bring about change founded on social justice, equality and inclusion. The process enables people to organise and work together to:

- **identify their own needs and aspirations**
- **take action to exert influence on the decisions which affect their lives**
- **improve the quality of their own lives, the communities in which they live, and societies of which they are a part**

The community development process is underpinned by a set of **five key values** on which all practice is based: *Social Justice & Equality*, *Anti-discrimination*, *Community Empowerment*, *Collective Action*, and *Working and Learning Together*.

The Community Development National Occupational Standards 2015 (CDNOS) have been designed by community development practitioners across the UK to describe what a person needs to do, know and understand in their job in order to carry out their role in a consistent and competent way. There are **six key areas containing 25 Standards**.



The full published version of the Community Development National Occupational Standards, along with a 4-page summary and poster can be downloaded free from the following website: <https://www.fcdl.org.uk/>

### Summary of achievements 2016/2017

#### Tackling Inequalities in Health and Wellbeing

##### Children, families and young people

During 2016/17 community development support was provided to **25 groups and projects** across the Trust area. This included Sure Start, Early Years partnerships, Parent and Toddler groups, Foster carers, youth groups, children with disability, women's groups and other groups including BME support networks and those working with children, families and young people. In addition **72 Child Protection** training courses were provided to a range of groups with a total of **974 participants** through the Community Sector Training (CST) project which is an increase of over 40% on last year.

##### Mental Health and Disability

During 2016/17 community development support was provided to **25 groups and projects** supporting people with mental health, physical, sensory and learning disability across the Trust area. This included the International Deaf Club and **6 new disability and condition specific support groups**. The PPI Development Officer continues to provide support to the Mental Health Service Users and Carers Improvement Group (UCIG) and links continue between this group and the Trust's PPI Panel.

##### Older People

Community development support was provided to **37 older people's groups and projects**. The Trust continued to fund the N&M Senior Citizen's Consortium to provide support to older people's groups in the N&M area. Good Neighbourhood for Aging Well Action plans have been developed and implemented by the local implementation groups in each of the 5 pilot Age Friendly areas. The Trust also worked in partnership with the council and other partners on the Newry, Mourne and Down Age Friendly Alliance to deliver a further **Positive Ageing Showcase Event that was attended by 220 people aged 65 years + and 55 stand holders**.

## Summary of Achievements 2016/2017

In addition the **Access and Information Service**, which is being developed to provide advice and information on the range of services available to older people, has been rolled out further within the Trust to include occupational therapy and District Nursing referrals. The service is now processing approximately **2,000 referrals per month**.

### Staff Training and Development

**Community Development, Promoting Wellbeing and PPI Awareness training** continues to be delivered to Trust staff teams on request and at the Student Social Worker Induction Programme twice a year. For 16/17 **39 staff** and **95 students** received face 2 face training in CD and PWB and **123 staff** from **8 teams** trained in PPI. PPI Awareness ELearning Staff was completed by **632 staff**. In addition **22 senior members** of Trust staff received a presentation on Community Development in Action at the Trust Board meeting in May 2016. This brings the overall total of Trust staff now trained in PPI to **2,106 which is almost a fifth of the work force**.

The Promoting Wellbeing Division worked with colleagues in the Social Services Training Unit, Ulster University and NISCC to submit a NI Professional in Practice Specialist Award in Social Work to NISCC. The submission has now been approved, subject to final amendments, and it is hoped that the new post qualifying community development award will be available in the Autumn 2017.

**Training for Trust Volunteers:** A rolling programme of mandatory induction continues to be provided to Trust Volunteers in addition to role specific training to ensure that volunteers are supported in their volunteer role.

**Training for Community and Voluntary Groups:** Community Development Workers provided training to a range of voluntary and community groups that included committee skills and capacity building. A total of **13 courses** were delivered to **78 participants (11 groups)**. Support was also provided to underpin community development principles such as individual and collective empowerment to enable change, whether that be in developing or maintaining a healthy lifestyle or supporting people to better manage their own or other chronic or long term conditions.

### Partnership working

This is at the heart of community development and the Promoting Wellbeing Division acknowledge the support received by many of the agencies it has come into contact with over the last year. In total CD Workers represent the PWB Division on **16 different partnership boards and working groups** and have been liaising with the new councils in regard to community planning.

### Finance and procurement

While the Trust contributes in excess of **£6 million** per annum through contracts and small grants with voluntary and community sector providers, funding still remains a major issue for local groups, however with the support of CD Workers an additional **£220,332.81** was secured by **40 different groups** from external funding sources.

The Trust is currently reviewing its contracts. A series of consultation meetings were held in April 2016 and the feedback from these events helped to shape the review criteria and process.

### Communication

The Promoting Wellbeing Division continues to circulate relevant information to the voluntary and community sector via its main circulation list and locality mailing lists.

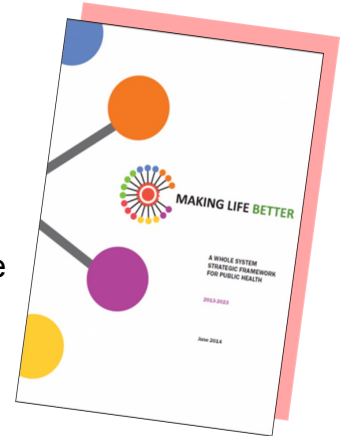
**Full contact details for the Promoting Wellbeing Team and services provided are listed at the back of this report.**



## Leadership and Corporate Commitment



Community development continues to be an important strategy within health and social care as we continue to develop and improve our services in an increasingly challenging environment. Community development is a cross cutting theme underpinning Health and Wellbeing 2026 - Delivering Together, the Volunteer Plan for HSC, Caring for Carers, Making Life Better, and the statutory duties to involve and consult and to promote health and wellbeing under the Health and Social Care (Reform) Act (NI) 2009.



The Southern Health and Social Care Trust recognises that community development can encourage, guide and support development and innovation which supports the Trust's vision, values and strategic priorities, and in particular:-

- ♦ Maximising independence and choice
- ♦ Supporting people and communities to live healthy lives and improve their health and wellbeing
- ♦ Making best use of resources
- ♦ Being a good social partner within our communities



Within the Southern Trust the director responsible for community development is **Angela McVeigh, Director of Older People and Primary Care**. Angela is also the lead director for PPI and carers.



The **non executive director** for **community development** is **Mrs Hilary McCartan**.



The Head of User Involvement and Community Development, Carolyn Agnew reports to the **Assistant Director of Promoting Wellbeing, Gerard Rocks**. The Community Development Workers are located within the Promoting Wellbeing Teams in each of the Trust localities providing community development practice support on request across all programmes of care. These teams assist Trust staff to use community development approaches in their day-to-day work as well as working with individuals and groups within the local voluntary and community sector to develop and sustain community infrastructure. In addition there are a number of externally funded projects that have community development practitioner leads such as Neighbourhood Renewal which has been extended until March 2018. The Trust, continues to plan and report against the key areas in the HSCB/PHA Community Development Performance Management Framework (2012 - 2017).

In May 2016, the Head of User Involvement and Community Development and Promoting Wellbeing Manager Craigavon & Banbridge, delivered a presentation to Trust Board highlighting community development in action across the Trust and some of the challenges faced. This was very well received by the 22 members and other senior staff in attendance and commended by the Chair of Trust Board, Mrs Roberta Brownlee.

## Users and Carer Involvement and Community Engagement

### Personal and Public Involvement

***‘Putting Service Users, Carers and the Community at the heart of all we do’***

The Health and Social Services (Reform) Act (Northern Ireland) Order 2009 places a requirement on all health and social care bodies to effectively involve local people in plans and decisions about service provision in their area. The Southern Trust has developed a robust framework and governance structure to enable it to deliver on its obligations.

#### Measuring the Effectiveness of our Approach

In May 2016, the Public Health Agency (PHA) forwarded a PPI Monitoring Report which provided feedback on the mechanisms and processes the Southern Trust has in place for embedding PPI and progress made.

This report was based on evidence gathered through:-

- ♦ **The Trust PPI self-assessment monitoring return (submitted 18/03/16)**
- ♦ **Information collated during the verification monitoring visit (25/04/16)**
- ♦ **Additional evidence supplied by the Trust**

The area of focus for this year's PPI Monitoring exercise was learning disability in hospital settings. The verification was well attended by staff from both community and acute learning disability teams and a wide range of good practice models were shared.

Progress was measured against the PPI Standards that were officially launched on 4th March 2015.



#### Recommendations for Improvement

There were a number of recommendations for improvement which are detailed in our PPI Annual Report 2016/17. The Trust has actioned all of the recommendations as existing resources permit and has written to the PHA requesting additional resource for the areas that cannot be progressed.

#### Southern Trust continues to be most advanced

The Public Health Agency report concluded that:-

***“On a review of the evidence, the Southern HSCT continues to be the most advanced Trust in relation to complying with the Statutory Duty of Involvement. PPI continues to be embedded into the Trust governance and decision making processes and is a core action and reporting element within each Directorate.***

***It is apparent that the resources dedicated to PPI continue to make a significant difference to the culture and practices operating within the organisation. The development of a PPI Action Plan within each Directorate puts a clear focus on the actions required to appropriately involve service users and carers.”***

***“The PHA will continue to support the Trust to showcase and share models of good practice across other HSC organisations. In particular, the governance model in operation, truly demonstrates how a large organisation can incorporate the voice of service users and carers at a strategic level and this is to be congratulated.”***

***Further information is available in the PPI Annual Report 2016/17***

***“Involving and Improving”***

***on the Trust website @ <http://www.southerntrust.hscni.net/about/1600.htm>***

## User and Carer Involvement and Community Engagement

### Personal and Public Involvement

#### PPI Training

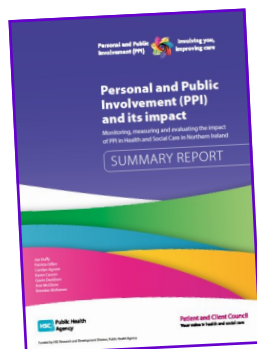
The regionally developed **Engage and Involve PPI Awareness e-learning module** has been made available on the Trust E Learning platform from April 2016. The Trust has also developed an introduction of the Quality Improvement e-learning module that includes a PPI Awareness section. During 2016/2017 **632 staff completed PPI e-learning**. Face to face PPI Awareness was also delivered to **161 staff (10 teams), 79 student social workers and 26 service users and carers**.

PPI Coaching and PPI Team Briefing prompt cards were also provided to Team Leaders across the Trust.

This brings **the overall total of Trust staff** trained in PPI to **2,106 which is almost a fifth of the workforce**



#### PPI Research



Two members of Trust staff were involved with Willowbank Community Resource Centre, and a peer service user researcher in a PPI Research Project funded by the HSC Research and Development Division of the PHA led by Queen's University and the Ulster University. Two members of the PPI Panel were involved in the Research Advisory Group and other service users, carers and Trust staff completed the on-line questionnaire as well as taking part in the focus groups in the Southern Trust area.

The research report ***Involvement and its Impact: Monitoring, Measuring and Evaluating the Impact of Personal and Public Involvement in Health and Social Care in Northern Ireland*** was officially launched in February 2017 at the Junction, Dungannon.

The recommendations from this research have informed the Trust's PPI Action Plans and the review of our PPI strategy.

#### PPI Panel

The Trust's Service User and Carer Personal and Public Involvement Panel (PPI Panel) continues to meet on a quarterly basis working with the Trust and the PPI Team to ensure that the mechanisms and policies in place to embed PPI across the Trust are implemented and fit for purpose. Each year the Panel develops an action plan and reports against progress made. Minutes of the PPI Panel meetings and copies of its action plans and progress reports can be found on the '**Involving You**' section on the Trust website.

***PPI Panel member Ray Hamilton with Joe Duffy Chief Researcher PPI Research Launch February 2017***



During 2016/17 the PPI Panel:-

- ♦ **Welcomed new members and elected a new chair and vice chair**
- ♦ **Participated in a range of PPI forums both within the Trust and regionally**
- ♦ **Reviewed and up-dated recruitment flyer and PPI Panel information Pack**
- ♦ **Reviewed and up-dated PPI Panel Induction Training and PPI Toolkit**
- ♦ **Participated in the PPI monitoring and verification process April 2016**
- ♦ **Chaired workshops at the Quality Improvement Event October 2016**
- ♦ **Presented at PPI Research Launch February 2017**
- ♦ **Presented an overview of the Panel and its work at the Patient Client Experience Committee Workshop March 2017**



## Tackling Inequalities in Health and Wellbeing

### Older People - Lurgan Spade Luncheon Club



**Lurgan Spade over 60's Luncheon Club** is a new service established in North Lurgan in response to identified need to promote health and wellbeing for people over 60 years of age living in the **Neighbourhood Renewal** area.

The main aim of the programme was to increase engagement with services to reduce social isolation and address inequalities in health by promoting key health messages and providing information on existing provision.

Planning for the group began in May 2016 in **partnership** with **NR Health Coordinator, North Lurgan Community Association and ABC Borough Council Community Development Worker**. It was envisaged the programme would identify 15 people to enable the service to get off the ground. An expression of interest was circulated within the area and promoted through face to face conversations, local businesses, GP and Dental practices, social media and posters. As a result of this **75 people from the area registered for the programme** which demonstrated a high need. To meet demand funding was secured from NR Verve Healthy Living Network to roll out a programme of activities.

The programme began on the 01/09/16 and ran to 01/12/16.

Below are some comments made by those who attend this Club.

I wasn't aware there was so much available in the community.

I don't know how I ever survived without this club, it has brought me great satisfaction and improved my mental health. I have made new friends and have been reunited with old friends.

I have hardly left my house in 40 years since my husband died and my sister encouraged me to try the club. It's been the best thing for me.



**Older People - Lurgan Spade Luncheon Club**

**CD Support was provided to the Lurgan Spade Luncheon Club to:-**

- ♦ **Scope existing services**
- ♦ **Identify suitable accessible premises i.e walking distance, transport links, disability, neutral, comfortable and secure surroundings**
- ♦ **Agree reduced rates for room hire and meals with local provider**
- ♦ **Liaise with the local community to identify interest i.e. target group, family members, community representatives**
- ♦ **Make links with local community association to engage them in the planning, delivery and sustainable of the service**
- ♦ **Develop and deliver communication and promotional strategy to raise awareness of new service**
- ♦ **Manage the recruitment of participants**
- ♦ **Develop relevant paperwork for management of group i.e. registration forms, terms and conditions, evaluation forms and expression of interest forms**
- ♦ **Source funding for programme costs from VERVE Neighbourhood Renewal and the Southern Trust**
- ♦ **Recruit and support volunteers**
- ♦ **Support 2 volunteers to become community health champions**
- ♦ **Support 1 community health champion with completion of Community Health Train City and Guilds Level 3 Community Health Trainer course**
- ♦ **Plan, design and deliver activity programme**

Due to the success of the service it was agreed to extend it for another 12 weeks from January to March 2017 and funding was secured from the Trust and Verve Healthy Living Network.

The numbers **registered for the programme have increased to 100 with an average of 55 people in attendance each week.**

The plan is to continue with the service and for North Lurgan Association to take the lead. The NR Health Coordinator and ABC Community Development worker will continue to be involved in a supportive role to assist with programme costs and funding applications.

## Older People - Westenders

**A** new older people's group has been established in the West of Armagh City. The group, known as Westenders, is the result of a number of community conversations that were held with older people in the area.

The community conversations took place over a number of months and were supported by the SHSCT, Armagh, Banbridge and Craigavon Borough Council and West Armagh Consortium.

During the conversations those in attendance were asked to reflect on their experiences as an older person, and draw on their knowledge to produce a description of what the area is like to grow old in and what a good neighbourhood for ageing well means to them.



*Older people taking part in a recent health event organised by the Westenders Committee*

The group was supported to secure funding through Awards for All (Big Lottery) and Growing Communities (DfC). This has enabled them to deliver a number of projects including health and home safety events, tea dances and good practice visits.

**Sean Cullen, Chairperson of the group** commented:-

***“We meet on a monthly basis and offer a wide range of events and activities for members. Our tea dances have been very well attended and are a great opportunity for older people in the area to socialise, get active and enjoy a healthy snack. We also have been working with the organisations like the Council to make improvements for older people living in the area for example we recently got a camera erected to help combat dog fouling issues. We would also like to look at traffic congestion and safety for older people.”***

## Tackling Inequalities in Health and Wellbeing

### Older People - Keady Men's Shed

#### Keady Men's Shed

A men's shed has recently been established for older men living across the Keady and District area. The shed initially came about through a group of men taking part in a model making workshop funded by the Public Health Agency within the **'Good Neighbourhoods for Ageing Well'** programme. On completion of the 4 week workshop the men wanted to continue to meet and take part in activities.

The men identified a unit in the local enterprise centre.

**Jimmy Hughes, Secretary of the Shed Committee** commented:-



*Some of the Keady members pictured on completion of a 7 week health and wellbeing programme co-ordinated and funded by 'Closing the Gap'*

***"The shed was in disrepair when we first saw it. We pulled men together and used our expertise and skills to make the necessary improvements. Since becoming involved in the shed I have a new focus in life. I'm getting out and about, meeting like minded people and learning new skills."***

**The Men's' Shed Committee** has been successful in gaining funding from a range of sources including the Big Lottery, the Public Health Agency and Armagh City, Banbridge and Craigavon Borough Council. The funding has enabled them to make improvements to the shed to ensure it is 'fit for purpose', supported running costs and has assisted in the delivery of a range of programmes. including wood turning, a physical activity programme, Cook it!, a blacksmith course and a good practice visit to Enniskillen and Belcoo sheds.



**Keady 'shedders' on a fact finding visit to Enniskillen shed**

The Keady Shed has recently joined the Irish Men's Shed Association, which supports around 365 sheds across Ireland. This will enable them to network with other sheds, share learning and avail of further funding. They have also linked with the Armagh Shed to supply a local school with garden furniture.



## Tackling Inequalities in Health and Wellbeing

### Older People - Newry and Mourne

#### Positive Ageing Event

**Positive Ageing Day** is an annual event which aims to address social isolation among the elderly population living in the Newry, Mourne and Down District Council area. The event also aims to champion and profile positive ageing examples from the district.



One of the PWB Locality Team's CD Workers is part of a multiagency steering group to ensure the event is successful. The partnership consists of members from SHSCT, NMDDC, Volunteer Now, Senior Citizens Consortium, the Confederation of Community groups & U3A.

The CD Worker coordinates the development of the action plan and supports the group to identify and access funding opportunities.

The focus for 2016/2017 was to transform attitudes towards ageing and connect older people to the range of services, groups and activities available in their communities.



This year's exciting celebration day provided a **range of 60 stand holders** from the community, voluntary and statutory sector offering information, advice and interactive demonstrations ranging from free health checks to planting herbs **to over 250 older people throughout the day**.



## Lislea Men's Shed

**Lislea Men's Shed** is a new group in the South Armagh village of Lislea.

The ultimate aim of the group is to improve the health and wellbeing of men aged 50-80 in the area. The group consists of 20 members and membership is drawn from those men who are retired or semi-retired.

The CD worker is assisting the group with their governing documents and preparing key group activities outlined for each quarter. The CD worker will also be assisting the men to plan for the incoming year with key group activities outlined for each quarter.

**For further information please contact:-**  
[seamusmalone995@btinternet.com](mailto:seamusmalone995@btinternet.com)



## Tackling Inequalities in Health and Wellbeing

### Children, Families and Young People - Game Changer Programme Coalisland

#### Background of Coalisland Residents & Community Forum

**C**oalisland Residents & Community Forum (CRCF) established as a constituted committee in 2008.

The forum is made up of a committee of local people who work to improve community spirit, integration, health and leisure activities for all residents.

The Forum has successfully developed Western House, a building in the centre of Coalisland into a community Hub. The Hub is open daily and provides a number of activities, including a Cycle Pod, Green Gym, Advice Clinics, Youth Club, Health and Educational taster sessions.

The Forum works closely with service providers ensuring Coalisland retains services locally.

A successful funding application to the Central Good relation Council supported the forum to provide an exciting Cross Community Programme to engage young people from across all sectors of the community.

#### The Game Changer Programme

**T**he Game Changer programme's aim was to bring young people from a diverse background together, to help overcome anti social behaviour and support different cultures to come together and learn about each

other's traditions utilising the limited number of community facilities available to them. Two youth workers employed through the programme, engaged with young people in two groups aged 7-11 years and 11-18 years. **A total of 52 young people took part.** The young people came from a number of different backgrounds including; Catholic and Protestant traditions; the Irish Traveller Community and other ethnic minorities living in the area.

The programme supported the young people to take part in team building activities, residential and awareness sessions on drugs, alcohol and on line safety.

The young people successfully worked with staff to plan three family events ensuing they were reflective of all cultures. **Over 200 participants attended these events which took place at Halloween, Christmas and summer breaks.** The events provided opportunities for families living in the Coalisland area to come together, socialise and get to know more about each other.

One mother said:

***"This was very helpful for my daughters. We are from Poland and they have no friends here."***

The programme has encouraged new participants to the hub, while at the same time, ensuring it is inclusive to everyone. It has also provided opportunities for young people to volunteer and take ownership of Community Programmes.



## Tackling Inequalities in Health and Wellbeing

### Children, Families and Young People - The Social Interaction Group

#### The Social Interaction Group

**T**he Social Interaction Group was formed in December 2016. It is made up of representatives from various cultures e.g. Asian, Arabic, Irish, Northern Irish and refugees. The Group aims to relieve segregation, isolation and to encourage development and equity to promote community wellbeing for all (young and old) of the inhabitants of the Armagh, Banbridge and Craigavon Council area.

Before the official establishment of the group a community audit was conducted which highlighted the need for people to become more comfortable at taking part in local community events. 100 families participated in the audit. 70% of these families requested projects which encourage social inclusion, integration and a sense of belonging to the wider community.

The group is currently receiving support from both the Community Development Worker in the Promoting Wellbeing Locality Team and the Good Relations Worker and Community Development Worker in the ABC Council. This includes:



- ♦ **Support from the PWB Team CD Worker to secure £200 from the Network Personnel Community Project Fund which will go towards 6 physical activity sessions for the group**
- ♦ **Joint support to submit a funding application to the Minority Ethnic Development Fund to develop a Multi-Cultural 26 Week Intergenerational Programme which aims to share cultural experiences and pass on traditions to succeeding generations, build capacity within the younger generation to have confidence and hold on to their cultures, share and learn about the differences and similarities of their cultures and to share experience of coming to and living in Northern Ireland**
- ♦ **Support from the Good Relations Officer & CD Worker in the ABC Council to identify funding streams and secure funding for general running costs and the Ramadan Project.**
- ♦ **Support from the PWB Team CD Worker to develop relevant policies and procedures e.g. Safeguarding Children Policy, Volunteer Policy, Financial Policy, Equality Policy, Health and Safety Policy etc.**

#### Future plans

The PWB Team CD Worker plans to run committee skills and committee capacity building training in May 2017.

Following this the PWB Team CD Worker and the Good Relations Officer & CD Worker in the ABC Council will facilitate a planning day for the group to provide support in identifying key priorities and developing an action plan.

For further information, please contact:  
[nuala.carlin@southerntrust.hscni.net](mailto:nuala.carlin@southerntrust.hscni.net)



*"For a lot of us it is our first time on a committee and we really could benefit from some committee skills training and support."*



## Tackling Inequalities in Health and Wellbeing

### Mental Health and Disability - Artscore

#### One

**D**uring 2016/17 the Trust hosted “One” - a showcase of participant work during Arts Care projects across all localities from the following Centres:-

- ♦ ARC Daytime Opportunities, Divernagh
- ♦ Cloughmore, Bluestone Unit ,CAH site, Portadown
- ♦ Daisy Hill Hospital Newry
- ♦ Ferns Resource Centre, CAH site, Portadown
- ♦ Laurels Social Education Centre
- ♦ Little Acres Allotments, Armagh
- ♦ Linenbridge Social Education Centre, Banbridge
- ♦ Orchard Day Centre Newry
- ♦ Silverwood, Bluestone Unit, CAH, Portadown



#### In Full Bloom - Memory and Making It New



David Hockney,  
'Untitled', 1980

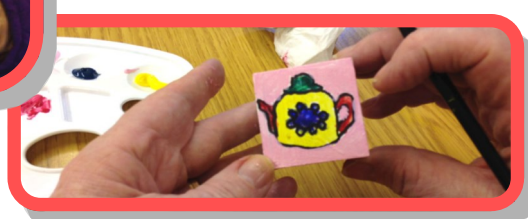
**Jill McKeown resident artist**, worked with people attending the Meadows Day Centre, Portadown on the Here and Now project. Jill was drawn towards the colourful piece by Hockney 'Untitled', 1980. In this piece Hockney had used children's building blocks to create the canvas. At the time he was creating a theatrical stage set for the Ravel's '**L'Enfant et les sortilèges**' and was 'playing' with different materials as a way of looking at things differently.

This inspired the idea of '**Memory and Making it New**' for the **Here and Now project** this year. The participants for the project attend Meadows Centre in Portadown between one to four days per week.

The centre provides very homely and familiar spaces and Jill asked the group to think about their surroundings at the centre, both the things that stand out and also those which might be overlooked. They were asked to look closely at the details, colours and textures. Some of the participants walked around the centre with Jill taking digital photographs of objects and spaces while other prepared a painted gesso base on the building blocks they were going to use to create a blank canvas.



The photographs provided images to draw on the blocks which were then painted inspired by the bright colours used in many of Hockney's paintings. The small size of the blocks creates an intimate and tactile object to create and view.



## Disability - Tinnitus Support Group

Craigavon Area Tinnitus Support Group

**T**his support group for people with tinnitus and their carers has been operating in the Craigavon area for a number of years. In April 2016, the PWB Team in C&B was asked to provide community development support to:-

- ♦ Re-establish and develop the Support Group
- ♦ Provide support on Governance issues and policy development
- ♦ Provide committee skills training
- ♦ Develop an action plan and source options and activities for the group
- ♦ Identify funding streams for the group and support with funding applications

An initial meeting held in Cherrytrees, Portadown on 20 May 2016 five members attended (4 male and 1 female).

The Community Development Worker co-chaired meetings and supported the group using a range of CD practices to identify their key issues. As a result the group was able to develop a focused plan and agree a programme of activity around “raising awareness” of the condition and “increasing the membership” of the support group as the two main priorities.



**Group members enjoying Christmas lunch with Lisa McAliskey, CD Worker C&B**

The Group agreed to meet on the third Friday of the month to implement their action plan.

The CD worker negotiated access to a room free of charge and helped support the development of a promotional leaflet for circulation within the community as a way of increasing the group's membership and raising awareness of the condition.

Some funding was required to drive forward the action plan and so the CD Worker identified a number of funding streams and helped the group to secure the following small grants:-

- ♦ £150 Start - up Grant from the British Tinnitus Association
- ♦ £200 from the Work It Community Grant Programme to deliver Capacitor Training

The CD Worker also negotiated for the delivery of Chi Me sessions facilitated by a Verve Health Trainer via the Neighbourhood Renewal Budget.

#### Benefits for the group include:-

- ♦ Increased engagement and information sharing
- ♦ Learning techniques to manage Tinnitus
- ♦ Reduced isolation

**Excellent support and assistance from Lisa - Thank you!**

#### Benefits for the Trust included:-

- ♦ Improved mental health and wellbeing and reduction in self harm and suicide for people with tinnitus
- ♦ Prevention embedded in services

Following the community development input, Eilish Kilgallon (Community Access Officer for Deaf People) plans to link with the Hearing Support Officers based at Craigavon to build referrals into the group.

Eilish also plans to look at other community activities for the group to attend for example the Men's Shed. **For further information, contact:-** [eilish.kilgallon@southerntrust.hscni.net](mailto:eilish.kilgallon@southerntrust.hscni.net)



## Tackling Inequalities in Health and Wellbeing

### Disability - Friends of McCague House

#### Building a Social Life

**Friends of McCague House** support adults with a learning disability to take part in social activities as a group. The need for activities that help to build a social life for participants independent of their family was raised through focus groups with the young people and their carers.



Support from a Trust CD Worker helped the committee to secure funding from Mid Ulster Council and the PHA Mental Wellbeing small grants. This enabled them to obtain insurance, buy bowling equipment to practice bowls within the centre and to go on five social outings including a trip to bowling alley.

#### **Ethna McCord Chairperson of the committee said:-**

***“All the members rely on family members to take them out. Opportunities to meet with friends their own age and form friendships are limited. Some members need one to one support and finding activities suitable for everyone can be challenging. The members help to plan their own events, where they would like to go and how they will get there. As events approaches members get very excited about going out with their friends.”***



The membership over the last year has increased from 12 to 20 members.  
For further information please contact:- [jacquelinej.connolly@southerntrust.hscni.net](mailto:jacquelinej.connolly@southerntrust.hscni.net)

## Tackling Inequalities in Health and Wellbeing

### Disability - New groups in Newry and Mourne

**S**ince September 2016 there have been a number of new requests for community development support from disability related groups in the N&M locality. Some of the groups are newly established whilst others are linking with the PWB team for the first time.



#### The Branch

This Community Interest Company delivers outreach community services to vulnerable groups in the Greater Bessbrook area.

For further information contact: [billyboyhome@btinternet.com](mailto:billyboyhome@btinternet.com)

#### Society

N&M support service for those affected by Multiple Sclerosis in the N&M area. **Telephone: 028 3083 5657**

#### Sound Friends

Support Group for parents of children with hearing difficulties.

For further information contact: [deirdre.magill@southerntrust.hscni.net](mailto:deirdre.magill@southerntrust.hscni.net)

#### Autism Families

Family support service for families with a child with ASD.

Further information is available from: [diane.cowan7@outlook.com](mailto:diane.cowan7@outlook.com)

#### Binnian Lodge

Binnian Lodge provides a range of rehabilitative and therapeutic programmes of care for adults with a physical disability and/or sensory impairment.

For further information contact: [corrine.toal@southerntrust.hscni.net](mailto:corrine.toal@southerntrust.hscni.net)

#### Newry Gateway Club

Recreational/social support group for those with a disability in the NMDDC area.

For further information contact: [newrygateway@yahoo.co.uk](mailto:newrygateway@yahoo.co.uk)

#### N&M MS Society

This group provides support to people living with Multiple Sclerosis. It aims to assist individuals and their wider family to reduce social isolation and improve their emotional wellbeing. With CD support the group has been able to secure a small grant from Awards for All to provide yoga and art to 40 people over a 12 month period.

For further information contact: [deirdre.magill@southerntrust.hscni.net](mailto:deirdre.magill@southerntrust.hscni.net)

## Community Planning

### Community Planning is:-

***“a process led by councils in conjunction with partners and communities to develop and implement a shared vision for their area, a long term vision which relates to all aspects of community life and which also involves working together to plan and deliver better services which make a real difference to peoples’ lives.”***

In line with the Local Government (Community Planning Partners) Order (NI) 2015, the SHSCT is a partner in the Community Planning processes and structures with:-

- ♦ **Armagh City, Banbridge and Craigavon District Council**
- ♦ **Mid-Ulster Council**
- ♦ **Newry, Mourne and Down Council**

After an extensive period of development with a wide range of partners, and a further period of consultation with the community, the community plans in each of the councils are about to be published. These will come into effect in line with the legislation on 1st April 2017.

The key thematic strands that each of the local council community plans are built upon are:-

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### Mid Ulster District Council

***(1) Economic Growth (2) Infrastructure (3) Education and Skills (4) Health and Wellbeing (5) Vibrant and Safe Communities***

Contact: **Martina Totten** Tel: **03000 132 132**

Email: [martina.totten@midulstercouncil.org](mailto:martina.totten@midulstercouncil.org)

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### Armagh City, Banbridge & Craigavon Borough Council

***(1) Community (including health and wellbeing) (2) Economy (3) Place***

Contact: **Elaine Gillespie** Tel: **028 4066 0644**

Email: [communityplanning@armaghbanbridgecraigavon.gov.uk](mailto:communityplanning@armaghbanbridgecraigavon.gov.uk)

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### Newry, Mourne and Down District Council

***(1) Health and Wellbeing (2) Safety and Good Relations (3) Economic Development (4) Regional & Tourism, (5) Environmental and spatial development***

Contact: **Johnny McBride** Tel: **0300 013 2233**

Email: [johnny.mcbride@nmandd.org](mailto:johnny.mcbride@nmandd.org)

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Whilst each of the three councils approached the leadership, governance and implementation frameworks for their community plans separately, the Trust and our HSC partners have influenced the inclusion of overarching outcomes that reflect the strategic direction for health and social care, and common themes with respect to health and wellbeing which are embedded across the plans. These common themes include:-

- ♦ **Early intervention and prevention**
- ♦ **Tackling health inequalities**
- ♦ **Embedding community development approaches**
- ♦ **Collaborative working**
- ♦ **Community engagement and involvement in building sustainability**

These themes are in line with strategic direction for health and social care as set out within the Trust's own vision and priorities, the Programme for Government, the Bengoa report and 'Health and Wellbeing 2026: Delivering Together', 'Making Life Better', etc.

Inclusion of these themes across community plans will ensure that there is a level of consistency of approach to enable more effective involvement from Trust staff on behalf of patients, service users, carers and the wider population.



## Neighbourhood Renewal - Craigavon and Banbridge

The **Verve Network** is a partnership of community organisations and the Southern Health and Social Care Trust, and it operates in the Neighbourhood Renewal Area's (NRA) within Brownlow, Lurgan and Portadown (funded by the Department for Communities).

The member organisations are:

- ♦ **Craigavon Intercultural Programme**
- ♦ **Drumcree Community Trust**
- ♦ **Drumellan Community Organisation**
- ♦ **Shankill (Lurgan) Community Projects (Mount Zion)**
- ♦ **Taghnevan Community Development Association**
- ♦ **The Fitzone Foundation**



Each of the organisations have established and developed themselves as a Healthy Living Centre where programmes aimed at reducing health inequalities are provided to residents on their doorstep. Verve services and programmes are also delivered in North Lurgan, Edgarstown Northwest Portadown and ABC Community Network Portadown.



### Verve programme

The Verve Healthy Lifestyle programme has two strands:

- ♦ **Healthy Lifestyle programmes with a focus on: Healthy eating, Physical activity and Mental health**
- ♦ **The Verve Health Trainer programme where Health Trainers are drawn from local communities and are trained to reach individuals who are inclined to lead healthier lives, but who may have little contact with services**

The project has been a great success and continues to be evaluated on an ongoing basis to ensure community health needs are being addressed, and that the user experience and feedback is used to improve services.

During 2016/17 it was identified that there were not enough Health Trainers to meet demand and there were some barriers to accessing services. Through collaborative working additional funding was secured and a further group of Health Trainers were recruited and trained to meet demand and to provide a safe and secure environment where people can access physical activity support. Funding was also secured to establish a Community Health Management Programme which will be in addition to the Verve Healthy Living Network service delivery and will include a community gym.

The impact of the Community Health Management Programme 2017/18 will be to ensure that:

- ♦ **local Neighbourhood Renewal Area residents are able to avail of a wide range and more efficient health programmes and initiatives**
- ♦ **the training and support is provided to the volunteers to enable as further education and employment**



*Empowering communities*

*Empowering healthy living*

*Creating the conditions*



## Coalisland and Dungannon Neighbourhood Renewal

**C**oalisland & Dungannon Neighbourhood Renewal Health and Social Wellbeing 2016/17 programme continues to work in partnership to meet the strategic aims of the “Community Development Strategy for Health & Wellbeing” by continuing to strengthen NR communities and improve health and social wellbeing encouraging community development, prevention and intervention. Partners Agencies include Breakthru, Niamh Louise Foundation, Lilac, South Tyrone Men’s Shed and the House of Health.

**During 2016/17 programme outputs include:**

- 540 people** benefitting from **Healthy Lifestyle Projects**
- 417 people** attending **Health Education/ awareness initiatives**
- 640 people** accessing **Intervention /treatments services**
- 20 people** participating in **Suicide prevention projects**

**The NR Health sub group focussed on a number of community priorities including:**

**Addictions – to reduce overall usage and abuse of alcohol and drugs in disadvantaged areas. Outcomes achieved 2016/17.**

**Breakthru Drugs and Alcohol Worker has delivered the following programmes:**

- ♦ **91 Diversionary programmes - 500 participants**
- ♦ **18 Parent Intervention sessions offered - 80 adults and 104 youth participated**
- ♦ **69 Outreach sessions - 481 youth and 12 adults participated**
- ♦ **Breakthru has secured funding to address gambling addictions. Gambling Programme remains a challenge and is ongoing**
- ♦ **Dry January, Feel Good February**
- ♦ **Ógras delivering diversionary trips for young people on a Friday night as an alternative to temptation under ‘Alcohol in Youth’ campaign**
- ♦ **Meetings have been held with existing services providing drugs and alcohol**
- ♦ **Awareness to ensure NR residents receive additional benefits**
- ♦ **MUDC in partnership with DYRC have Young Men’s Cook it programme, Laughter Yoga, and Fitness programme for Girls**

**Address issue of mental health and suicide – to seek to support people living with mental health conditions and reduce suicide. Outcomes achieved 2016/17**

- ♦ **Niamh Louise Foundation has delivered 90 Recovery & Wellbeing sessions - 20 participants**
- ♦ **SHSCT Health Coordinator continues to support the South Tyrone Men’s shed project to ensure men have a safe, friendly and inclusive local environment that provides an opportunity for men to meet and engage indirectly in health programmes**
- ♦ **Programmes to date include Health Awareness three day event with Boccia tournament, Taster session including Breakthru’s pharmacy programme, Cook it, Food Intolerance and sampling, Abdominal Aortic Aneurysm (AAA) Screening NI Water, Brief Intervention, Christmas Wreath Making and in conjunction with Mid Ulster Council a taster session in Wood carving / Turning and Pottery**

## Coalisland and Dungannon Neighbourhood Renewal

- ♦ Breakthru delivered **25 x 1:1 sessions - 13 participants**
- ♦ **Youth providers** on the Health sub group **provide programmes to address Mental Health and suicide with their members**
- ♦ **Men's Support group operates weekly** from Order of Malta building, Coalisland
- ♦ **Breakthru 50+ and Pharmacy Programme - 23 participants**

**Carer support – to raise awareness for carers of existing support available. Outcomes achieved in 2016/17 included:-**

- ♦ **Partner Agencies identify carers** who participated in their **programmes** and **sign post to Carers Trust**
- ♦ **Request** made to **Carers Trust** for representatives to sit on **Health Sub group**
- ♦ **Successful Carers Information day** was held in conjunction with **Carers Trust** and **Carer's Co-ordinator SHSCT**
- ♦ **Carers expressed** an interest in **attending programmes**
- ♦ **2 carers trained** as **Designated Safeguarding Officers**
- ♦ **50 winter warmer packs** delivered

**Healthy lifestyle – to make healthier choices easier and increase standard of health living. Outcomes achieved 2016/17**

The following activities have been delivered and have contributed towards targets in the NI Cardiovascular and Respiratory Framework

- ♦ **The Health Coordinator** ensured delivery of following **House of Health programmes: House of Health horticulture, Smoking Cessation, Food Values, Relaxation techniques, Choose to Lose and walking programmes** were delivered
- ♦ **House of Health** has provided **2 placements - 1x Workspace applicant** as general assistant and **1 x vulnerable adults** in **horticulture programme** and **general duties**
- ♦ **House of Health** is working with **Food Share Food Cloud** distributing food to **50 families**
- ♦ **Weekly Drop in club** continues with participation varying **between 5 - 20**
- ♦ **2 week Pharmacy programme** delivered to **South Tyrone Men's Shed - 6 participants**
- ♦ **6 week wood turning and 6 week pottery classes** delivered to **South Tyrone Men's Shed - 20 Participants**
- ♦ **Community Health Champions** signposted **52 residents**, promoted **child safety week** to **30 parents** and assisted with **Drop - In** at **Breakthru & Western House** and distributed **Food Parcels** under **Food share programme**
- ♦ **Lilac** has delivered **425 complementary therapy treatments**
- ♦ **STEP** delivering **Family Support Services** for **Black and Minority Ethnic Communities / Traveller Family background**

## Coalisland and Dungannon Neighbourhood Renewal

### Feedback from participants .....

#### Breakthru Summer Family Trip

*"It was a wet morning when I was awoken by two over excited children.*

*Today was the day! Breakthru had contacted me to see if I was interested in going to their annual summer family trip. Along with 32 residents from Annaghsshee, Coalisland, Fairmount and Milltown.*

*I had gone before and knew that all I had to bring was a packed lunch and some sun cream (hopefully).*

*As the weather was wet and windy on the way down to Newcastle, we decided to go to CoCos.*

*The weather brightened as we got off the bus so we decided to explore the small beach at Newcastle before going to CoCos. The children loved paddling in the water and looking for seaside creatures. In CoCos they spent an hour and a half running, jumping, sliding, laughing and generally having fun. We then had our picnic in a local park and ended the day with a big game of Football Rounders. It was easy to see the day was action packed because the young people were tired out and mine slept the whole way home.*

*It's a great opportunity for children and parents to make new friends and we are already looking forward to next year."*



#### South Tyrone Men's Shed

*"I really enjoyed the six week programme as it provided an opportunity to sample an activity, in a welcoming and friendly environment.*

*I always wanted to try my hand at wood carving/turning but I would not have felt comfortable attending a course in the local college as I am of an older generation. Since completing the course I have made several items for South Tyrone Men's Shed including the wooden entrance sign, which I carved out of recycled materials.*

*The Shed provides an opportunity for me to escape the house and engage with other men to develop new skills."*



## Coalisland and Dungannon Neighbourhood Renewal

### The Níamh Louise Foundation

***“The Níamh Louise Foundation was suggested to me by my GP. I attended firstly for a one to one session and then had the opportunity to attend the Recovery and Well-Being Group. I was unsure about the thought of it to begin with; I thought I would be the only man there! But when I attended the first session it felt like I’d always been a part of it. No one judged me for what I was feeling or what I was doing to cope. I’d been struggling for a long time, always moving from one counsellor to another, but Níamh Louise, and in particular the group, have been a lifeline for me in helping me deal with so many things from my past. I’d recommend it to anyone.*”**



**The Níamh Louise Foundation**

*Suicide - we have been there.  
Support, hope & understanding.  
A shared journey to recovery.*



**“Thank you very much for the six sessions of Reflexology.**

**I’m feeling much more relaxed and have more confidence in myself.**

**Thank you.”**

### Carers Event

***“I registered to attend the event in Western House, Coalisland after I spotted the poster in my local supermarket.***

***I spoke to a range of different people at various stands and got some very useful security gadgets, a pack containing warm clothes and a blanket which was ideal for my husband.***

***I learned good tips to avoiding falling and the exercise with a funny name was brilliant for someone at my time of day as it was slow moving just like me and my husband.***

***I also enjoyed the chance to get out of the house and have a change of scenery as I had sensible conversations with a range of people and the food was an added bonus as I did not have to make it.”***





## Newry and Mourne Neighbourhood Renewal

### Healthy Eating Schools Programme

**I**n partnership with the Education Authority and Health financial assistance was awarded to a total of 8 schools within the NR areas.

The programme was delivered over a three month period September - December 2016 to a **total of 2,869 pupils**.

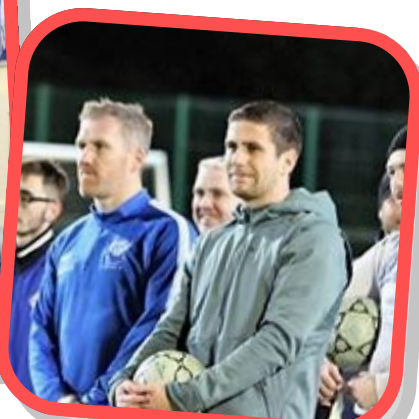
It encouraged pupils to uptake healthy eating in a variety of ways, through healthy snacks and breaks, eating and tasting different fruits all to encourage a more healthier approach to eating and help address obesity.



### I.F.A. Level 1 Soccer Coaching Training

**Eighteen volunteers** from within the nine NR areas received **Level 1 qualification training delivered by the I.F.A.** This training gave participants a more professional understanding of coaching acquiring a greater knowledge of football drills, child protection in sport along with first aid and techniques for evaluating progression. Those trained use this new knowledge when working with children/adults within their communities **and**

**contribute on average approximately four hours volunteering per person weekly which over a 12 month period = 3,456 volunteering hours.**



## Newry and Mourne Neighbourhood Renewal

Newry N.R.  
“Have Your Say”  
Ageing & Engaging Event  
for Older People



**Newry N.R. “Have Your Say” Ageing & Engaging Event for Older People** took place in the Canal Court Hotel on 28/02/2017, in attendance were **55 older people with representation made up from all of the NR areas and members of U3A**. The work shops convened on the day looked at what activities/services currently available to older people in the Newry area

and it also looked at what could be done collectively to ensure that older people continue to be inclusive in future planning. A draft report has now been written up by the NR worker which is soon to be circulated with the statutory, voluntary and community organisations/groups to take forward the recommendations/outcomes from the event.

### Action Cancer Big Bus Service

**Action Cancer’s Big Bus:** conducted **eight** visits in the last 12 months in the NR areas. A total of **189 people** availed of their services on board the bus.

**Breast Screening Stats:** A total of **133 women** availed of this service and **12 women** necessitated further investigation of which 1 tested positive and has now completed her treatment.

Comment from service user:-

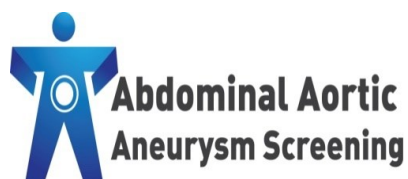
***“I was really anxious about attending my appointment but the staff were lovely and helped reassure and relax me.”***

**Health M.O.T. Stats:** A total of **56 people** were welcomed on board the bus of which **27 people** were advised to visit their G.P.s for further investigation and **15 presented with high cholesterol (14 high blood pressures and 1 lung function)**.





## Newry and Mourne Neighbourhood Renewal



### Abdominal Aortic Aneurysm (AAA) Screening in John Mitchel Place, Newry

**AAA Screening** commenced in John Mitchel Place, Newry in April 2016. **Nine clinics** have taken place between then and the end of 2016. The Screening has proved to be successful, due primarily to the promotion which takes place within the local area and the support of staff locally. Before attending the John Mitchel Place clinic, men in the area had to travel to either Bessbrook or Kilkeel. The programme has found that men are much more likely to attend for screening if it is provided locally.

Those who called into the programme office to self-refer advised of a number of different ways they had heard of the programme. Some of these include word of mouth, local press and promotional work. Two quite specific methods men mentioned were:



- ♦ **Older People's Event which took place in Newry in October 2016**
- ♦ **Men's Group in October**

Since attending John Mitchell Place, **237 men in total** have been invited for screening in the area. The table below provides a brief overview of the numbers who have attended screening. AAAs have been detected however, for information governance reasons, the programme is unable to confirm the number detected.

<b>2016</b>	<b>Number invited (excluding cancellations)</b>	<b>Number Attended</b>	<b>Overall % Uptake Rate</b>	<b>Number of self referrals</b>	<b>% of self referrals</b>
11 Apr	28	21	75	6	21
9 May	26	24	92	21	81
13 Jun	27	26	96	25	93
4 Jul	24	19	79	9	38
8 Aug	26	20	77	6	23
<b>TOTAL</b>	<b>131</b>	<b>110</b>	<b>84</b>	<b>67</b>	<b>51</b>
12 Sep	26	24	92	9	34
10 Oct	27	19	70	8	30
14 Nov	27	18	67	5	20
12 Dec	26	17	65	5	20
<b>TOTAL</b>	<b>106</b>	<b>78</b>	<b>74</b>	<b>27</b>	<b>25</b>



## Community Health Champions

**I**n 2015 the Trust commissioned Community Development and Health Network (CDHN) to deliver a Community Health Champion training programme in each of its three localities. A total of **66 community volunteers** completed the programmes and of these **16 came from the Traveller community**. All Community Health Champions (CHCs) were supported by an identified key worker from the Promoting Wellbeing Division (PWD) to provide signposting and deliver a range of health improvement activities in their local community. CHCs also had the opportunity to undertake additional specialist training offered through the PWD, including Cook it!, Choose to Lose, Walk Leader and Food Values facilitator training. This has helped build up the capacity of CHCs to offer these programmes within their communities.

By 1st April 2016, **43 CHCs** remained active. **Six secured employment, 1 established their own business, 1 enrolled in further education and five (including two Travellers) went on to complete the 12-week OCN accredited level 3 Community Health Trainer qualification.**

In 2016, the Trust responding to feedback from CHCs and other stakeholders, developed a **non-accredited CHC course** and **piloted this with a group of 7 people** in the **Craigavon area**. This course has now been amended in light of feedback and will be available for future training of CHCs as well as for those who wish to increase their knowledge and skills but do not wish to undertake accreditation. **This brings the total of CHCs trained to 73.**

Having carried out a training and communications needs audit with the CHCs the Trust has developed a recording database to capture the work of the CHCs. The CHCs have clearly highlighted the importance of ongoing training to extend their knowledge across a range of health improvement issues and the need for 1:1 support from a key worker. Any future CHC training will be offered in line with the Trust's capacity to provide that 1:1 support to ensure that CHCs are supported in their role.



**Bronagh Mayes (Lawrencetown Community Centre) and her senior groups knitted 80 dolls which she has brought to South Africa, where her sister lives. The dolls were given to the local children.**

## Community Health Champions

Impact

**V**olunteers can be vulnerable, isolated or apprehensive and can require considerable wrap around support to build self-esteem and confidence to enable them to maximise their potential.

The comments below highlight the benefits to individuals through the volunteering opportunities within their local community:-

***“I am the mother of 2 young sons. I left school with no qualifications and while I registered with a local college to develop my skills and qualifications, I did not have the confidence to attend. The Neighbourhood Renewal Coordinator encouraged me to volunteer with my local community group which improved my self esteem and confidence and then suggested that I become a Community Health Champion. I found part of the training difficult but with the 1:1 support and the wrap around programme provided, I completed the course and received my first ever certified qualification.***

***I have now completed child protection training and following the completion of Food Values Facilitator training I have been able to deliver two Food Values courses to a range of participants and signpost my local community to additional support services and programmes to improve their health and wellbeing.”***



Another CHC says:

***“About a year ago, I was not able to leave the house – I would pay my children to go to the shop for me. As a result of volunteering as a CHC with a senior group, I now feel ready to look for a job.”***

**Community Health Champions lead a variety of health and wellbeing and social activities in their local community including luncheon clubs, parent and toddler groups, youth clubs, community gardens, disability groups, tea dances, walking and cycling groups and physical activity classes.**

## Trust Traveller Action Group - Supporting Minority Ethnic Communities

**T**he Traveller Action Group (TAG) continues to meet every three months to share information on support services for Travellers and to make sure these services are suitable to meet Traveller needs and that Travellers are aware how to access them.

Chaired by the Assistant Director Promoting Wellbeing, there is representation from other departments within the Southern Health and Social Care Trust, local Traveller Support Groups, Early Years Toybox, Traveller Education Support Service, Housing Executive, Public Health Agency and local Councils.

Traveller Support Group workers feedback to Travellers on the progress being made by the group and bring issues from the Travellers they work with to the meetings for discussion.

### Progress during 2016/17 includes:

- ♦ Implementation of action plan under 8 key areas covering: Housing and accommodation; Early years support and Educational attainment; Employment and Skills; Reducing stigma; Traveller friendly HSC services; Targeted health and wellbeing programmes; Monitoring Evaluation and Research and Collaboration and Joint Working
- ♦ Continued delivery and promotion of Roots of Empathy programme in primary schools attended by Travellers
- ♦ Provision of early intervention, family support and mental health training opportunities
- ♦ Continued support from Traveller Public Health Nurse
- ♦ Participation in research into Traveller needs in Newry and Mourne
- ♦ Support and mentoring provided for Travellers who completed the Community Health Champion and Health Trainer programmes in 2015/16 to further develop their skills
- ♦ Good practice visit to Sligo and a number of focus groups held with expectant Traveller mums and Trust staff as part of the field work for the development of a Pregnancy Booklet for Travellers
- ♦ One further Traveller supported to complete the Community Health Trainer programme January - March 2017



**Health Clinic  
@ Moylinn**



**Choose to Lose**



**Health Checks  
@ Moylinn**

**Further details can be found in the Traveller Action Group Progress Report 2016/17 available to download on the Trust website.**



## Community Sector Training

Building 'safeguarding aware' communities

Community Sector Training (CST) works in partnership with the community to ensure groups have easy access to good practice training in safeguarding children for all volunteers and staff.

This is a vital support for community and voluntary groups working with children and young people. It helps them to create a safe environment and know how to respond when they have concerns about a child by building their capacity with guidance on how to develop policies and procedures to protect children in their care. CST training also strengthens groups' ability to access external funding.



Community Sector  
Training

Delivery

In 2016/17, we delivered **72 courses** for **974 participants** from over **210 groups** including full child safeguarding training, refresher courses, basic awareness courses and training for the designated person for child protection. Delivery is by a team of trainers from local communities across the Trust area who are able to provide the flexibility groups need by training taking place mainly in the evening in their community venue. Trainers are supported by project staff in Community Sector Training based within the Promoting Wellbeing Team for Craigavon and Banbridge. Total numbers trained since the project's inception now exceeds **13,500 staff and volunteers**.

Basic awareness courses

Demand for the single session awareness course has increased significantly this year as groups are widening their provision of training. We have responded by reviewing the topics tackled by this course, ensuring that participants **(a) have an awareness of the signs and indicators of different types of abuse (b) how to refer and (c) the boundaries on appropriate behaviour when working with children**. Video clips have been introduced in all courses as a new learning tool, with positive feedback from both trainers and participants.

Designated Person training

We have also further developed our training for designated persons and increased the number of courses scheduled across the Trust. This will help ensure that those taking on these additional responsibilities have access to support to build on their confidence in the role.

Team changes

This year has seen a number of changes to our pool of trainers. We were sorry to say goodbye to two longstanding trainers one of whom had been delivering with CST from it started. With pressures on trainer availability we have just completed recruitment of seven new community trainers to supplement the team and help meet growing demand. They will complete their Training the Trainers programme and assessment over the coming weeks before commencing delivery of courses across the Trust area. We look forward to benefitting from the increased diversity within the team increasing our responsiveness to demand for training.

## Staff Training and Development

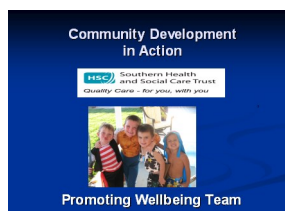
**T**raining is an invaluable resource in relation to community development underpinning principles such as individual and collective empowerment and offering knowledge and understanding to enable change. Training can be used in many different ways, for example, developing or maintaining healthy preventative lifestyles, supporting people to better manage their own or others' chronic or long term conditions, facilitating the contributions of service users to the design and delivery of new and innovative services or supporting Trust staff to work more effectively with their client group.

### New post qualifying community development award for social work



It is recognised that Community Development (CD) has a role to play in social work, research, health improvement and user involvement strategies. However, while CD remains a requirement for undergraduate social workers a gap remains at Post Qualifying (PQ) level. The Promoting Wellbeing Division has supported the Social Services Training Unit by releasing one member of staff on a part-time basis to carry out the field work and make submissions to NISCC for a PiP programme in CD for Social Work. The content of the modules has been agreed via focus groups with social workers and service user groups and the programme is expected to be available in the Autumn.

### Community Development Awareness for staff



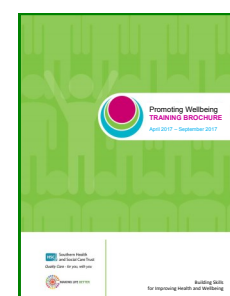
CD Workers continue to provide Community Development Awareness training to staff teams on request. During 2016/17 a new CD Evidence training course was piloted with **16 Social Work students**. Community Development Awareness is also provided twice a year at the Student Social Work Induction Programme with **79 students** and **26 new members of staff** attending during August 2016 and January 2017. In addition **22 senior members** of Trust staff received a presentation on Community Development in Action at the Trust Board meeting in May 2016.

### Capacity building for voluntary and community groups

Community Development Workers within the Trust continue to provide capacity building training to voluntary and community groups to assist with group development. During 2016/17 a total of **13 sessions** were provided to **11 groups** with **78 participants** assisting groups to develop skills in areas such as governance, committee skills, action planning, and fundraising. In addition Community Development Workers provided one to one support for individuals on groups as required on specific areas in response to identified need. This included policy development, charity registration and returns, monitoring returns, recruitment of new members, staffing issues, capacity building and group development.

### Promoting Wellbeing Training

In addition, the Promoting Wellbeing Department continues to provide a portfolio of training in relation to health improvement including, mental health, suicide prevention, accident prevention, physical activity and sexual health. From 1 April 2016 - March 2017 a total of **47 training programmes** were delivered in relation to health improvement with **541 participants**. Further details of PWB training courses are available in the Promoting Wellbeing Training Directory which is up-dated and circulated on a quarterly basis.



## Community Development approaches across directorates

**W**orking in partnership with local groups and communities to identify needs and issues, develop capacity and resource, plan, develop and reshape service delivery are critical in improving health and wellbeing. These working partnerships also help reduce the health disadvantage and inequality experienced by many communities across the Southern area. The following are just some examples of community development approaches taken across the Trust directorates.

### Mental Health and Disability

#### Maximising independence and choice for our patients and clients

A new Northern Ireland sign language version of the Driving Theory Test practice questions has been developed by the Southern Health and Social Care Trust in partnership with deaf service users.

Communication is the most significant barrier for Deaf people as **Eilish Kilgallon, Community Access Officer** for Deaf People at the Southern Trust explained:-

***“As sign language does not follow the same format or include the range of vocabulary as English grammar, Deaf people can have great difficulty in terms of academic achievement, employability and overall social inclusion. Although they tend to have excellent concentration and no problem passing the practical driving test, because the theory exam is in normal English, the pass rate for deaf people is very low.”***



The Trust set up a **working group with deaf service users** to examine the best way of **helping deaf people pass the driving theory test**. It was agreed that a signed version of the questions would be developed.

**Pat McAteer, Specialist Services Manager** for the Trust added:

***“We developed this new signed version of the theory test practice questions to give Deaf people a better understanding of what is being asked and offer them a fairer chance of passing the test. This new test has been widely welcomed by our service user advisory group and local deaf clubs and we hope it helps many more deaf people to enjoy the independence of being able to drive.”***

The video has been produced with a local translator specifically using **Northern Ireland Sign Language**. It is available on a DVD or on a USB pen by contacting **Eilish Kilgallon**, Community Access Officer for Deaf People  
Email: [eilish.kilgallon@southerntrust.hscni.net](mailto:eilish.kilgallon@southerntrust.hscni.net)

#### Supporting people and communities to live healthy lives and to improve their health and wellbeing

**T**hree Health Booklets were co-produced with service users and carers to highlight the importance of regular health checks with specific reference to men and women's health issues.

These were developed following concerns raised by service users and covered prostate and Abdominal Aortic Aneurysm screening and menopause. The impact has been to promote the importance of annual health checks and encourage people with learning disabilities to take more responsibility for their own health and wellbeing.



## Community Development Approaches across Directorates

### Mental Health and Disability

#### Supporting people and communities to live healthy lives and to improve their health and wellbeing

The development of the **Recovery College in the Southern Trust** is part of the ImROC national programme. The programme puts recovery-focused work at the heart of mental health service development. It builds on the national drive to create a society where people with mental health difficulties have access to the same opportunities in life as everyone else. The power of recovery colleges is two-fold:

- ♦ **First, they assist the individuals whom they serve in their personal and collective journeys of recovery**
- ♦ **Second, they assist organisations and services to become more recovery-focused**

The working group has 6 service users pro-active in the governance of the Recovery College and PWB representation. The success of the project is based on co-production and co-delivery of all courses and educational programmes. This means that every course at the college has been and is co-produced and co-delivered by people with lived experience of mental health difficulties and those with professional expertise on a range of mental health subjects. Service user involvement and engagement and the use of community development approaches is key to the ethos of the recovery college.

There are **52 people qualified as T4T** (Training for Trainers) **19 of them are service users**. A service user co-leads on the newly developed co-production network that meets three times per year. The quality assurance panel for all co-produced courses is made up of **2 service users and 2 staff**.

The T4T programme is a 2 day quality assured programme that was developed by **2 service users** who were trainers in their previous jobs. They are the key trainers for this work. There are **3 Part Time Peer Recovery Trainer (PRT)** posts which we are recruiting for within the next several weeks. **Three service users** have completed level 3 OCN T4T in order to lead on the co-production of all courses.

***Ann Butler, recovery coordinator,  
former Health Minister Michelle O'Neill,  
Mary Connolly, acting head of  
service support and recovery***



## Community Development approaches across directorates

### Children and Young People's Services

#### ***Being a good social partner within our communities***

**R**epresentatives from a Service User Group for young people within the Southern Trust have been involved in a venture run by the Youth Social Enterprise Project which is a HSC pilot programme in conjunction with the Department of Health.

Through direct engagement with young people, consultation with stakeholders and research, the project has developed four business ideas which have been taken to proof of concept. The strongest business idea out of the four will be identified and will proceed to full business plan. This has been progressed in consultation with the H&SCB and a steering group has been established. The programme aims to enable young people to become self sufficient through the option of self employment, and the young people involved with this programme are already developing skills which will be useful to them in the future.

#### ***Value staff and support their development to improve our care***

**S**hort break carers suggested that it would be useful to establish a support group. This was facilitated by a student social worker and other staff, and the carers have welcomed the peer support and additional training offered. Staff felt they had more insight into carers' needs and are taking an 'asset based approach' to improving carers' experience.

### Older People and Primary Care

#### ***Supporting people and communities to live healthy lives and to improve their health and wellbeing'***



**O**ver the course of the last 12 months staff from the Community Nutrition Education Team have consulted with over 70 facilitators who are delivering a range of nutritional and weight management training programs in our local communities. These programs, which include Cook It, Food Values and Choose To Loose, are targeted at particular groups including young people, those with a disability and our BME communities and the team was keen to discover the views and experiences of facilitators in relation to delivery, identifying specific areas for improvement. This information was gathered via evaluation forms and semi structured interviews, both in person and via the telephone. This involvement ensured that the team are able to offer additional support where needed and improves the flow of nutritional and weight management information into our local communities to support people to make healthier choices.

## Contracts

The Southern Health and Social Care Trust has a long, productive history of working in partnership with a range of organisations in other sectors towards the long term goal of improving the health and wellbeing of the population of the Southern Area. The Trust commits approximately £6m per annum to Community & Voluntary Sector (CVS) providers via its contract services. This excludes Supported Living Schemes, Meals and day care provided in Residential Nursing Homes and any funding currently provided via granting. This commitment has arisen from a combination of historical allocations, direct awards and a legacy of granting. New strategic drivers including the current financial context, the legacy of Transforming Your Care and the emergence of new public procurement regulations have signalled the need for the Trust to undertake a fundamental review of the way in which it commissions services from the Community and Voluntary Sector for the future.

### Contracts Review

In progressing this review process in an open and transparent manner, the Trust held two separate workshops in April 2016. Currently contracted CVS providers were directly informed of the opportunity to attend and the events were also advertised in local press to encourage attendance from potential future providers who do not currently have a contractual arrangement for the provision of services with the Trust.

A total of 50 representatives from community and voluntary sector organisations, outside of Trust, Public Health Agency and the local council representative attended the events in Portadown and Newry. Assistant Directors across all programmes of care attended the event to inform and facilitate the engagement process and to record responses from participants.



**Newry Workshop April 2016**

### Newry Workshop April 2016

Further to a brief opening presentation which set out the purpose and objectives of the review, participants were invited to consider and make comment on the draft criteria that the Trust had proposed to apply for the purposes of ensuring an equitable and transparent review process. In addition to the facilitated workshops, participants were invited to complete individual comment forms which mirrored the questions asked at the facilitated workshop. A total of 8 completed comment forms were received. The feedback was used to shape the final review process and criteria which was then shared with directorates who commenced desk top reviews of all existing contracts. Once signed off, the review of the contracted service and management actions will be communicated to the Provider organisation at a review meeting and will be formally communicated in writing. The provider will have the right to appeal the evaluation.

Within the **Promoting Wellbeing Division**, staff participated in a **“Time Out for Teams”** event in February 2017 to develop a strategic vision for Promoting Wellbeing which will further inform its contract review process. A series of consultation workshops will be held later in the year to seek the views of the public, Community/Voluntary Sector providers and other interested stakeholders to finalise the vision.



## Income Generation from external funders

External funding

**In** addition to its core funded services, the Promoting Wellbeing Team has also secured funding from external providers to provide additional support to specific disadvantaged communities. During 2016/17 this amounted to **£381,628.36** - the breakdown is as follows:

- ♦ **Department for Social Development - Health and Wellbeing programmes in designated Neighbourhood renewal areas across the Trust area**
- ♦ **Public Health Agency - Traveller health and wellbeing training programme**
- ♦ **Local Commissioning Group - Carers development programme**

Income generation

As well as managing and facilitating funding directly, Community Development Workers also support organisations to access funding from a wide range of providers. This may be in terms of supporting groups to position themselves better through organisational or strategic development, helping to identify or clarify need, or practically sitting down with groups to translate their ideas into (hopefully) successful applications.

Carers Cash grants

The Promoting Wellbeing Team, through its Carers Coordinator, also manages the generic carers cash grants programme. A Carers cash grant may be awarded to a carer who is experiencing stress as a result of their caring role as an outcome of their Carers Assessment.

The Trust receives £20,000 recurrently for this programme and this year was able to contribute a further £50,974. This is in addition to the Carers Cash Grant programmes managed separately by Mental Health and Learning Disability Divisions.

**During 2016/2017 the Promoting Wellbeing Division supported the following:**

<b>Voluntary Contracts</b>	<b>£604,107.97</b>	<b>25 groups</b>
<b>External funding</b>	<b>£381,658.36</b>	<b>3 programmes</b>
<b>Income generation</b>	<b>£220,332.81</b>	<b>40 groups</b>
<b>Carers Cash Grants</b>	<b>£70,974</b>	<b>501 Carers</b>
<b>TOTAL</b>	<b>£1, 277,073.14</b>	<b>65 groups / 501carers</b>

## Access and information - ICT Supporting Older People

Information and the ability to act on it has been shown to be vitally important for older people in maintaining their independence and living well. Success depends on effective communication and partnership working with a wide range of stakeholders to access timely information, help, advice, support, signposting, and referring on as appropriate to meet individual Health and Social Care Needs.

The Access and Information Service with a **team of 16 staff** sits within the Promoting Wellbeing Division of the Older People and Primary Care (OPPC) Directorate.

It is both internally facing with staff/professionals such as Integrated Care Teams, Reablement, Intermediate Care Scheme and externally facing with community and voluntary providers such as British Red Cross, Age NI, Ageing Well Groups/Clubs.

Access and Information is a rapidly growing service, approximately **2,000** referrals are now processed per month.



**The Information Hub** is a vital part of the Access and Information Service enhancing communications between Acute, Non Acute and Community Staff within OPPC ensuring service users (over 65 years) have a smooth and seamless experience across all relevant Trust services, aiding staff to track the patient and inform discharge planning.

**Benefits of Access and Information Service** include: standardised processes with one central point for receipt and management of referral processes Trust wide to OPPC improving accessibility, responsiveness, and timely discharge. Assessments uploaded onto 'PARIS' (community information system) frees up professionals time and sees continuous development in processes. Signposting, redirecting, and referral onto services within the community and voluntary sector alongside the development and management of various

Directory of services across the SHSCT by the Access and Information team enhances up to date, information in the one place on a range of organisations and bespoke services in the community for service users, their carer and staff alike.

### For further information on the Access and Information Service:

**Telephone:** 028 3756 4300  
(Mon - Fri: 9.00am - 5.00pm)

028 9504 9999 (out of hours)

**Email:**

[access.information@southerntrust.hscni.net](mailto:access.information@southerntrust.hscni.net)

**By Letter:** Access & Information Service,  
Mullinure Health & Wellbeing Centre, Level 2,  
Loughgall Road, Armagh BT61 7NQ



## Promoting Wellbeing Division - Mailing list and information resources

The Promoting Wellbeing Division continues to maintain and update its email circulation list of all the main Community and Voluntary networks from across the Southern Trust Area and in doing so is able to continuously disseminate a range of information on training, funding opportunities as well as cascading a whole host of other information relevant to the sector.

If you or your group would like to be included on our mailing list, please contact:

[esme.brown@southerntrust.hscni.net](mailto:esme.brown@southerntrust.hscni.net)

*"I am so glad I signed up to receive the e-mails as I find it extremely useful and whilst not every item or piece of information is relevant to the work we do it is easy to identify those that are. I have attended a number of meetings and events as a result of the e-mails and have forwarded them on to the staff and the service users who have also attended events, training and meetings as a result. Please continue to keep up the good work of distributing the information."*

**Area Manager MindWise**

The Promoting Wellbeing Team has also been involved in developing a number of information resources including:

- ◆ Neighbourhood Renewal Newsletters
- ◆ Up-dated PWB Staff Directory
- ◆ Up-dated PWB Services Flyer
- ◆ Quarterly PWB Training Directory
- ◆ Volunteer Annual Report - Making a Difference
- ◆ PPI Annual Report - Sharing our Stories
- ◆ Trust Traveller Action Group Progress Report
- ◆ Carers Annual Report
- ◆ Health Improvement Annual Report

**Promoting Wellbeing Teams**

The Promoting Wellbeing Teams work together with Trust Staff, local communities, service users, carers and partner organisations to:

- Develop and deliver services and actions to improve health and wellbeing.
- Build capacity and increase people's skills to identify health needs and issues.
- Support local initiatives that improve health and wellbeing through community development and health improvement approaches.

**Services include:**

- Cancer Health and Wellbeing service
- Carer Support
- Community Development
- Community Sector Training
- Cook It! & Choose to Loose Facilitator training and support
- Early intervention & Parenting Programmes
- Health Champions & Trainers
- Health Clinic for Young People
- Home Accident Prevention
- Mental Health Promotion
- Neighbourhood Renewal
- Personal and Public Involvement (PPI)
- Physical Activity & Fit 4 U programmes
- Sexual Health Improvement
- Stop Smoking Support Services
- Suicide Prevention Training & Support
- Traveller and other BME Support
- Training and advice
- Volunteering
- Workplace Health Improvement
- Youth Health Improvement

**Contact your local Promoting Wellbeing Team for further details:**

Head of User Involvement and Community Development: St Luke's Hospital, Armagh: 028 37 564469  
 Head of Health Improvement: St Luke's Hospital, Armagh: 028 37 564467  
 Armagh and Dungannon PWB Team: St Luke's Hospital, Armagh: 028 37 564496  
 Newry & Mourne PWB Team: John Mitchell Place, Newry: 028 3083 4325  
 Craigavon & Banbridge PWB Team: Brownlow Health & Social Care Centre, BT65 5BE: 028 38 34 4973  
 PWB Specialist Cross Directorate Lead: Moylin Resource Centre, Bannewell, BT65 5BE: 028 38 317156

PWB Resources: [PWB.Resources@southerntrust.hscni.net](mailto:PWB.Resources@southerntrust.hscni.net)  
 PWB: <http://www.southerntrust.hscni.net/124.htm>  
 PPI: <http://www.southerntrust.hscni.net/about/1600.htm>

Personal and Public Involvement (PPI) Involving you, improving care MAKING LIFE BETTER

All of these resources can be downloaded from the Trust's web-site @ [www.southerntrust.hscni.net](http://www.southerntrust.hscni.net)



## Useful Contacts

### SHSCT Promoting Wellbeing Division

#### User Involvement and Community Development

Head of Service: **Carolyn Agnew**

User Involvement Development Officer: **Neil Gillan**

#### Community Sector Training

CST Coordinator: **Ruth Allen**

[cst.training@southerntrust.hscni.net](mailto:cst.training@southerntrust.hscni.net)

#### Access and Information

**Ingrid Stewart**

Manager: **Mairead Kirk**

#### Armagh and Dungannon Locality Team

Manager: **Jillian Cosgrove**

Community Development Workers:

**Tracey Powell, Jacqueline Connolly**

Volunteer Coordinator: **Kate Johnston**

Neighbourhood Renewal: **Marian Dorman**

#### Newry & Mourne Locality Team

Manager: **Fergal O'Brien**

Community Development Workers: **Marian Cully, Deirdre Magill**

Volunteer Coordinator: **Deirdre Magill**

Carers Coordinators: **Patricia McCrink & Clare Forsythe**

Neighbourhood Renewal: **Madaleine McCrink**

Traveller Support: **Stella McLoughlin**

#### Craigavon & Banbridge Locality Team

Manager: **Donna Haughian**

Community Development: Workers: **Lisa McAliskey & Nuala Carlin**

Neighbourhood Renewal: **Geralyn Maguire**

Volunteer Coordinator: **Gerardette McVeigh**

All named staff can be emailed at: [firstname.surname@southerntrust.hscni.net](mailto:firstname.surname@southerntrust.hscni.net)

with the exception of: [jacquelinej.connolly@southerntrust.hscni.net](mailto:jacquelinej.connolly@southerntrust.hscni.net)