

# Impact of Involvement within the MHD Directorate (January 2019 - March 2019)

Personal and Public  
Involvement (PPI)



Involving you,  
improving care

*Developing Involvement Together*



Southern Health  
and Social Care Trust

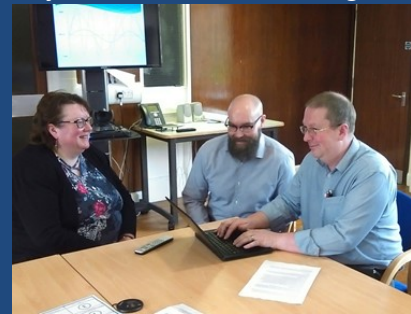
Quality Care - for you, with you

The impact of involvement within the Directorate of Mental Health and Disability Services has been hugely positive, with involvement taking place at all levels and within all divisions. The following are some examples of what has changed by involving service users and carers in the planning, delivery and evaluation of services.

## Co-production in Practice

### 'Recovery in action'

Co-production gathers pace at the Southern Trust's Recovery and Wellness College! Pauline (Recovery College volunteer), Adrian (Support and Recovery Service Coordinator) and Richard (Supported Living Manager) work on the new Understanding Bipolar course.



The college is at the heart of the trust-wide commitment to wellness. Wellness means the process through which people find ways to live meaningful lives, with or without the ongoing symptoms of their condition. It is a personal journey of discovery that involves making sense of and finding meaning in what has happened, becoming an expert in your own self-care, building a new sense of self and purpose and discovering your own resourcefulness.

The College courses and workshops are co-designed and co-delivered by people with lived experience of mental and physical health challenge, mental health practitioners and carers.

## Physical Disability Services 'Supporting people through information sharing'

Craigavon & Banbridge Physical Disability Team secured funding from transformational funding to promote/advance Personal & Public Involvement (PPI) –involvement, partnership and co-production approaches and hosted an information day for people with physical disabilities and for people who would like to support them. The event held in February 2019 at the Jethro Centre in Lurgan was well attended and provided information on support, activities available in the local area and tips on how to avoid feeling isolated and lonely in the community. The event was organized jointly in partnership with service users, carers, professional's and voluntary organisations.



## Learning Disability Services

‘Supporting people and communities’

### New Day Opportunities Community Mapping programmes

Two programmes are being delivered in the Dungannon area. Trust support workers in partnership with service users with a learning disability have developed programme schedule. Each week the group plan and co-ordinate activities that engage and involve them identifying the individual, community and statutory assets of their local communities. This programme provides a range of stimulating, innovative, flexible person centred activities which are structured and specific to needs and capabilities of the individual/group. Each service user completes and evidences the individual/group work with a visual Community Map, completed through the mediums of: photography, drawings, scrap book etc. allowing each person to identify the services that can enhance their sense of belonging, and promote community engagement.

### Growing Older with Learning Disability (G.O.L.D)

A GOLD Group has been established in Newry and in Dungannon to meet the needs of service users with a learning disability aged 40+ who are growing older and require and/or want a passive activity. Through these groups members have the opportunity to participate in a range of community based activities which takes into account their current health and well-being needs, whilst promoting independence. Currently, the G.O.L.D Groups are developing community links and working in partnership with the library. They have developed a Knit and Natter group in the library which is open to the community and use the computer suite to develop IT skills. In recent weeks they have been going out for lunch and intend for this to develop as a lunching group.

## Celebration of International Day of Persons with Disabilities

‘Supporting people and communities’

The United Nation’s International Day of Persons with Disabilities was marked in Orchard Leisure Centre, Armagh by the Southern Health and Social Care Trust’s FIT4U2 service with a celebratory team building event. The International Day is sanctioned by the United Nations and aims to promote awareness and understanding of people with disabilities and encourages support for their dignity, rights and wellbeing. The event brought service users with a learning disability from across the Southern Trust together to mark the occasion. The event brought together a number of Southern Trust services such as Adult Day Opportunities and Learning Disability teams and showcased Promoting Wellbeing Division’s FIT4U2 service that organised and led the event. Lisnally Special School, Armagh and Armagh Men’s Shed enhanced the occasion with performances from both choirs. There was also a wide range of stalls aimed at health improvement and support for carers .

