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Further
Information

For more information see
our sections on
SharePoint and the
Southern Trust website

sharepoint/oppc/pwds/SitePages/Home.aspx

www.southerntrust.hscni.net/124.htm



Southern Health
and Social Care Trust

Quality Care - for you, with you

Health Improvement Services

*Improving health and
wellbeing is everyone's
business*



Information for staff

What is Health Improvement?

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

“Wellbeing is the subjective state of being healthy, happy, contented, comfortable and satisfied with ones quality of life.” NICE

Whilst for most people health has been improving, health inequalities remain. Too many people die prematurely or develop long term health conditions that reduce their quality of life.

Health Improvement describes the work to improve the health and wellbeing of individuals or communities through enabling and encouraging healthy lifestyle choices, as well as addressing underlying issues such as poverty.

Different stages in people's lives represent opportunities to improve health and wellbeing.

Making Life Better 2012-2023, the ten year strategic framework to improve the health and wellbeing of people in Northern Ireland promotes action across the following 6 themes:

1. Giving Every Child the Best Start
2. Equipped Throughout Life
3. Empowering Healthy Living
4. Creating the Conditions
5. Empowering Communities
6. Developing Collaboration

How can we support you?

Health Improvement staff work across the Trust Directorates & with a wide range of community, voluntary and statutory sector partners.

We aim to support people to live long, healthy active lives.

We provide:

- ◆ Access to health information resources and awareness raising campaigns
- ◆ Access to training to increase knowledge and skills to improve health & wellbeing
- ◆ Services in support of health & wellbeing
- ◆ Programmes and activities that promote better health and wellbeing
- ◆ Specialist help for staff or communities to plan activities to improve health and wellbeing
- ◆ Co-ordinate and support partnership Interdisciplinary & multi-agency working.
- ◆ Action plans that co-ordinate delivery of evidence based activity to address health and wellbeing needs



What we are funded to do?

- ◆ Parenting support and early intervention programmes
- ◆ Roots of Empathy schools programme
- ◆ Community healthy eating, weight management and cooking skills programmes
- ◆ Physical activity support, advise & initiatives
- ◆ Suicide prevention and mental health promotion training and support services
- ◆ Sexual health services
- ◆ Smoking cessation services
- ◆ Home accident prevention activity
- ◆ Staff health and wellbeing

We also co-ordinate programmes for groups at risk of poorer health outcomes including:

- ◆ Care experienced children and young people
- ◆ People with a physical or learning disability
- ◆ Black, Minority, Ethnic and Traveller Communities
- ◆ Carers
- ◆ Children, young people and families
- ◆ Disadvantaged communities
- ◆ Older people
- ◆ People affected by cancer
- ◆ People with long term conditions