

# *Community Development in Action*

**SHSCT**

**Community Development Report 2015/16**

## COMMUNITY DEVELOPMENT IN ACTION

### Introduction - Meet the team



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



**L-R Community Development Workers:** Tracey Powell & Jacqueline Connolly Armagh & Dungannon; Marian Cully & Martina Flynn, Newry & Mourne; and Lisa McAliskey Craigavon & Banbridge

### Welcome to the Southern Trust's Annual Community Development Progress Report for 2015/2016

Throughout this report, we highlight examples of the impact of the community development approaches, activities and initiatives undertaken by the Community Development Workers across the Trust. 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 2015/2016.

#### Tackling Inequalities in Health and Wellbeing

**Children, families and young people:** During 2015/16 community development support was provided to **44** groups and projects across the Trust area. This included Sure Start, Early Years partnerships, Father's Fora, 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 **48** Child Protection training courses and **1** Community Development and Health Issues course were provided to a range of groups through the Community Sector Training (CST) project.

**Mental Health:** This included support for the "Heads Up" Arts Care project and the further development of **COAST (support group for women affected by cancer)** which is now self sustaining and support for community associations that did not traditionally have a specific focus on mental health to access funding to provide Mental Health and Emotional Wellbeing programmes in the local area. 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.

**Disability:** Community development support was provided to **14** disability related groups and projects supporting people with physical, sensory and learning disability. This included 4 Fit4U Clubs, the International Deaf Club and a number of learning disability and condition specific support groups.

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## COMMUNITY DEVELOPMENT IN ACTION

### Introduction—Summary of achievements

**Older People:** Community development support was provided to over **40** older people's groups and projects. In addition 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 and to deliver a further Positive Ageing Showcase Event.

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 further rolled out within the Trust.

### 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 15/16 **59** staff and **71** students trained in CD and PWB and **487** staff trained in PPI. Staff from the Promoting Wellbeing Team are working with colleagues in the Social Services Training Unit, the University of Ulster and other cross sectoral partners to develop a post qualifying certificate in community development for Social Work with a view to rolling this out to other health care professions.

### Training for Trust Volunteers

A rolling programme of mandatory induction continues to be provided to Trust Volunteers in addition to bespoke 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, action planning, fundraising. A total of **71** courses were delivered to **361** participants (42 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, supporting people to better manage their own or others chronic or long term conditions.

### Partnership working

This is at the heart of community development and the Promoting Wellbeing Team acknowledge the support received by many of the agencies that it has come into contact with over the last year. In total CD Workers represent the PWB Team 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 £5 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 **£470,595.50** was secured for the area from external funding sources.

### Communication

The Promoting Wellbeing Team 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.**

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## LEADERSHIP AND CORPORATE COMMITMENT

### Leadership and Corporate Commitment -

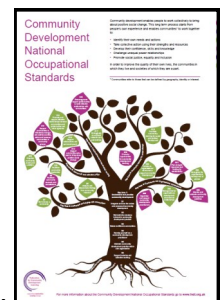
Community development continues to be an important strategy within health and social care as we continue to develop and improve our services in an increasingly challenging environment. Community development is a cross cutting theme underpinning Transforming Your Care, Changing for a Better Future, the 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.



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

Community development enables people to work collectively to bring about positive social change. This long term process starts from people's own experience and enables communities whether geographical, identity or interest to work together to:

- ♦ Identify their own needs and actions
- ♦ Take collective action using their strengths and resources
- ♦ Develop their confidence, skills and knowledge
- ♦ Challenge unequal power relationships
- ♦ Promote social justice, equality and inclusion



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 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 Edwin Graham. Edwin is also the non executive director for PPI and carers.

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 to 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. 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 2017 and REACH which ended in February 2016.

The Trust, continues to plan and report against the key areas in the HSCB/PHA Community Development Performance Management Framework.

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## USER 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.

#### Measuring the Effectiveness of our Approach

In April 2015, the Public Health Agency (PHA) forwarded a PPI Monitoring Report that 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:

1. The Trust PPI self-assessment monitoring return (submitted January 2015)
2. Information collated during the verification monitoring visit (March 2015)
3. Additional evidence supplied by the Trust

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 2015/16. 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.

- Assign further resources to fulfil PPI responsibilities and the Statutory Duty of Involvement
- Develop a central register of opportunities for involvement which is updated across all Directorates and readily accessible by the public
- Disseminate and roll out of the Regional PPI

#### Southern Trust most advanced

The Public Health Agency report concluded that:

*On the basis of the evidence provided, the **SHSCT are the most advanced Trust in relation to complying with the Statutory Duty of Involvement and Consultation.** PPI is clearly on the agenda of the senior management team and widely embedded within policy and practice in the organisation.*

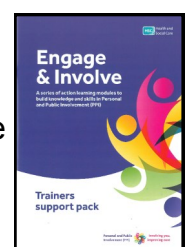
***The Trust has demonstrated leadership and has regularly shared good practice in this field across the HSC system.** The strength of their commitment to service user and carer involvement has been demonstrated through its structures, through its monitoring and reporting arrangements and through the production of a wide range of support and guidance materials for staff and service users.*

A further monitoring template has been issued for completion by 18th March 2016. with a verification visit planned for 25th April 2016. The key area of focus for this year will be on hospital services for people with a learning disability.

#### PPI Training

The Trust and members of the PPI Panel have been working with the PHA through its regional PPI Forum to develop a PPI training programme for staff which was launched on 22nd February 2016. Engage and Involve consists of an e-learning module which includes an overview of the statutory duty and case studies to showcase PPI in practice and 8 taught modules:

- ♦ Introduction to PPI
- ♦ Practical PPI
- ♦ Communication and PPI
- ♦ Facilitation skills and PPI
- ♦ Getting people to participate in PPI
- ♦ Measuring PPI



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## USER AND CARER INVOLVEMENT AND COMMUNITY ENGAGEMENT

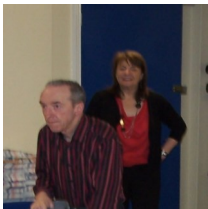
### Personal and Public Involvement and Patient and Client Experience

The PHA who led on the development of the programme specifically acknowledged the support and information provided by the Southern Trust which contributed to the development of the materials.

While the PHA has not yet finalised the delivery mechanism for the taught modules, the e-learning module will be made available on the Trust's e-learning platform.

#### PPI Panel

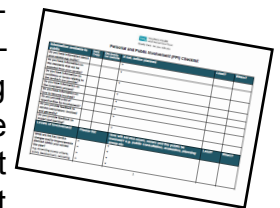
The Trust's Service User and Carer Personal and Public Involvement Panel (PPI Panel) continues to meet on a quarterly basis working with the Trust and the PPI Team to ensure that the mechanisms and policies in place to embed PPI across the Trust are implemented and fit for purpose. Each year the Panel 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.



Panel members worked with the PPI team to develop and deliver a workshop on Practical Hints and tips for Involving Service Users and Carers at the Trust's Quality Event in October 2015. A total of 43 staff at all levels and across all programmes of care attended and feedback was very positive particularly in regard to the involvement of service users in the delivery of the workshops.



The Panel also worked with the PPI Team to develop a PPI Checklist designed to determine compliance with the PPI Indicators within directorates across the Trust. Individual RAG (red/amber/green) rated reports for each directorate are being finalised and a corporate summary report with recommendations is currently being developed. While this self-audit exercise will indicate whether or not staff are compliant with the PPI Indicators that feed into the regional PPI Standards it does not reflect the quality of the compliance. Nevertheless, the Southern Trust is the first HSC organisation to attempt to quantify PPI activity across all its directorates and programmes of care. This process will provide a baseline from which we can measure future progress and highlight areas for development to inform our action plans for 16/17.



#### Patient Client Experience Standards and 10,000 Voices

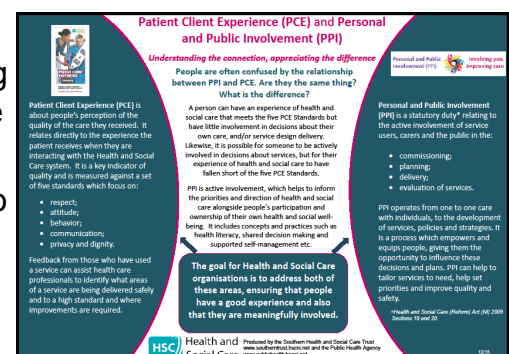
Following feedback from staff and service users regarding the confusion between PPI and Patient Client Experience, the PPI Team developed a leaflet to clarify the relationship between the two concepts. This was shared with the PHA who worked with the Trust to develop it as a regional resource.

The Patient Client Experience and the 10,000 Voices programmes have now been merged. The Trust has

established a new Patient Client Experience Steering Group to drive these work plans and monitor progress and is currently recruiting for a 10,000 Voices Coordinator.

For further information please contact Fiona Wright, Assistant Director Nursing Governance.

E: [Fiona.wright@southerntrust.hscni.net](mailto:Fiona.wright@southerntrust.hscni.net) Tel: 028 38 833348



## TACKLING INEQUALITIES IN HEALTH AND WELLBEING

### Older People - Newry, Mourne and Down Age Friendly

Newry, Mourne and Down Age Friendly Alliance is a partnership of statutory, voluntary and community organisations set up in 2014 by Newry, Mourne & Down District Council, with the Trust as a proactive partner.

The aim of Age Friendly is to make the district a great place in which to grow older, and one that is supportive, valuing and enabling for older people. Older people's priorities and concerns have been the driving force behind the development and implementation of a proactive Age Friendly Strategy for the district.

The Age Friendly programme addresses issues within the context of World Health Organisation's 8 Age Friendly themes:

Outdoor spaces and public buildings Transport Housing and Home Social participation	Respect and social inclusion Civic participation and employment Communication and information Community and health services
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Demographics of our population are changing and people are living longer therefore it is important that we acknowledge the wealth of experience and benefits that our older people bring to our communities as we strive to work together through imaginative and cost effective partnerships to improve the health, wellbeing and quality of life for them.

Southern Health and Social Trust (The Trust) have played a vital role in setting up and supporting the Older Person's Forum through community development support. The Forum is made up of older people both individuals and representatives of older people's groups from the Newry & Mourne area. The Forum has been addressing issues brought up by its membership including transport, health and social care, and dementia. With community development support the Forum have responded to Office of First and Deputy First Minister (OFMDFM) strategy Active Ageing Strategy 2014-2020, and the Trust's "Future of Statutory Residential Care For Older People".

The Age Friendly Strategic Alliance organised a conference "Celebrating Age Friendliness", hosted by Newry, Mourne and Down District Council on 11<sup>th</sup> November 2015. Over 200 delegates attended who were informed of the achievements that the Age Friendly Strategy has achieved since it was first launched in 2014. The Trust inputted into the planning and organisation of the conference. The event which was chaired by Ms Pamela Ballantine, provided an opportunity to demonstrate how the district has been delivering on the Age Friendly agenda and how the Strategic Alliance Partnership has been working together in order to enhance the quality of life for older citizens in the area.



Marian Cully, Community Development Worker with the Trust said *"the collaborative working enhances opportunities for engagement with and support for older people. The outcomes are a wider range of provision of health and social care programmes for older people including healthy eating, physical activity, mental health and wellbeing, and combatting loneliness. This will enable older people to maintain independence at home for longer"*.

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## TACKLING INEQUALITIES IN HEALTH AND WELLBEING

### Older People - Positive Ageing Event 2015 Newry & Mourne



In October 2015 Newry and Mourne celebrated its 4<sup>th</sup> Positive Ageing showcase event on 7<sup>th</sup> October 2015 in the Sports Centre Newry. The aim was to highlight the positive impact older people make on our community, and the positive aspects of growing older in Newry and Mourne. It is important to celebrate the fact that we are living longer. Longer life expectancy is something to celebrate and many older people enjoy good health, and continue to make a contribution to their community.

Northern Ireland has the fastest growing and ageing population in the UK. By 2022, it is estimated that the population will rise by 11%, and that, within that, the number of people aged over 65 will increase by approximately 26%.

The Positive Ageing event engaged with over 220 people and provided them access to and information on support services around Health and Wellbeing, Education and Lifelong Learning, Recreation and Leisure, Volunteering, Advice and Support, Arts, Culture and Heritage and Shopping.

Over 60 stand-holders provided this array of information, help and advice on finance, pensions, health and wellbeing, fitness, education, volunteering, social care, recreation, leisure, arts and heritage. There were also health checks, taster sessions in laughter yoga and meditation, a fashion show, free taster workshops, refreshments and a complimentary lunch. Music was by Accolade community choir who were very entertaining.



Comments on the day were positive including excellent, very well organised, great turnout, kept participants interested, lots to offer, brilliant day, with so much to offer older people and it really was a 'positive' ageing event. Many remarked on the great collaboration between all the key agencies.

Mrs Roberta Brownlee Chairperson of the Southern Health and Social Care Trust spoke at the event and said "The Positive Ageing event is a great example of improving people's lifestyles and making Newry and Mourne area a great place to grow older. Health and wellbeing is everyone's business, and we welcome the opportunity and are delighted to be involved in planning and delivering this event with our key partners. We are committed to working with older people and our partners to improve the health and wellbeing of people living in our area".

Positive Ageing Week was organised, financially supported and supported in kind by the Southern Health and Social Care Trust, Newry and Mourne District Council, Newry and Mourne Senior Citizen's Consortium, Volunteer Now, and Newry University of the Third Age. The Positive Ageing Event highlights how partnerships can achieve a lot more than a single organisation could possibly accomplish on their own.



## TACKLING INEQUALITIES IN HEALTH AND WELLBEING

### Older People - Good Neighbourhoods for Ageing Well



Previous *good neighbourhoods for ageing well* programmes facilitated Community Conversation Forums where older people identified the need for further social activity projects. This led to the development of a wider platform to address issues around loneliness and social

isolation often felt by the older generation. This current programme is being delivered through a partnership approach between the Promoting Wellbeing Teams from the Southern Health and Social Care Trust, Local Councils and the Public Health Agency working with local people across 5 localities in Craigavon, Banbridge, Armagh, Newry and Dungannon.

#### *good neighbourhoods for ageing well* - CRAIGAVON

The current *good neighbourhoods for ageing well* initiative being driven forward by the Community development teams in the Craigavon area is supported by a Local Implementation Group (LIG) consisting of Older people, Older people's community groups, community facilities managers and network organisations who provide services for older people in the Craigavon area.



(pictured left at the launch of the Older Persons Pop Up Information Station members of the Craigavon LIG).

This Local Forum aims to strengthen local networks by facilitating regular meetings and networking opportunities

within and between older peoples groups. Activities carried out by the Craigavon LIG have included the piloting of an Older Persons ambassador scheme with information pop up stations which hold up to date resources that can be utilised in the community. An Older Peoples Ambassador will act as sign-poster to services for Older People within the Community and will manage the mobile Pop Up Information stations which will move around community venues and areas where Older People may pass through such as community centres, supermarkets and post offices or at events such as health fairs. It is hoped that this will help cascade information out to those in need.



At the pop up information stations people can also take part in the regional “**make a pledge of kindness**” scheme. This campaign aims to highlight how pledging one small act of kindness towards an Older Person could help reduce social isolation and loneliness.



Examples of some of the pledges made at the recent launch event including going on a joint dog walk with an older person, offering a lift to an older person at a bus stop, speaking to an older person when beside them at the supermarket checkout.

## TACKLING INEQUALITIES IN HEALTH AND WELLBEING

### Older People - Handyman Scheme in the Keady, Carrigatuke and Derrynoose



#### good neighbourhoods for ageing well - ARMAGH

In 2015 Saint Vincent de Paul Keady received a small amount of funding from the PHA through the 'Good Neighbourhoods for Ageing Well' programme to establish a handyman scheme. The scheme was developed with support from the local Community Development Worker in the Trust and the Community Safety Co-ordinator from Armagh City, Banbridge and Craigavon Borough Council.

The low cost service is available to older people over 65 years of age living in the Keady, Carrigatuke and Derrynoose area. A range of small jobs can be undertaken including general garden maintenance, replacing or fitting battery door bells or smoke alarms, fitting hand / grab rail and removal of unwanted furniture or clothing.

Patsy Smith President of SVP Keady commented *"feedback from those who have accessed the scheme has been positive. The handyman has been able to carry out numerous tasks for older people both within and outside the home. Another benefit from the scheme is the contact we have established with some isolated older people who live in our community"*.



***Pictured: Handyman at work***

The scheme has recently benefited from further funding from the Big Lottery Fund Village SOS Scheme.

To access the service or for further information please contact SVP Keady on Tel: (028) 3778 8010 or Mobile: 07738 838078.

## TACKLING INEQUALITIES IN HEALTH AND WELLBEING

### Children, Families and Young People

#### Newry & Mourne Foster Care Support Group

The Newry Foster Care Group has been running for over twenty years - the purpose of the group is to provide emotional and educational support to foster carers and kinship carers to enhance their ability to meet foster children's needs. The support group provides a place for protected time to share their concerns about difficult experiences as well as sharing their rewarding experiences of caring for children.

With support from the local Promoting Wellbeing Team, Newry and Mourne Foster Care Group recently secured funding from Awards for All. This has enabled the group to arrange a number of trips and educational events for local foster families and children. Books and other resources were also purchased for a new Resource Library which has been developed in partnership with Newry City Library. This was launched in the Library on 1 March 2016 and resources can be borrowed by any member.

A very successful Easter raffle was also organised by members – almost £600 was raised which will be used to organise Summer activities for local foster families. Pictured -Committee members with some of the lucky prize winners.

Foster carers undertake a valuable role in providing a warm and caring home for children who cannot be looked after by their birth families. The Foster Care Support Group provides peer support between carers, and organises a range of events and training in the community.



The Southern Trust is always keen to recruit foster carers for short or long term placements, and to provide respite care. If you are interested in finding out more please phone 028 38 337181 or e-mail [fostering&adoption@southerntrust.hscni.net](mailto:fostering&adoption@southerntrust.hscni.net).



#### Sure Start South Armagh Tooth Fairy Day

Sure Start South Armagh's Tooth Fairy Day took place recently in Bessbrook Town Hall. This annual event was a huge success with local nurseries, playgroups, dentists and families in attendance. The Southern Health and Social Care Trust's Promoting Wellbeing Team, Community Dental and Family Services were all on hand along with Employers for Childcare and other community organisations to provide a range of information on health and

wellbeing. The aim of the event is to highlight the importance of good oral health and advice from birth as part of Sure Start South Armagh's early intervention strategies.

Local dentist Brian McLornan from McCartan & McLornan Dental Surgeons was in attendance and offered invaluable support and advice to parents. He said 'The Tooth Fairy Day is so beneficial for the children of Bessbrook and South Armagh. It is the ideal environment for us as dentists to interact with both parents and children in an informal and educational way. Events like this give children the best possible start in life by encouraging them to looking after their teeth from a young age. Well done to all at Sure Start for another excellent event, helping us to constantly improve the dental health in the Bessbrook and South Armagh area.' The event had lots of interactive activities and learning for families including a dental-themed storytelling session with the Tooth Fairy, arts and crafts, face painting and a puppet show.

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## TACKLING INEQUALITIES IN HEALTH AND WELLBEING

### Children, Families and Young People

Duana McArdle, Health Promotion Community Support Worker for Sure Start South Armagh, (Promoting Wellbeing Team, SHSCT), explains: *“We work with parents and carers to improve the health and wellbeing of children in a way which is accessible for children and families. We focus on focusing on prevention by tackling health inequalities, and improving accessibility. The Tooth Fairy Day is the perfect opportunity for pre-school children to learn about looking after their teeth and gums. Giving our children the best possible start in life is important and dental care is an important place to start.”*

Sure Start South Armagh Manager Conor McArdle added, *‘The event has grown in popularity annually and parents have informed us that they value the range of supports on offer on the day from professionals and local services.’*

For more information on the range of support available through Sure Start South Armagh call the Camlough office on 028 3083 0022 or visit [www.surestartsa.org](http://www.surestartsa.org).

### Children and Young People Services Planning (CYPSP) Dungannon Locality Group



Children and Young People Services Planning (CYPSP) Locality Planning Groups are partnerships between children and young people, families, communities and representatives of agencies at a local level. They plan local services for children and young people that make sense to the parents, children and young people.

Dungannon Locality planning group held an open event in the new Junction Community Building in Dungannon in April 2016. The event had over seventy families attend to find out about what services were available to them. Parents had the opportunity to speak directly with service providers such as, Home Start, Community Policing, Training organisations and their local Sure Start.

A highlight on the day was a participation tree, on which parents/carers and young people could share their views on what they would like to see in their local area.

*Pictured: L-R Jacqueline Connolly SHSCT Community Development Worker, Julie Bolton, CYPSP Locality Development Officer; Ciara Doris Start 360, participating parent.*

#### For further information, please contact:

Julie Bolton, CYPSP Locality Development Officer

**Tel:** 028 95 363966

**Mob:** 07725 232566

**Email:** [Julie.Bolton@hscni.net](mailto:Julie.Bolton@hscni.net)

**Web:** [www.cypsp.org](http://www.cypsp.org)



## TACKLING INEQUALITIES IN HEALTH AND WELLBEING

### Children, Families and Young People– Community Sector Training

#### Strengthening protection and support for children by local communities.

Community Sector Training (CST) works in partnership with the community to provide groups with good practice child protection training.

#### Promoting Community Sector Training courses

This is a vital support for community and voluntary groups working with children and young people, helping them to create a safe environment and know how to access support for children and families in need. 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.



#### Delivery

In 2015/16, we delivered **49 courses** for over **140 groups** including full child protection training, refresher 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 meet group's requirements for training in evenings and in their community venue. Trainers are supported by project staff in Community Sector Training, now based within the Promoting Wellbeing Team for Craigavon and Banbridge. Total numbers trained since the project's inception now exceeds **11,500** staff and volunteers.



#### Refresher courses

We have seen a steady increase in demand for refresher courses, in line with the Safeguarding Board's recommendation that child protection training be updated every three years. The refresher programme ensures that groups are updated on recent legal changes, emerging issues and new initiatives which can support their work with children, as well as refreshing their awareness of good practice in child protection.



#### Staff changes

A new Project Co-ordinator, Ruth Allen, was appointed at the end of 2015, succeeding Mary Murphy who retired in 2013.

This has provided an opportunity to review and refresh the training programme and materials to incorporate some of the emerging issues and challenges in child protection, such as risks to children through online activity. Additional training and support is also being provided for the community trainers ensuring their knowledge is developed and updated on an ongoing basis.



Working alongside Project Administrator, Alexandra Irwin, the team is now actively promoting the free training support to maximise the project's reach and impact across the Trust area.

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## TACKLING INEQUALITIES IN HEALTH AND WELLBEING

### Mental Health and Disability

#### 'Heads Up'

At the end of October 2015 Craigavon & Banbridge Arts Care Committee launched 'Heads Up' a year long Arts Care project exploring and celebrating 'Making Life Better'.

The project was inspired by the 'Five Ways to Wellbeing' Connect, Be Active, Take Notice, Keep Learning, and Give. Building on the successful Wall of Hope Art Project in the Willows Bluestone psychiatric Unit, Wellness Books and Wellness Boxes from recent art projects in the Ferns Mental Health Resource Centre Bluestone which centred on the evidence base of Recovery and Wellness Recovery Action Plan's (WRAP), the 'Heads Up' project adopted an integrated approach to physical and mental wellbeing linking art and health. It aimed to capture the imagination, creativity and innovation across Mental Health, Learning Disability and Physical Disability programmes of care for adults and children alike. Artist in residence for the Craigavon & Banbridge locality Jill McKeown linked with Ingrid Stewart from the Promoting Wellbeing Team in supporting individuals and communities of interest to recognise the key elements of healthy living both mental and physical health and wellbeing and the importance of the five ways to improve their own health and wellbeing.



Over 300 service users took part in the project. Jill facilitated workshops in a range of facilities including Social Education Centres, Residential Homes and Mental Health Units enabling and empowered service users and staff with her person centred approaches to the arts. The aim was to connect with one another turning life experiences into creative art pieces in considering the subject of Making Life Better in a holistic way both in terms of physical and mental wellbeing. Ingrid shared information on Recovery and the Five Ways to Wellbeing generating discussion with all participants throughout the sessions.

All of the original artworks were collated into a large collaborative artwork which was displayed in various forms across Trust facilities leaving a lasting legacy for everyone to enjoy. The final artwork formed part of the exhibition in October 2015 to coincide with World Mental Health Week.



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*Empowering healthy living*

*Developing collaboration*



## TACKLING INEQUALITIES IN HEALTH AND WELLBEING

### Mental Health - Supporting Minority Ethnic Communities

#### Association of Bulgarian Culture and Education (ABCE)

ABCE is an active Community Group in the Armagh Area. Its aim is to support the integration of the Bulgarian Community, other Black Minority and Ethnic (BME) Groups and indigenous people of Armagh.

In September 2015 the group opened their first Bulgarian school in Northern Ireland. This runs every Saturday morning in St Vincent de Paul Chapel Lane Armagh.

Thanks to funding from PHA under their Mental & Emotional Well-being & Suicide Prevention plan, ABCE were able to deliver an extensive 'Health & Well-being programme'.

This programme based on the 5 ways to Wellbeing model included Dance, Arts & Crafts, Cookit, cross cultural food day and information day. The programme brought together young families from multicultural backgrounds to learn and socialise together.

ABCE continues to support all BME communities through providing advice clinics in Armagh and Keady areas, this service has been funded by OFMDFM Ethnic minority fund and will support the most vulnerable in the community to access advice locally.



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## TACKLING INEQUALITIES IN HEALTH AND WELLBEING

### Disability

**Hope 4 Me & Fibro Northern Ireland** were previously known as Newry & Mourne ME & Fibromyalgia Support Group, but rebranded in July 2015 to reflect the growing demand for their services from across Northern Ireland. The group were established in 2010 with support from the Trust's Promoting Wellbeing Team.

The group currently have 120 members and engage with over 700 members on a closed Facebook patient support group page. They are currently working with the Patient and Client Council on their campaign for specialist services for ME patients in Northern Ireland, and organise regular conferences and seminars with international expert speakers. The monthly support group meetings take place every month in the Mourne Country Hotel, Newry, and an information phone line operates daily from 2 – 4pm. The group is entirely volunteer led and managed by ME and Fibromyalgia patients, and they also provide support to family members and carers in a bid to promote a better understanding of both illnesses.

The group were recently guests of Jo-Anne Dobson MLA who hosted an event at Stormont to raise awareness of ME and Fibromyalgia and support the campaign to secure NHS services in Northern Ireland for all patients - this was attended by MLAs from across Northern Ireland, and Professor James Coyne, Professor of Psychology at the University of Pennsylvania. *Pictured – Committee members with Professor Coyne and Jo-Anne Dobson MLA.*



The group's work lobbying work has developed to such an extent that they have recently appointed a Volunteer Liaison Officer to deal solely with enquiries from elected representatives across Northern Ireland. *Committee members with MLAs Mickey Brady, Danny Kennedy, Fergal McKinney, Patsy McGlone and Leslie Cree.*



*Also in picture, Louise Skelly, Patient Client Council.*



In late 2015, the group were one of the local winners in Lidl's Community Works initiative and welcomed representatives from the company at their new office in Bessbrook.

For further information on the group's work please e-mail [hope4mefibro@outlook.com](mailto:hope4mefibro@outlook.com).



## TACKLING INEQUALITIES IN HEALTH AND WELLBEING

### Disability

#### Station Road Resource Centre Support Group

In 2015 Station Road Resource Centre Support Group celebrated 50 years of working together to provide services for those with physical disabilities. Although the committee has changed over this time the vision *'To improve the health and wellbeing for those with a physical disability'* has remained the same. The group members have taken on the challenge of improving their mental and physical health, by becoming involved in the *'Health and Happiness Programme'*, funded by the Public Health Agency.

Gabriel Mallon Chairperson of the committee said *'all of the members face a number of barriers to accessing new and alternative activities which will support their mental and physical health.'*



The members took part in the planning and design of the programmes, which included, Laughter Yoga, Reflexology, Mosaic Art, Who am I? Photography and cottage making, this programme was planned by members using the Five Ways to Wellbeing health message: Connect, Be Active, Take Notice, Keep Learning and Giving.

#### United Nations International Day of Disabilities

United Nations International Day of Disabilities was celebrated in Armagh Orchard Leisure Centre on Thursday 3rd December 2015. This now annual event was organised by the Fit 4 U Armagh Support Group Committee, who were joined by a other groups to recognise and celebrate the contribution people with disabilities make to our community. The morning was formally opened by Lord Mayor of Armagh City, Banbridge and Craigavon Borough Council, Darryn Causby who welcomed everyone to the event. Eight local groups including Armagh Men's Shed, Station Road Resource Centre, Lisanally Special School, Armagh Orchard 50+ Group, Armagh Gardening Club, Dungannon Fit 4 U Support Group and Newry Fit 4 U Support Group, took part in a range of different activities, including singing, laughter yoga, crafts and chair based aerobics. The participants enjoyed mixing and chatting with the other groups and highlighting the benefit of group activities for those with a disability.



**Lord Mayor of Armagh City, Banbridge and Craigavon, Councillor Darryn Causby with Volunteer Marie Elliott and Participants of 'United Nations International Day of Disabilities'**

## PARTNERSHIP WORKING


### Community Planning

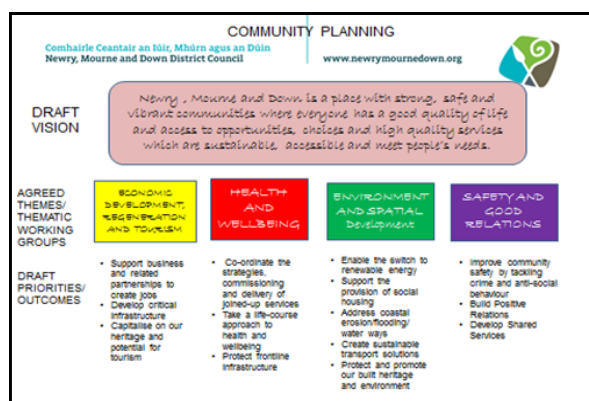
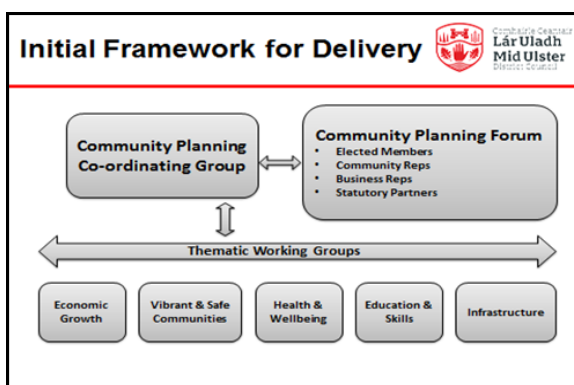
**Community Planning is:** “A process led by councils in conjunction with partners and communities to develop and implement a shared vision for their area, a long term vision which relates to all aspects of community life and which also involves working together to plan and deliver better services which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

Health and Social Care organisations including the Trust are statutory partners in the development and implementation of community planning structures and processes – through the Local Government (Community Planning Partners) Order (NI) 2015. The Southern Trust is currently working very closely with three of the new councils created under the Local Government Reform Act (2014).

- Armagh City, Banbridge and Craigavon District Council
- Mid-Ulster Council -straddles Southern Trust and Northern Trust
- Newry, Mourne and Down Council - straddles Southern Trust and South Eastern Trust

The new councils and statutory partners are required to actively engage with people, communities, businesses and service users to produce agreed Community Plans by April 2017. During 2015/16 a number of engagement events were held across each of the new council areas. Similar governance structures are being developed in each of the 3 councils based around thematic ‘pillars’ agreed through consultation as detailed below.

		
Environmental	Social	Economic
• Regeneration	• Communities	• Competitiveness and Economy
• Infrastructure	• Health & Wellbeing	• Skills and Education
	• Vulnerable People	• Tourism, Arts and Culture



#### ABC Council:

Elaine Gillespie **Tel:** 4066 0644

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

#### Mid Ulster Council:

Martina Totten **Tel:** 03000 132 132

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

#### NMD Council:

Heather McKee **Tel:** 0300 013 2233

**E:** [heather.mckee@nmandd.org](mailto:heather.mckee@nmandd.org)

Health and Wellbeing is a key pillar for Mid-Ulster and Newry, Mourne and Down Councils and embedded within the “Social” pillar in Armagh City, Banbridge and Craigavon District Council’s proposed structure. While each council is currently at a different stage it is expected that there will be draft community plans in each area for public consultation by Autumn 2016.

**Developing collaboration Empowering healthy living Creating the conditions**

## PARTNERSHIP WORKING

### Craigavon, Portadown and Lurgan Neighbourhood Renewal

#### Verve Healthy Living Network Health Trainers

Throughout 2015-16 the Verve Health Trainers have successfully engaged with over **2000** individuals across the Craigavon Neighbourhood Renewal Area (NRA), increasing awareness of healthy lifestyles, and signposting individuals to relevant support services. For example, GP surgeries for further blood pressure checks, the SHSCT smoking cessation service, bereavement services and many more. They can be seen in the photos below engaging with residents in a variety of settings. Their work is funded by the Department for Social Development and has been key in tackling health inequalities in the Craigavon NRA.



*Health Trainers talk to over 200 people in local businesses on No Smoking Day encouraging people to kick the habit and turn their ash to cash!*



*Health Trainers with a group of local students, discussing healthy eating.*



*Health trainers offering health checks alongside the aortic aneurysm screening services for men aged 65 years plus. 56 men who had never been for screening previously were screened at Drumcree and Drumellan community centres.*

#### Network and wider Craigavon Area

Empowering local people to be able to promote healthy lifestyles in their local area is key to the Verve Health Trainer programme. Another group of 7 local people have just completed their Health Trainer level 3 certificate with City and Guilds. Some other training completed includes:

- 8 Health Trainers have completed Diabetes Risk Assessment with Diabetes UK
- 3 have completed 'Walking for Health' with the Promoting Wellbeing Team
- 2 have completed their "OCN NI Level 3 Award in Planning and Leading a Physiotherapy Designed Exercise Programme in Fall Prevention and Strength and Balance Training"

#### Sharing the learning

The success of the Community Health Trainer programme in Craigavon paved the way for the development of a Health Champion Training programme across the Trust area. This programme is aimed at those who volunteer in their local community and have an interest in providing health and wellbeing information and signposting to local support services for lifestyle change. Participants receive a level 2 OCN NI Level award and as with the Health Trainer programme, the PWB Team provide a wraparound programme of training. Programmes were provided through Neighbourhood Renewal (funded by DSD), REACH (funded by BIG Lottery) and the Traveller Health Training programme funded by the Public Health Agency.



## Health Champions

### Community Health Champions (CHC's)

#### Newry & Mourne



In January 2015 a pilot Community Health Champion training programme was delivered by Community Development and Health Network (C.D.H.N.) in Newry and Mourne with 14 participants. A further programme was delivered to another 16 participants in November 2015. Of those trained 4 volunteers from Neighbourhood Renewal and 6 from REACH are still active and have delivered a range of programmes to local communities including :

- Cook It!
- I Can Cook
- Cycling
- Walking
- Older People's and Men's Health and Wellbeing

Community Health Champions have also supported the establishment of 2 new groups:

- A Teen Parents Group, and
- A Men's Health And Wellbeing Group



#### Craigavon Portadown and Lurgan

In June 2015 six community volunteers from the following groups undertook the training: Gilford family programme, North Lurgan area, Richmount Rural Community Association, Portadown Carers and REACH. As a result of their training the CHC's have achieved the following:

- Gilford Family project CHC's have operated a 9 week family programme for families living in Gilford and surrounding areas. The CHC's have increased the numbers of children registered from 30 to 140
- Richmount Community Association have completed the walk leader and cycle training and has organised a walking group, cycle group and dance programme with 25 participants
- The North Lurgan CHC identified a need for a weight management and wellness programme for people aged 18 – 30 years old. The CHC was involved in designing and delivering a 12 week health programme
- The REACH CHC is now independently offering her services as a CHC and Volunteer. She has been registered with Mindwise Lurgan Mental Health Support Service and is working in partnership with service users, workers and other volunteers to design and develop a health programme that will not only benefit the service users but assist her with the development of CHC role.



## Health Champions

### Coalisland and Dungannon

In October 2015 ten community volunteers from Neighbourhood Renewal areas and 4 from REACH undertook the training in Coalisland. Community Health Champions are located with Community groups as follows:

- ♦ 1 volunteer with Breakthru, Dungannon Youth Resource Centre and Fairmount Park Residents Association
- ♦ 2 volunteer for Seal Spraoi (an Irish medium youth provider )
- ♦ 2 volunteer with Game Changers (a pilot Good Relations programme)
- ♦ 3 volunteer with Western House, House of Health

In regard to wraparound training:

- ♦ 6 are trained in Child Safeguarding
- ♦ 2 trained as Food values trainers
- ♦ 5 trained in Child Accident Prevention Awareness Training, and
- ♦ 1 trained as walk leader

Community Health Champions have sign posted 45 residents, recruited 3 members from the Traveller Community as volunteers and prepared and served lunch on Christmas Day to 15 isolated members of the local community.



### Traveller Health Champions

As part of the Traveller Health training programme 16 Travellers trained with volunteers from local Neighbourhood Renewal areas and REACH.

- ♦ 1 trained in Portadown as a Community Health Champion and has now completed the Community Health Trainer qualification and is working alongside other CHTs in the VERVE network.
- ♦ 7 were trained as Community Health Champions in the Newry area and a number of the women have re engaged with Newry Travellers Women's Group. The group meets weekly in Carnaget Community Association and has undertaken a number of programmes, including 'Living Life to the Full' delivered by AWARE, Christmas Arts and Crafts, supported by the Safe and Well Project and a healthy eating programme. Group members also received 'one to one' health checks with the Verve Traveller Health Trainer. Future plans include a walking and cycling programme and a cancer screening awareness programme.
- ♦ 8 were trained as Community Health Champions in Coalisland and a number subsequently met as Dungannon Travellers Women's Group. They have undertaken a Cancer screening awareness programme delivered by Community Facilitators, trained by WRDA. Two of the Traveller champions undertook the SUSE programme (Step UP to Sustainable Employment) a partnership between the Southern Regional College and the Southern Trust which provided training on 5 Ways to Well Being and Cook It! One lady secured part time employment, one has registered with the Trust as a volunteer, one is undertaking further study in a Childcare qualification and another is volunteering with An Tearmann.



The Traveller Health Champions are undertaking a Good Practice visit to Sligo Travellers Support Group in June where they will get an opportunity to meet Traveller primary health care workers.

## PARTNERSHIP WORKING

### Coalisland and Dungannon Neighbourhood Renewal

Coalisland & Dungannon Neighbourhood Renewal Health and Social Wellbeing programme 2015/16 encouraged Neighbourhood Renewal Residents to live healthier lifestyles by increasing awareness and access to Health Services. Partnership working with local community organisations achieved the following outcomes:

**Breakthru** - facilitated and developed a drug and alcohol outreach and detached programme which **engaged 1,029 young people** in 246 programmes and **207 adults** in 38 programmes.



**Lilac's** 'Complementing the Community' programme enabled **76 NR Residents** with a range of chronic ailments to avail of **418 complementary therapy sessions**.

**Niamh Louise Foundation's** 'Breaking the Silence' programme provided **104 sessions** of Recovery & Wellbeing over 52 weeks to **25 adults and 26 young people**.



**The Trust** assisted in the continued development of South Tyrone Men's Shed and delivered **9** health and wellbeing programmes. Men's Shed



members have continued the restoration of the old school building and have submitted an application to install a heating system and replace windows in the building.

**The Trust** engaged a total of **105 residents** participated in 10 'House of Health' programmes. Programmes included cycling/walking / relaxation/cook it/food values/brief intervention. **100 residents** engaged in the 'No Smoking Day' event.



The Coalisland & Dungannon Neighbourhood Renewal Health Programme **won the IPB Co-operation Ireland Pride of Place Awards 2015**.



The judge's citation stated, "*The winning project **impressed the judges by the extent of its outreach to so many impacted groups of people in its effort to improve the health and wellbeing of its community.***"

*The quality of the presentations, the excellent support from so many agencies, voluntary support groups and individual examples of the project impact offer great opportunities and hope for a long and healthy future"*

Acknowledging this success Gerard Rocks, Acting Assistant Director for Promoting Wellbeing in the Southern Health and Social Care Trust said "*This is a wonderful achievement for all of those involved in the delivery of the Neighbourhood Renewal Area plan. It is a clear recognition for the grassroots partnership work that has been developed in this area to address some of the inequalities in health in our local communities. It is extremely gratifying that the health and wellbeing programme that has been taken forward by the Trust, working in partnership with Breakthru, Lilac, Niamh Louise Foundation, Mid-Ulster District Council and local communities has now been recognised at an all-Ireland level as a model of success and good practice for community development and health.*"

## PARTNERSHIP WORKING

### N&M Neighbourhood Renewal

#### Healthy Eating Schools Programme



In partnership with Newry's N.R. Education and Health Sub Group financial assistance was awarded to deliver 3 healthy eating programme which were delivered in 8 schools over a 3 month period. **A total of 2,626 pupils** participated and it proved to be a tremendous success. Teachers



reported that it helped improve the children's concentration, learning and behaviour, and parents reported the children were now more willing to try out different fruit and vegetables at home.

#### Soccer Coaching



**17 people** received Level 1 qualification delivered by the Irish Football Association. It involved training in fitness techniques, nutrition, first aid and child protection. Those trained gained new skills and knowledge



which they now use with children/adults within their communities and on average contribute approximately 4 hours volunteering weekly per person.

#### Action Cancer Big Bus



**Action Cancer's Big Bus** visited once in each of the 9 N.R. areas conducting breast screening and health M.O.T.'S.

**Breast Screening Figures:** A total of **184 women** aged between 40—49 yrs availed of this service and 8 necessitated further investigation of which 2 tested positive and have now completed their treatment. Comment from service user: ***"I strongly recommend this service to anyone as I was one of the lucky people to be caught in time"***.

**Health M.O.T. Figures:** **A total of 105 were conducted** - 57 people were advised to visit their G.P.s for further investigation with 34 presenting with high cholesterol -18 blood pressures - 5 lung function.



#### Green Gym

**77 people** in partnership with T.C.V. (The Conservation Volunteers) were involved in 5 environmental friendly programmes and were delivered to all age groups. Participants learnt about environmental conservation and ways to improve local surroundings. It also benefited their mental health, boosted self-esteem and confidence through learning new skills and completing new tasks.



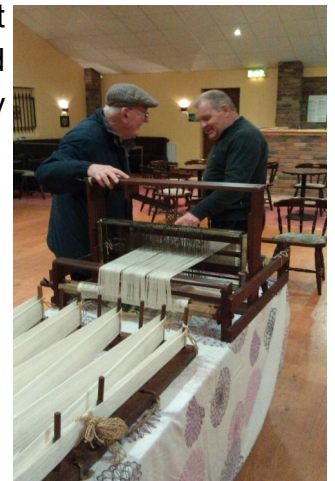
## PARTNERSHIP WORKING

### Loughshore Men's Network

The Loughshore Men's Network continues to provide support for emerging and fledging Men's shed projects in the Loughshore and Craigavon area. The Network is a partnership between South Lough Neagh Regeneration Association (SLNRA) and the SHSCT Promoting Wellbeing Team. The Network provides support and assistance to its members by organising shed crawls, sourcing and securing funding on behalf of its members, identifying and coordinating the delivery of training as well as providing opportunities for members to come together on a quarterly basis for networking opportunities and sharing of best practice and learning.

**Derrytrasna "Bay Hall" Men's shed:** - Set around a community garden project the Derrytrasna Men's Shed grows from strength to strength, this year the group constituted as a fully fledged Men's Shed and were successful in making an application to the Big Lottery's Awards for All. During the winter months when there wasn't so much gardening to be done the men took part in willow weaving and bog oak sculpturing workshops. Delivered at the Bay Hall over 8 weeks men got the opportunity to try out new skills in weaving and sculpting. Workshops were well attended with an Irish stew supper and traditional music session finishing off the final workshop.

**Loughshore Heritage Boating Association (LHBA) Men's sheds**— focusing on keeping traditional skills alive this men's shed project has had a focus on weaving. Funding was secured from the Arts and Older People Programme to deliver a project around loom weaving. The project delivered by LHBA Men's Shed involved the restoration of a 200 year old loom which was owned by Craigavon Borough Council museum services.



*John McAtasney one of only two Master Weaver in Ireland facilitate workshops coaching the men in the art of Loom weaving.*

**Aghagallon Community Association Men's group** is an emerging men's shed with a current focus on bringing men together through the medium of art and social activities.

**Richmount Community Association** - Elders Men's Shed offers men in the Richmount area a social outlet and garden project.

**The Ozanam Healthy Living centre** - The newest men's shed, situated in the heart of Lurgan has quickly grown in popularity and is regularly open to men from across the town.

The Loughshore Men's Network looks forward to continuing to work with its members and in extending the Network to support other men, and men's projects in the Loughshore, Craigavon and surrounding area.

## PARTNERSHIP WORKING

### Trust Traveller Action Group - Supporting Minority Ethnic Communities

The Traveller Action Group (TAG) meets every 3 months to share information on support services for Travellers and to make sure that these services are suitable to meet Traveller needs and that Travellers are aware how to access them.

The Traveller Action Group is chaired by the Assistant Director Promoting Wellbeing and there is representation from:

- Other departments within the Southern Health and Social Care Trust
- Local Traveller Support Groups
- Safe and Well
- Early Years Toybox
- Traveller Education Support Service
- Housing Executive
- Public Health Agency



Travellers did attend for a number of years when the group was established in 2010 however during 15/16 there has been no direct Traveller involvement. 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 2015/16 includes:

- ♦ The appointment of new staff within the Trust provide additional services for Travellers including an Early Intervention Coordinator, a Public Health Nurse and a Health Training Coordinator
- ♦ Membership of the group extended beyond health and wellbeing
- ♦ 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
- ♦ Transforming Learning Communities - **101** courses to **616** Travellers
- ♦ Safe and Well Project – Travellers benefitted from a range of programmes to improve health and wellbeing, safety in own environment, knowledge of local community opportunities, citizenship and active learning. In total **7,181** participants were recorded however participants would have attended a range of programmes. **530** settled people attended Traveller Cultural Awareness Workshops co – delivered by Travellers
- ♦ Hearty Lives Craigavon Project – **181** Travellers received cardiovascular risk factor screening, **18** referred to GP, **120** attended lifestyle change programmes
- ♦ **17** Travellers completing Community Health Champion and Health Trainer programmes

***Further details can be found in the Traveller Action Group Progress Report 2015/16 available to download on the Trust website.***

***Giving every child the best start   Equipped throughout life   Empowering healthy living  
Creating the conditions   Empowering communities   Developing collaboration***

## Staff Training and Development

Training 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, whether that be in 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 / differently with their client group.

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

The Promoting Wellbeing Department has supported the Social Services Training Unit in conducting regional research to explore the benefits of and demand for a PiP programme in Community Development for Social Work. A partnership with Agencies and the University of Ulster (UU) has been established and internal discussions are currently on-going between Social Work and Community Development departments in the University of Ulster. A Statement of Intent was submitted to NI Social Care Council in March 2016.

The results of the survey were presented at a NI research Conference in February 2016 entitled "Bridging the Gap". The outcome of this work will be an accredited academic and social work professional course within the PiP framework.

The content of the modules is to be agreed via focus groups (voluntary/community and statutory sectors) and it is anticipated that the first course will be available in 2017.



### Community Development Awareness for staff

Community Development Workers continue to provide Community Development Awareness training to staff teams on request. During 2105/16 this included 15 Mental Health professionals and 14 Social Work Staff in Barnardos. In addition Community Development Awareness is provided twice a year at the Student Social Work Induction Programme with 71 students and 30 new members of staff attending during 15/16.

### 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 2015/16 a total of **71** sessions were provided to **42** groups with **361** participants assisting groups to develop skills in areas such as governance, committee skills, action planning, and fundraising.

### 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 2015 - March 2016 a total of **30** training programmes were organised in relation to health improvement with **916** participants.



Further details of training courses available from Promoting Wellbeing are available in the Promoting Wellbeing Training Directory which is up-dated and circulated on a quarterly basis.



## Small Grants, Contracts and Income Generation

The Promoting Wellbeing Team facilitates and oversees a number of funding streams that provide support to community and voluntary organisations across the southern area. This support is important to recipients and to the Trust in a number of ways:

**Small grants** assist with the sustainability of many smaller groups, covering core expenditure such as rent, light, heat, insurance etc., as well as small items of equipment or facilitator cost. These small, but often vibrant groups have a central role in helping to support people to remain in their own home and communities, and to signpost people to other statutory and voluntary services as and when the need arises. The following are a selection of the groups supported during 2015/16:

**Armagh Food Bank** is based at the Elim Church Armagh. It opened its doors in July 2015 and is part of the Trussell Trust which is a 400 strong network of food banks in the UK. Armagh Food Bank provides a parcel of 3 three days non-perishable nutritionally balanced food to individual and families in need. The Food Bank opens on a Tuesday and Saturday morning where a breakfast is offered together with the opportunity to chat to Food Bank volunteers who sign post to other agencies who can help resolve the underlying cause of the crisis.

**Lislea Community Association** is an active group which supports the rural community of Lislea and the surrounding area. The Community house offers a variety of courses which aim to reduce social isolation. Recent activities include a drama production, flower arranging, a Cook It! programme and crochet classes. At present they are fundraising to improve their centre, with a 10km/5km community run.

With over 100 members, **Armagh Apple Blossom 50+ Club** is a local club run by volunteers. Members of the club have the opportunity to meet two days per week in Armagh Orchard Leisure Centre where they can take part in physical activity within a group. The club organises three to four social outings each year, which is offered at a subsidised price to members. Although membership start from 50+ the club has many members beyond this age.

**Caledon Open Door Club** is an older peoples group based in the village of Caledon, Co Tyrone. The club has over 30 members from across a mainly rural area including Dyan, Brantry and Greystone. This year the Club celebrate 30 years in existence. They meet on a weekly basis and offer a range of activities including music and dance, arts and crafts and a healthy snack.

**Banbridge Friendship Club** is a group with around 40 members. The group was set up in 2013 and aims to keep older people fit and healthy through the provision of a wide range of activities, including physical activity, craft, workshops on topics of health and wellbeing. The group meets in the Old Technical College monthly and is of great benefit in alleviating social isolation and loneliness.

**Ballydugan Patchwork Club** operates a cross community club for ladies of the rural community of Bleary and surrounding district. The group is now in its fifteen year with a membership of 52 ladies. The ladies are taught new and traditional needlework and handwork skills. They meet weekly in Bleary Farmer's Hall and through this club a great network of friendships has been made, providing a valuable opportunity for socialising and learning new skills in this rural and isolated area.

## FINANCE AND PROCUREMENT

### Small Grants, Contracts and Income Generation from external funders

**The Tandem and Walking Group** started 26 years ago to enable blind and partially sighted people to enjoy the experience of cycling and walking. The group has sighted volunteers who assist with the running of the group by making tea, leading cycles, and a wide range of other duties which allow the group members to engage. The group presently has 40 members who attend the walks in Lurgan Park on Monday evenings and a number of tandem bicycles which are used throughout the summer. This group is one of its kind in this area and helps support a healthy lifestyle for individuals who are blind or partially sighted.

**Warrenpoint Friendship Club** is based in the Panto Hall in Warrenpoint. Established 35 years ago, it operates 40 weeks a year with over 65 local people attending each week. The group is volunteer led, and members enjoy a hot meal and a range of activities including dancing, armchair aerobics, quizzes and creative arts. They have recently been involved in a reminiscence project, and have produced two books about the life stories of members.

**A Carers Cash Grant** may be made available following a **Carers Assessment** where the need identified cannot be met by current support mechanisms within the Southern Trust. To support carers in their caring role and enable them to maintain their own health and wellbeing. There is no automatic entitlement to a Carers Cash Grant as there is greater demand for this grant than funding available. Criteria to prioritise provision has been agreed through the Trust Carers Reference Group. Further details are available in the Carers Annual Report 15/16.

**Contracts** - Through the provision of contracts to voluntary and community sector organisations the Trust is able to support / develop activities that address identified needs, some of which help with specific issues such as carers' support, the needs of migrants or BME communities, or more fundamental issues such as infrastructure to support the development of the community and voluntary sector and develop better communication channels between SHSCT and the sector. Due to changes in procurement legislation, the Trust is required to review its current contracts consultation workshops to agree review criteria will take place in April 2016.

**External funding** - 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.

**During 2015/2016 the Promoting Wellbeing Team supported the following:**

<b>Small Grants</b>	£89,695.63	80 Groups
<b>Carers Cash Grants</b>	£74,615	533 Carers
<b>Voluntary Contracts</b>	£673,199.43	27 Groups
<b>External funding</b>	£470,595.50	29 Groups
<b>Grand total</b>	<b>£1,308,105.56</b>	<b>136groups/533carers</b>

## Information, Communication and Technology

### 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 quality of life. Success depends on effective communication and partnership working to access timely information, help, advice, support and signposting appropriate to individual Health and Social Care Needs.

The Access and Information Service sits within the Promoting Wellbeing Division of the Older People and Primary Care (OPPC) Directorate. It is internally facing with staff/professionals such as Integrated Care Teams, Reablement, Intermediate Care Scheme and externally with community and voluntary providers such as British Red Cross, Age NI, Northern Ireland Association for Mental Health.

Access and Information is a rapidly growing service, approximately 800 referrals are 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 65years) have a smooth and seamless experience across all relevant Trust services.

The Access and Information Team attended the Quality Improvement Event October 2015 to showcase the positive impact the Service has on patients and their smooth transition from Hospital to Community.



'I felt listened to. My Mother's details and information were recorded in a very professional and respectful manner I also got information on an additional service in my local area and this has really made a difference to Mum.' (Carer)

You can contact the Access and Information Service by:

**Telephone:** 028 30835405 (Mon – Fri: 9.00am – 5.00pm) 028 95049999 (out of hours )

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

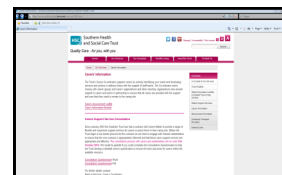
**Letter:** Access & Information Service, Mullinure Health & Wellbeing Centre, Level 2, Loughgall Road, Armagh BT61 7NQ



## Information, Communication and Technology—Supporting Carers

The Caring for Carers strategy DHSSPSNI tells us that access to the right information in the right format at the right time is crucial to carers. The Trust has worked in partnership with local carers and has in place a number of printed resources to support carers to access the help and support they need. These can be accessed by contacting the Carers Coordinator on 028 3083 4252 or e-mail: [Patricia.mccrink@southerntrust.hscni.net](mailto:Patricia.mccrink@southerntrust.hscni.net) or from the carers section on the Trust website:

[www.southerntrust.hscni.net/services/1581.htm](http://www.southerntrust.hscni.net/services/1581.htm)

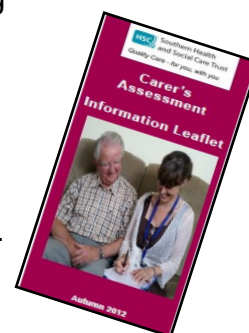


### Carer's Information booklet available in a range of languages

This useful guide to what is available to support carers in their caring role is available in 12 languages.

### Carers Assessment Leaflet

Explaining the right of carers to request an assessment and what is involved.



### BME Carers leaflet in top ten languages used in Northern Ireland

This leaflet signposts ethnic carers to their local Carers Coordinator who can offer advice, information and support to help them in their caring role.

### Training Protocol for Carers

This is to ensure that the training needs of carers are identified and supported. As part of this protocol an appendix listing courses which are available to support carers has been developed.



### Carers Register Leaflet

The Trust is developing a Carers Register so that up-to-date information to support carers in their caring role can be shared. The leaflet explains what a Carers Register is, the benefits and how to register.

### Useful contacts

During 2015/16, the Trust secured funding to employ a Carers Community Development Worker to review and up-date the existing information we held on carers support services and identify new support services including discounts and brokerage. A database of the revised information has been developed and will be included in the new Directory of Services that is being developed by the Trust for all programmes of care. This will be made available initially to Trust staff on Share Point as a pilot and once refined will be available to the public.

## Information, Communication and Technology

The Promoting Wellbeing Team continues to maintain and update its email circulation list of all the main Community & 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.

**Just a wee note to say a BIG thanks for sending all our stuff out – it is a great help. You are a wonder!**

**Director,  
Rural Community Network**

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

- Neighbourhood Renewal Newsletters
- Up-dated PWB Staff Directory
- 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
- PPI/PCE Leaflet



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

The Promoting Wellbeing Team is also working with the Access and Information Service to update the directory of adult support services. This together with the directory of carer support will be made available on SharePoint as part of the wider Directory of Services project under Best Carer Best Value.

## Information, Communication and Technology

### Useful Contacts

#### SHSCT Promoting Wellbeing Team

##### User Involvement and Community Development

Head of Service: Carolyn Agnew

User Involvement Development Officer: Sinead Hughes

##### 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

Manager: Jillian Cosgrove

Community Development: Workers:

Tracey Powell, Jacqueline Connolly

Volunteer Coordinator: Kate Johnston

Neighbourhood Renewal: Marian Dorman

##### Newry & Mourne Locality

Manager: Fergal O'Brien

Community Development: Workers: Marian Cully, Martina Flynn

Volunteer Coordinator: Deirdre Magill

Carers Coordinator : Patricia McCrink

Neighbourhood Renewal: Madaleine McCrink

Traveller Support: Stella McLoughlin

##### Craigavon & Banbridge Locality

Manager: Donna Haughian

Community Development: Worker: Lisa McAliskey

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)**