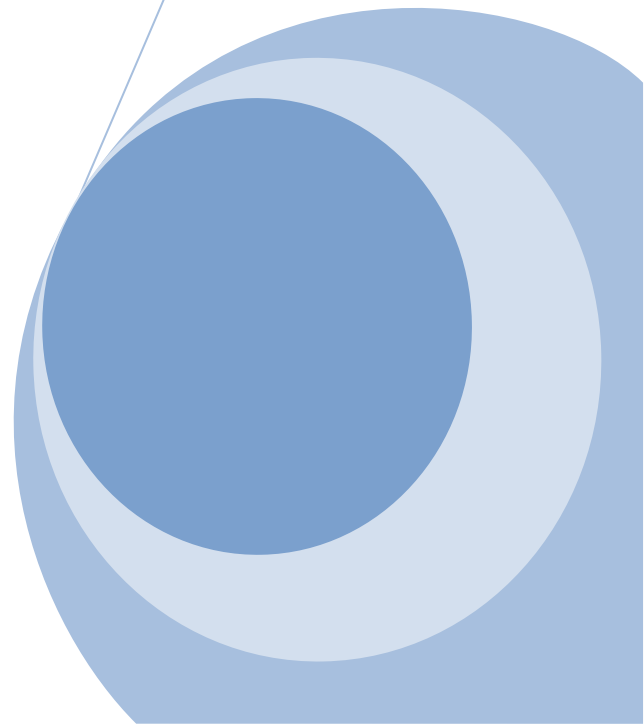


Western Investing for Health Partnership

2010 / 2011 Annual Report



An Insight into the work of the
Western Investing for Health
Partnership through 2010/2011



C

Background to the Public Health Agency Page 3

Background to Investing for Health Page 4

O

Corporate Initiatives

C & V Sector Quality Standards Page 7

NINIS Indicators Page 8

Community Consultations Page 9

n

Early Years

Health Promoting Homes Page 11

Ethnic Minorities - Hurlers Syndrome DVD Page 13

t

Teenage Years

Media Awards Page 15

High Visibility Blazers / Scarves in Schools Page 17

Ulster GAA Live to Play Road Safety Event Page 19

PSNI Road Safety Initiatives Page 21

Da Young Fathers Cycling Project Page 23

The Anchor Programme Page 24

Roadwise Page 26

Da Young Fathers Winter Wonderland Page 27

Active Families Programme Page 28

e

n

Adult Years

Strabane Community Allotments HIA/ Primary Page 31

Schools Healthy Eating

Cairde Community Allotments Page 33

Living Life to the Full Programme Page 35

Maguire’s Garden Community Allotments Page 37

RAFAEL Page 39

Strabane Outdoor Exercise Trail / Green Gym Page 41

NR Health Improvement Initiative Page 43

t

s

Later Years

Maximising Access to & Uptake of Services, Page 47

Grants & Benefits

Carers Support Programme Page 49

Health Improvement Plans for Older People Page 51

Fuel Poverty Initiatives Page 53

Background to the Public Health Agency

The Public Health Agency (PHA) was established in April 2009 as part of the reforms to Health and Social Care (HSC) introduced by Health Minister Michael McGimpsey. It is the major regional organisation in Northern Ireland for health improvement and health protection.

Its purpose is:

- to protect public health and improve the health and social wellbeing of people in Northern Ireland;
- to reduce inequalities in health and social wellbeing through targeted, effective action;
- to build strong partnerships with individuals, communities and other key stakeholders to achieve tangible improvements in health and social wellbeing.

The PHA was set up to provide a renewed and enhanced focus on public health and wellbeing by bringing together a wide range of public health functions under one organisation. It is also required to create better inter-sectoral working, including enhanced partnership arrangements with local government, to tackle the underlying causes of poor health and reduce health inequalities.

There is five building blocks that underpin the Public Health Agency's Strategy, they are:

Building Blocks for a Happy Healthy Life



1. Give every child & young person the best start in life
2. Ensure a decent standard of living for all
3. Build sustainable communities
4. Make healthy choices easier
5. Ensure high quality care for all

Under the overarching themes of the Public Health Agency falls the Investing for Health Strategy and Health Improvement agenda.

Background to Investing for Health

Investing for Health is the cross-departmental public health strategy, published in 2002. It focuses on tackling the wide range of complex and inter-related factors that can impact on the health of the population. The Strategy is based upon the recognition that the inequalities, which exist in health between rich and poor are widening and argues that the wider determinants of health can be addressed by integrated interventions and a co-ordinated approach between all Sectors.

The Western Investing for Health Partnership was developed in 2004, and consists of 30 member organisations, in pursuit of the aims of improving health and reducing inequalities with seven main objectives in mind:

1. To reduce poverty in families with children
2. To enable all people and young people in particular to develop their skills and attitudes
3. To promote mental health and emotional wellbeing
4. To offer everyone the opportunity to live and work in a healthy environment
5. To improve our neighbourhoods and wider environment
6. To reduce accidental deaths and injuries in the home, workplace and collisions on the road
7. To enable people to make healthier choices

In addition there has been a major review of the strategy itself undertaken in early 2010 and work has begun on the establishment of Investing for Health Two.

2011 and Beyond

The future development of the Investing for Health strategic context will address a 3- Pronged approach. They will include:

- The recommendations of the outcome of the Review of Investing for Health (2002-2012) and this midterm review.
- Health Inequalities Agenda and the work that has been taken forward by the Public Health Agency, taking into account the findings of the Marmot Inequalities report in the UK.
- Investing for Health Two and the outcome of any structure that is developed in terms of moving this forward.

Also in line with the recommendations of the Review of the Public Administration a priority has been given to closely align the work of the Public Health Agency and that of local authorities and certainly the tasks which are being taken forward under these joint working arrangements between these organisations will lay the foundation for future work and partnership development.

In 2010 – 2011 the following projects were commissioned by the Western Investing for Health Partnership:

Corporate	C & V Sector Quality Standards NINIS Indicators Community Consultations
Early Years	Health Promoting Homes Ethnic Minorities - Hurlers Syndrome DVD
Teenage Years	Media Awards High Visibility Blazers / Scarves in Schools Ulster GAA Live to Play Road Safety Event PSNI Road Safety Initiatives Da Young Fathers Cycling Project The Anchor Programme Roadwise Da Young Fathers Winter Wonderland Active Families Programme
Adulthood Years	Strabane Community Allotments HIA/ Primary Schools Healthy Eating Cairde Community Allotments Living Life to the Full Programme Maguire's Garden Community Allotments RAFAEL Strabane Outdoor Exercise Trail / Green Gym NR Health Improvement Initiative
Later Years	Maximising Access to & Uptake of Services, Grants & Benefits Carers Support Programme Health Improvement Plans for Older People Fuel Poverty Initiatives

CORPORATE

Theme	Corporate
Project	Community & Voluntary Sector Quality Standards
Strap-line	Ensuring good governance in the C&V Sector
Aim	To support organisations in the C&V sector to undertake a review of their corporate governance arrangements and ensure they are fit for purpose
Activity	Derry Healthy Cities (DHC) were commissioned to examine the CLEAR standards that were developed for the C&V service providers in the Mental Health Services sector and to test their applicability to for the wider community sector.
Output	Testing the standards assisted DHC to test their own robustness in terms of addressing their own clinical, social care and corporate governance arrangements but also propose recommendations in terms of how the standards could be applied to the wider C&V Sector.
Outcome	<p>The report is still in draft form but it will outline a process by which PHA, and indeed other statutory commissioners can outline the level of quality assurance standards in the C&V sector across a range of public health and health improvement issues.</p> <p>This process will help ensure that the C&V sector are fit for purpose to assure they are delivering quality services that meet the expectations of commissioners and service users. The process will also help contribute to assisting groups contribute to their economic sustainability.</p>
Link to IFH	This is a corporate theme rather than specific delivery
Link to Pillars	Build Sustainable Communities
Contact Details	<p>Fiona Teague Derry Healthy Cities Project c/o Old Nursing Home, Altnagelvin Hospital, DERRY BT47 6SB</p> <p>028 7161 1384</p>

Theme	Corporate
Project	NINIS Health & Well-being Indicators
Strap-line	Developing an electronic database of information to support needs assessments, locality reports and monitoring trends
Aim	In partnership with other IFH Partnerships, NINIS, DHSSPS and the PHA to develop and maintain a web based information portal for use in data collection, analysis and reporting on health improvement trends and state of local health and well being.
Activity	<p>To identify suitable data for inclusion on the database, production of locality reports, provide training, site promotion and awareness.</p> <p>To examine opportunities for the enhancement of the site for greater use in data assessment and analysis.</p>
Output	Accessible through the www.westernifh.org site, or directly through the NiNIS site, users have access to a range of historical and up to date data information across the IFH aims and objectives. The information can be analysed and cross referenced to build up a better understanding of the health and well being status for a given locality down to as low as super output areas where information is available.
Outcome	The database is user friendly and is as applicable to statutory service planners to local community and voluntary groups, who want to understand local issues, find evidence to support applications etc. Up to 400 data sets are available ranging as far back as 1999 providing up to date trends and mapping to assist the user.
Link to IFH	By providing baseline information this helps identify key issues and areas of greatest need or inequality that needs to be addressed
Link to Pillars	Ensure higher quality care for all by improving access to information to knowledge
Contact Details	Western Health Improvement Office – 028 7186 0086, including registration for the free training that is part of the package

Theme	Corporate
Project	Community Consultations
Strap-line	To ensure the engagement of the wider community in the IFH and Health improvement process.
Aim	To update the community on the activities of WIFH Partnership and seek their views on the future priorities of the partnership and wider Health Improvement work.
Activity	5 workshops were held in each of the five local government areas in the West, commissioned through the four sub-regional networks to inform, invite, engage and report back on input from the sector
Output	Over 45 different groups participated in the process and responded to the actions outlined in terms of WIFH interventions and fed into the discussion on what should be included in the future priorities for the WIFH Partnership and PHA Health Improvement Team in the West.
Outcome	Five local reports were produced to create central assessment of input and needs, this in turn directly fed into the discussion of the WIFH Partnership in terms of agreeing its priorities for the next four years.
Link to IFH	As part of the engagement process this addresses the aims of objective 1 around the issues of social inclusion
Link to Pillars	Building Sustainable Communities and Ensuring High Quality Care for all through adopting a PPI best practice approach to engagement and responding to input from the community.
Personal Comment	<i>“WIFH are doing good work reaching out to some of the more vulnerable people, given the economic situation the partnership needs to do more to promote collaboration, promoting volunteering and helping the sustainability of the C&V sector through a social economy model”</i>
Contact Details	Caroline Ogilvie on caroline.ogilvie@hscni.net – 02871860086 Or download from www.westernifh.org



EARLY YEARS

Theme	Early Years
Project Title	Health Promoting Homes Programme
Aim / Purpose	The Health Promoting Homes Programme aims to reduce obesity in families with children using a community development approach.
Activity Undertaken	<p>The delivery of the 18 week programme focuses on three core areas:</p> <ol style="list-style-type: none"> 1. Personal development/emotional wellbeing 2. Nutrition and oral health 3. Physical activity
Output	<p>Programme delivered to approx 30 families in 10/11 year in each council district, from areas of disadvantage.</p> <p>Providers are:</p> <ul style="list-style-type: none"> • Bogside/Brandywell Healthy Living Centre • Omagh Surestart • Strabane Surestart • Oak Healthy Living Centre • Dry Arch Centre
Outcome	<ul style="list-style-type: none"> • Increase in Physical Activity levels • Improvement in awareness of Healthy Eating Habits and increase in dental registration • Enhanced lifestyle skills • Positive attitude to breastfeeding <p>Long term outcomes:</p> <ul style="list-style-type: none"> • Decrease in dental caries • Decrease in obesity rates • Increase in breastfeeding maintenance
Link to IFH Aim	<p>Give every child and Young Person the best start in life</p> <p>Promote mental health and emotional well-being</p> <p>To enable people to make healthier choices</p>

Link to PHA Pillar

Give every child and young person the best start in life

Make Healthy Choices easier

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Theme	Early Years
Project Title	Hurlers Syndrome DVD
Aim / Purpose	<p>To raise awareness of Hurlers syndrome and the importance of early treatment among the Traveller Community</p> <p>Hurler disease is now well treated by bone marrow transplant. The effects of which are better if done as early as possible. This DVD is designed to improve awareness of Hurler disease which should allow early diagnosis and better treatment prospects for all children.</p>
Activity Undertaken	<p>The Public Health Agency and previously the Western Health and Social Services Board worked in partnership with the Regional Genetics Centre and Derry Travellers' Support Group to develop a DVD to raise awareness of Hurler Disease.</p> <p>The DVD was launched in January 2011 in the Playhouse, Derry.</p>
Output	<p>250 DVD's were produced.</p> <p>DVD's were distributed to a range of frontline Health Workers i.e. Health Visitors, Midwives and District nurses.</p> <p>DVD's were distributed to a range of organisations working with Traveller families.</p>
Link to IFH Aim	<p>To reduce poverty in families with children</p> <p>To enable People to make Healthier Choices</p>
Link to PHA Pillar	<p>Give every child and Young Person the Best start in life</p> <p>Make Healthy Choices easier</p> <p>Ensure High Quality Care for All</p>
Personal Comments	The involvement and inclusion of Traveller Families in the making of the DVD was crucial to the success of the project.
Contact Details	<p>Jackie Mc Call PHA Gransha Park House</p> <p>028 7186 0086</p>



TEENAGE TRANSITION

Theme	Teenage Transition
Project Title	2011 Western IFH Media Awards
Aim / Purpose	<p>Through its annual award process, the IFH Partnership aims to increase media awareness of the public health agenda in the long term. By targeting media related students in their academic years we hope to instil a stronger journalistic appreciation of the public health agenda in Ireland and its impact on the population.</p> <p>This year an additional award in partnership with the Drink Think Project, Derry around <i>Alcohol Culture and its Impact on Life in Derry and the North West</i> had been added.</p>
Activity Undertaken	<p>A briefing paper had been prepared and sent to all FE Colleges and Universities. In addition to this a number of presentations and engagement sessions had been held with students at the North West Regional College's Strand Road and Limavady Campus.</p> <p>Submissions had been collated and presented to the Judging Panel on 8th March 2011. This year's judging panel was made up of leading professionals in the field of Public Health, including Margery Magee of the Public Health Agency, David Wrottesley, Samaritans, Joanne Smith, Drink Think Project, Tony Doherty, WIFH partnership member and Brendan Bonner, Head of Health & Social Wellbeing Improvement (West) and the media industry was represented by Martin McGinley, of the Derry Journal.</p> <p>Input from Mark Simpson, BBC Correspondent had been secured for this year's award ceremony which took place on 30th March 2011. This ceremony was very well attended by students and proved to be a very successful event.</p>
Output	<p>A number of excellent pieces have been secured under each of the categories and can be viewed at www.westernifh.org.</p> <p>Also, this year's winning moving image piece "Closet Full of Lies" will be premiered at this year's Gay Pride Festival to raise awareness amongst young LGBT people.</p>

Outcome

Discussions are underway with colleagues in the Trust in relation to the reproduction/dissemination of the work.

The tutors within the North West Regional College have stated how important the IFH Student Media Awards have become in the academic year, providing a working brief for the students to marry their creativity with technological abilities, whilst getting the right message across, which meets the client's needs.

The impact of the Awards process on the career development of the students is profound, with previous winners advancing through prestigious employers including RTE, BBC and the North West Regional College media department.

Link to IFH Aim

To enable all people and young people in particular to develop the skills and attitudes that will give them the capacity to reach their full potential and make healthy choices.

Link to PHA Pillar

Making Healthier Choices Easier

Photograph**Contact Details**

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Theme	Teenage Transition
Project Title	High Visibility Blazers/ Scarves
Aim/Purpose	The programme not only aims for better visibility for students on the roads but also aims to improve their attitudes about hazard perception and encourages them to consider their responsibility for other road users.
Activity Undertaken	<p>Introduction of reflective blazers and scarves in Lisnaskea High School, St Comhghall's College and Devenish College, County Fermanagh.</p> <p>This was a pilot initiative undertaken by the Western Education and Library Board (WELB) and the PHA provided vouchers for a number of students to help with the costs of purchasing new school blazers this year and provided all pupils with reflective scarves.</p> <p>The students had a significant input into the design of the blazers and scarves and they have proven to be very popular. The reflective strip will go a long way to helping ensure that young people in Fermanagh are more visible on the roads.</p>
Output	<p>In three schools in Fermanagh the PHA commissioned</p> <ul style="list-style-type: none"> • 239 Scarves (Subsidised vouchers for all those students on Free School meals) • 1085 Scarves (For all Pupils)
Outcome	<p>Reduction in the number of those injured or killed on our roads and improved attitudes about hazard perception of the students, their families and the local communities.</p> <p>Contribute to reduction in ambulance response times; fracture waiting times and presentations to A&E.</p>
Link to IFH Aim	To reduce accidental deaths and injuries in the home, workplace and collisions on the road.
Link to PHA Pillar	To promote healthier choices.

**Personal
Comments**

Rosemary Watterson, WELB Chief Administrative Officer and Chair of the Pupil Road Safety Focus Group, said: “One of the objectives of the Group was to improve pupils’ road safety, when traveling to and from schools, by increasing their visibility through wearing reflective uniforms especially in dark winter mornings and evenings. We are delighted that three schools in Fermanagh have introduced reflective blazers this academic year and would encourage all post primary schools, in particular, to give serious consideration to their introduction”.

Thanking the PHA for their support, the three school Principals Mr. Rees of Lisnaskea High School, Mr Kelly of St Comhghall’s School and Mr Walker of Devenish College said:

“This initiative is vital to the wellbeing of pupils to and from school as well as highlighting good road safety practices by pupils and car owners. We’d also like to thank the Western Education and Library Board (WELB) and PSNI for the ongoing hard work in developing road safety awareness. Dark uniforms, rural roads and dark evenings are challenges to the safety of pupils. We hope that these reflective blazers go a long way to helping pupils be safe and visible on our roads.”

Photograph



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Theme	Teenage Transition
Project Title	GAA Live to Play
Aim / Purpose	The Ulster GAA, in conjunction with County Boards, Fermanagh District Council and the Public Health Agency (PHA) embarked on a 'Live to Play' campaign aimed at promoting Road Safety among its members and held an event in Fermanagh. The campaign aims to raise awareness of Road Safety; in particular it focuses on educating young drivers on how to stay safe on the roads. It is hoped that because the road safety messages will be carried by well known players and managers of the GAA family they will have a direct impact on young people.
Activity Undertaken	A very successful Live to Play event took place in the Bawnacre Leisure Centre, Irvinestown on Thursday 14th October 2010. A large crowd was welcomed by Chairman of Fermanagh District Council and Peter Carty Fermanagh GAA Chairman. Attended the event were many local political representatives, Superintendent Muir Clark of the PSNI's Traffic Branch, An Garda Siochana's Chief Superintendent Terry McGinn and Inspector Michael Harrison of Donegal Division, Ailish O'Neill of the HSC Public Health Agency and Aileen Tohill Health & Wellness Officer with Ulster GAA. Following the indoor presentation the crowd moved outdoors to view a live demonstration by the Road Rescue Team of the Northern Ireland Fire and Rescue Service (NIFRS) supported by the Order of Malta. Paddy Quinn Watch Commander with the NIFRS provided a live commentary on the demonstration, where local boys acted as casualties and were cut out of the cars.
Output	The campaign has enabled Ulster GAA to promote the message in Schools and Clubs and at major Ulster Championship Football and Hurling fixtures.
Outcome	Reduction in the number of those injured or killed on our roads and improved attitudes about hazard perception of the students, their families and the local communities. Contribute to reduction in ambulance response times; fracture waiting times and presentations to A&E.
Link to IFH Aim	To reduce accidental deaths and injuries in the home, workplace and collisions on the road.
Link to PHA Pillar	To promote healthier choices.

**Personal
Comments**

Brendan Bonner, Head of Health and Social Well Being (West), PHA said, *“Addressing injury and loss of life on our roads remains a key priority for the PHA. In the past 10 years there has been a one third reduction in deaths on our roads however it is vital that we continue to reduce the risk for our younger drivers. Through this work in partnership with the Ulster GAA and other agencies we can make real changes by encouraging our young people to consider changing their lifestyle and behaviours”*.

Photograph



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Theme	Teenage Transition
Project Title	PSNI Road Safety Events
Aim / Purpose	The programme aims to improve attitudes about speed and hazard perception and encourages people to consider their responsibility for other road users.
Activity Undertaken	Facilitation of various road safety events by PSNI, in conjunction with other partners such as Garda Siochana and Limavady Custom Cruisers.
Output	<ul style="list-style-type: none"> ● PSNI Cross Border Roadsafe Roadshow ● Safediving Event in Seagate ● Under 17 Driving Experience x 2 Days ● Skid Car Experiences x 2 Days ● Track Skills Days x 2 Days ● Castlederg Road Safety Day
Outcome	<p>Reduction in the number of those injured or killed on our roads and improved attitudes about hazard perception of the attendees, their families and the local communities.</p> <p>Contribute to reduction in ambulance response times, fracture waiting times and presentations to A&E.</p>
Link to IFH Aim	To reduce accidental deaths and injuries in the home, workplace and collisions on the road.
Link to PHA Pillar	To promote healthier choices.
Personal Comments	Supporting the Limavady Custom Cruisers event, Inspector Stephen Haslett said <i>“Limavady Custom Cruisers continues to demonstrate their commitment to the club and to road safety. In 2003/04, Limavady DPP identified through consultation local concerns about the disproportionately high proportion of young males who were involved in ‘killed and seriously injured’ (KSI) collisions, the high volume of modified vehicles and inappropriate use of the road. These concerns were echoed by the Police, other statutory agencies and road safety pressure groups.”</i> Inspector Haslett, applauded the innovation shown by the Club by praising their approach and engagement he added, <i>“The club has worked hard to target the right audience and through use of the media to a wider audience. It gives members the opportunity to modify their cars legally and safely, to develop their driving skills by receiving advanced tuition from both trackskills staff and road traffic officers and to hear the road safety education message in an appropriate way”</i> .

Photograph



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Theme	Teenage Transition
Project Title	Young Fathers Cycling
Aim / Purpose	<p>The Young Fathers project aims to support Young Fathers to develop a positive and caring parental relationship with their children.</p> <p>A programme within the Young Fathers Project is the Cycling programme, the aim of which is to improve physical activity and mental health while enabling him to continue to build relationships with his child by spending time in a fun and enjoyable way</p> <p>The provision of safety equipment for adult and child bikes</p>
Activity Undertaken	<ul style="list-style-type: none"> • Cycle Group Leadership Training undertaken by staff. • One afternoon per week for Father/child outings. • Safety equipment purchased.
Output	20 young fathers and their children currently avail of the cycling activity.
Outcome	<ul style="list-style-type: none"> • Improved physical Health of Young Fathers and children • Improved public image of Young Fathers • Enhanced family relationships • Increased use of the city's' cycle paths • Increased knowledge of the City they live in • Increased image of Derry City as a family-friendly and cycle-friendly town to live in
Link to IFH Aim	<ul style="list-style-type: none"> • To enable all people and young people in particular to develop their skills and attitudes • To promote mental health and well-being • To reduce poverty in families with children • To enable people to make healthier choices
Link to PHA Pillar	<ul style="list-style-type: none"> • Give every child and Young Person the best start in life • Make healthier choices easier
Contact Details	<p>Julie Mc Ginty Senior Health Improvement Officer Public Health Agency Gransha Park House</p> <p>028 71860086 Julie.mcginty@hscni.net</p>

Theme	Teenage Transition
Project Title	Anchor Programme
Aim / Purpose	<p>The aim of the programme was to re-engage vulnerable Young People with Education.</p> <p>The programme was aimed at Young people engaged in anti-social activity, young people with achievement barriers and with young people with low self-esteem or low confidence.</p> <p>The programme aims to:</p> <ul style="list-style-type: none"> • Provide skills for independent learning and living • Build self-esteem and capacity • Improve sense of well-being and efficacy • Improve personal and social responsibility • Create the foundation for young people to feel a greater degree of community connectedness and belonging
Activity Undertaken	<p>Delivery of a 10 week programme during which each young person has access to a mentor for one-to one support.</p> <p>The programme included Multimedia Techniques workshop; physical activities; community visits and structured play activities.</p> <p>Activities were delivered both in and out of school premises and referrals came from Schools; Educational Welfare Officers and Community Workers.</p>
Output	One 10 week programme delivered in year to 14 participants and their parents.
Outcome	<ul style="list-style-type: none"> • Evidence of increased self-esteem and confidence of Young people • Improved engagement of Young People in the classroom setting • Improved engagement of parents both with school and child

Link to IFH Aim

To enable all people and young people in particular to develop their skills and attitudes

To promote mental health and well-being

To enable people to make healthier choices

Link to PHA Pillar

Give every child and Young Person the best start in life

Make Healthy choices easier

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Theme	Teenage Transition
Project Title	Roadwise
Aim / Purpose	To reduce accidents on the road by improving the attitudes of Young Drivers and encouraging them to consider their responsibility for other road users and their own passengers.
Activity Undertaken	Working in Partnership with the Institute of Advanced Motorists to deliver a series of Safe Driving Courses to Young People across the Western Area.
Output	In year 10/11 -120 young people participated in the Roadwise Course.
Outcome	<p>The evaluation of the Roadwise course has demonstrated that the programme does change young people's attitudes towards speeding and careless driving.</p> <p>The programme also demonstrated an improved understanding of the risks of driving and the work of the emergency services.</p>
Link to IFH Aim	<p>To enable all people and Young People in particular to develop their skills and attitudes</p> <p>To reduce accidental deaths and injuries In the home, workplace and collisions on the road.</p>
Link to PHA Pillar	Give every child and Young person the best start in life.
Contact Details	<p>Julie Mc Ginty Senior Health Improvement Officer Public Health Agency 028 71860086 Julie.mcginty@hscni.net</p>

Theme	Teenage Transition
Project Title	Young Fathers Winter Wonderland
Aim / Purpose	<p>The Young Fathers project aims to support Young Fathers to develop a positive and caring parental relationship with their children.</p> <p>A programme within the Young Fathers Project is the Winter Wonderland which involves the Young Men being involved in all aspects of the planning and delivery of a 2 day magical, outdoor Christmas event for the children.</p>
Activity Undertaken	Design and delivery of a themed area; Santa's grotto; petting zoo; fire engine; multicultural music; storytelling; carol singing and drumming lessons.
Output	<p>Over 600 children and parents attended the Winter Wonderland over the course of 2 days.</p> <p>Unfortunately, this was less than the previous year due to the adverse weather conditions.</p>
Outcome	<p>The Winter Wonderland was able to:</p> <ul style="list-style-type: none"> • Bring families together and strengthen relationships • Engage with the wider community • Opportunity for supervised contact with children for some of the young fathers • Build teamwork, skills and sense of personal pride
Link to IFH Aim	<p>To enable all people and young people in particular to develop their skills and attitudes</p> <p>To promote mental health and well-being</p> <p>To reduce poverty in families with children</p>
Link to PHA Pillar	Give every child and Young Person the best start in life
Contact Details	<p>Julie Mc Ginty Senior Health Improvement Officer Public Health Agency</p> <p>028 71860086 Julie.mcginity@hscni.net</p>

Theme	Teenage Transition
Project Title	Active Families
Aim / Purpose	The Active Families Programme aims to help encourage positive lifestyle choices through the involvement of parents/guardians & teenagers, in a 12 week course covering a broad range of lifestyle management issues based around the benefits of increased physical activity & healthy-eating. It was designed to deliver a preventive message around the main risk factors of Coronary Heart Disease, one of the biggest killers in the WHSSB area, and alcohol misuse, embedding these messages into the delivery of a fun, enjoyable programme.
Activity Undertaken	<p>The delivery of the 10-15 week programme targets the Key stage 3-4 age group and focuses on these core areas:</p> <ol style="list-style-type: none"> 1. Physical Activity and role-modelling 2. Emotional Health and Well-being/ Citizenship 3. Setting foundations for life-long relationships between parents and children
Output	<p>In drawing a final overall conclusion on the Active Families Pilot Programme 2009 to 2010, it is evident it has fallen far short of the anticipated 300 + people and the 15 programme runs.</p> <p>Nevertheless, the feedback from the sessions from the participants indicates that they believe their health and fitness shall have improved within the 3 months preceding their participation in the sessions. Overall, the parents and young people found the sessions to be highly relevant and enjoyable.</p>
Outcome	<p>Long Term Outcomes:</p> <ul style="list-style-type: none"> • Increase in physical activity in disadvantaged areas/ communities • Decrease in reliance on alcohol in disadvantaged areas/ communities • Life expectancy increased.

Link to IFH Aim

Give every child and Young Person the best start in life

Promote mental health and emotional well-being

To enable people to make healthier choices

Link to PHA Pillar

Give every child and young person the best start in life

Make Healthy Choices easier

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ADULTHOOD

Theme	Adulthood
Project Title	Strabane Primary Schools Growing and Healthy Eating Programme.
Aim / Purpose	<p>To develop an innovative project to raise awareness of vegetables and their benefits. The Project will provide practical demonstrations on how primary school pupils can have fun learning how to grow their own healthy food.</p> <p>To carry out a Health Impact Assessment in consultation with local people and key organisations in relation to the benefits of community allotments/gardens.</p>
Activity Undertaken	<p>Delivery of training sessions in local primary schools.</p> <p>A one day study trip to the Organic Centre demonstration site. Allotment plot preparation, vegetable growing and maintenance, 3 workshops for adult growers organised.</p> <p>Carried out a Health Impact Assessment (HIA) for the North West Cross Border Group Councils. Council areas involved are Strabane, Derry City, Limavady, Magherafelt and Donegal.</p>
Output	<p>Training sessions for 24 Primary Schools from across Strabane District a total of 360 pupils participated.</p> <p>HIA consultation with approximately 90 people involved in community garden projects across the 5 north west council areas.</p> <p>Allotments 46 adult participants from Strabane District attended 1 day training workshops on vegetable growing.</p> <p>16 steering group members from the NW Councils attended the one day study trip.</p>
Outcome	<p>Pupils discovered how to prepare compost and soils and learn how to select plant and maintain a number of easily grown food plants/vegetables. Pupils also acquired an appreciation of the health benefits of physical activity associated with the project.</p> <p>The training workshops and study trip delivered practical knowledge and awareness of community gardening to participating adults.</p> <p>HIA report will make recommendations on the potential health and wellbeing impacts of the region's community garden projects.</p>

Link to IFH

Objective 3: To promote mental health and emotional wellbeing at individual and community level.

Objective 5: To improve our neighbourhoods and wider environment.

Pillars

Build sustainable communities

Make healthy choices easier

Contact Details

Martin Bradley
Strabane District Council
028 7138 2204

Theme	Adulthood
Project Title	Cairde Community Garden & Allotment Project
Strapline	Seeds of Life, Health and Wellbeing
Aim / Purpose	<p>To develop a Community Garden and Allotment project within the Neighbourhood Renewal Area of Strabane town.</p> <p>To develop opportunities and programmes, which will allow for individual participants, families and groups to gain the knowledge and understanding of the health benefits people can have from growing their own fruit and vegetables and living a healthier life styles by being physically active.</p> <p>To develop an area of social and community inclusion for individuals and groups from the area.</p>
Activity Undertaken	<ul style="list-style-type: none"> • Establishment of a Community Garden & Allotment project • Development of Community Garden and Allotment site. • Community Horticulture Training Programmes.
Output	<ol style="list-style-type: none"> 1. One training and education programme developed with 18 participants. 2. Nine Allotment plots have been taken by Community Groups, Organisations and Schools. 3. Over 20 Allotment plots have been taken by the wider Community. 4. Individuals and groups are already benefiting from community interaction between the young and old the project is beginning to develop its own social network.

Outcome

1. The successful development of a Community Garden and Allotment facility within the Neighbourhood Renewal area of Strabane.
2. Local Community Groups, Organisations and Schools are actively participating in the project.
3. Local people both young and old have participated in programmes and have developed their skills and knowledge of growing their own fruit and vegetables.
4. Increased community / individuals self esteem and confidence.

Personal Comments

Over the past year the project has gradually been developing its programmes of Community participations. By the end of 2011 we are hopeful to have 75% of our plots full.

The project is beginning to develop its own social network and interaction between groups and members.

There remains a high interest in the project locally with an increase in enquiries since the start of the year.

IFH Objective

- To promote mental health and emotional wellbeing at individual and community level.
- To improve neighbourhoods and wider environment.

Pillars

- Build sustainable communities
- Make healthy choices easier

Photograph**Contact Details**

Jarlath Mc Nulty Project Co-ordinator
Cairde Strabane Republican Ex-prisoners Group
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Theme	Adulthood
Project Title	Aware Defeat Depression - Living Life to the Full Life Skills Programme
Strapline	A Life Skills Programme with Cognitive Behavioural Therapy approach
Aim / Purpose	This is a self-help education programme which helps participants to understand that our thinking and behaviour can influence how we feel mentally and physically. It teaches skills that participants can use to challenge unhelpful thinking styles and change their behaviour in order to overcome low mood and stress.
Activity Undertaken	<p>The Living Life to the Full programme covers eight topics which are usually delivered in between 4-6 sessions.</p> <p>The following are the topics covered:</p> <ol style="list-style-type: none"> 1. Why do I feel so bad? 2. I can't be bothered doing anything 3. Why does everything always go wrong/ 4. I'm not good enough 5. How to fix almost everything 6. The things you do that mess you up 7. Are you strong enough to keep your temper? 8. 10 things you can do to feel happier straight away
Output	<p>Over the period April 2010 to April 2011 the course was widely publicised throughout the Western area. Courses were delivered to the following groups:</p> <ul style="list-style-type: none"> • Derry Well Woman X 2 • Strabane LGBT Group • Youthlife • The Yard Project • Da Young Fathers/Shepherds Glen Young Parents • Surestart, Dungiven • The Byte Project/Rainbow Project • Creggan Day Centre • Omagh Rural Network

Outcome

Approximately 90 people attended the courses and the feedback has been very good for almost all courses. Participants completed General Health Questionnaire's pre and post course and a post-course feedback form. These will be analysed shortly following the completion of the final course.

Personal Comments

'It has helped me to think more positively'

'The course made me view things that were getting me down in a different light'

'Completely changed my life for the better'

Photograph



Contact Details

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L'Derry BT48 7AJ

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Theme	Adulthood
Project Title	Maguire's Garden Community Allotments
Strapline	Growing together
Aim / Purpose	<p>The project involved the development of a semi derelict site, with complex ownership / lease issues into a purposeful community space.</p> <p>Purchase of resources and materials to facilitate development of community allotment in Maguire's Garden.</p> <p>Provide training opportunities for the local community such as general horticulture, creating space to grow food, green gym, willow weaving, creating living hedging + sculpture.</p> <p>Encourage healthy, active lifestyles, social contact and wellbeing, community spirit, education and creativity.</p> <p>Promote a 'Food Co-op' –to promote access to organic locally grown produce and enable sustainability into Year 2.</p> <p>Promote inclusion and build capacity within the local community. Encourage intergenerational projects between older people and younger generation.</p>
Activity Undertaken	<ol style="list-style-type: none"> 1. Negotiation took place with the public sector bodies and a lease to the community was negotiated. 2. Expressions of interest were sought for suitable qualified bodies to design and develop the site. 3. Conservation Volunteers were the successful respondent. 4. Conservation volunteers presented the project to members of 37 local community groups on Thursday 3rd February and outlining the process for allotment allocation. 5. The project was delayed in starting due to the month of extreme cold weather and the site being under a blanket of snow. <p>In addition the severe weather caused serious deterioration to the wall of the site; this was replaced with a natural stone wall, which has greatly improved the aesthetics of the site.</p>
Output	<ul style="list-style-type: none"> • Lease secured • 8 large plots • 16 smaller plots created. • Community garden under construction

Outcome

- Long term legal issues resolved
- Semi derelict site has been regenerated
- Considerable community support / volunteer effort has been utilised in the development of the site
- The community have been provided with a long requested facility

IFH Objectives

To promote mental health and emotional wellbeing at community level.

To improve our neighbourhoods and the wider environment.

PHA Pillars

Build sustainable communities

Make healthier choices easier

Personal Comments

“We at the GAA are delighted to see the Maguire’s Garden site finally developed for a genuinely needed, health promoting, community purpose, and many congratulations to all concerned”.

Comment from Ulster Council Representative

Photograph



Contact

Lorraine Maguire
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Theme	Adulthood
Project Title	Rafael – Meet the Buyer Events 2011
Strapline	Food Supply Opportunities into the Western Health & Social Care Trust
Aim / Purpose	<p>To organise and host 2 Meet the buyer Events, one in the West and one in the East.</p> <p>Identify the appropriate businesses to attend the events to inform them of potential business opportunities with local Trust.</p>
Activity Undertaken	<p>Western area ‘Meet the Buyer’ event Enniskillen on March 7th 2011, and the Eastern area event – Knockbracken Healthcare Park on March 24th 2011.</p> <p>Once it was established what the upcoming tenders were likely to be, Fresh Breads, Chilled goods, Meat – Pork, Beef, Lamb and Poultry and Frozen vegetables, the Women In Agriculture database was filtered to identify the appropriate businesses to invite to both events.</p>
Output	<p>A total 319 invitations were issued to businesses, with 123 responses in total; many of these were further enquiries over the telephone about the format and aims of the event.</p> <p>The responses translated into 50 confirmations of attendance by owners and employees of food companies and ten guests and speakers. A further 11 business owners who were interested in the event could not attend due to other work and personal commitments.</p> <p>15 businesses agreed to present a range of their produce on a stand in the room next to the presentations. Of these 15, 6 presented their food in Enniskillen and 9 in Belfast.</p> <p>A total of 54 individuals attended the Meet the Buyer events including 34 business representatives from 25 companies. A total of 20 evaluations were completed which represented the views of 18 individual businesses.</p>

Outcome

Promotion of the event: The Fermanagh Herald and the Impartial Reporter featured an article. The PHA provided press coverage for the Belfast Event on 24th March which was distributed to a number of papers. Ann Orr and Caroline Bloomfield PHA featured on the Farm Gate broadcast, which brought in some additional interest for the latter event.

An evaluation report is available detailing participant feedback and recommendations for future events.

PHA Pillar

Build sustainable communities.

Personal Comments

As a result of their exposure to the information provided and contacts established at the event 90% of the Businesses indicated they would be actively pursuing tendering opportunities with the Health Trusts in the future.

Photograph

Meet the Buyer event in Enniskillen



(L-R: Ann Orr -WIA, Steven Millar – Millar’s Meats, Eamonn O’Harte – DARD Rural Connect

Contact

Women in Agriculture
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Theme	Adulthood
Project Title	Exercise Trail/Green Gym
Aim / Purpose	<p>The project aims are:</p> <p>To provide a free, accessible environment for older and younger people to participate in physical activity.</p> <p>To add value to the whole healthy living environment and brand the area as the health & well being hub of the Neighbourhood Renewal Area and Strabane District.</p> <p>To promote Melvin as a model of good practice in promoting physical activity and tackling obesity.</p>
Activity Undertaken	<ul style="list-style-type: none"> • Design and development of an exercise trail • Tender for the purchase and the installation of equipment • Assessment of Tender and Tender award made • Purchased the appropriate outdoor exercise equipment for Neighbourhood Renewal Area by end of March 2011
Output	An exercise trail comprising 17 pieces of equipment has been developed including a network of paths and ground works.
Outcome	<p>The Exercise Trail/Green Gym has been established and includes the permanent professionally designed exercise equipment suitable for use by teenagers through to seniors, from beginners to advanced athletes.</p> <p>The exercise trail creates a gateway to a healthier lifestyle for people of all ages. Being free, convenient and accessible to all, it removes many of the barriers that might otherwise prevent people from taking those first steps. Research shows that even small amounts of regular exercise have measurable benefits towards physical and mental health & well being.</p> <p>A children's exercise trail has been developed as part of the phase 2 development.</p>

IFH Objective	<p>To promote the Mental Health and Emotional wellbeing at individual and community level.</p> <p>To improve our neighbourhoods and the wider environment.</p>
PHA Pillar	<p>Build sustainable communities</p> <p>Make healthy choices easier</p>
Personal Comments	<p>Council recognises that challenges still remain to make Strabane town a more inclusive place; however my improving the environmental landscape and by implementing innovative developments such as the exercise trail we will further build positive relations not only in Strabane town but throughout the district.</p>
Contact Details	<p>Mrs Karen Mc Farland Head of Culture, Arts & Leisure Strabane District Council 47, Derry Rd Strabane BT82 8DY</p>

Theme	Adulthood
Project Title	Neighbourhood Health Improvement Programme (NHIP) Phase 1
Aim / Purpose	<p>The Western HSCT Health Improvement Department led on this project, which was developed to improve the health and wellbeing of the population within the 8 Neighbourhood Renewal (NR) areas across the West of Northern Ireland. The ethos of the project is collaborative working based on the shared agenda of improving health and wellbeing. The project was created to improve the health and wellbeing of 66,000 people living across the 8 Neighbourhood Renewal (NR) areas within the Western Trust area, which includes Limavady, Strabane, Triax, Waterside, Outer North and Outer West, Omagh and Enniskillen. Phase I of the initiative started on 1 October 2009 and will run until 31 March 2011.</p> <p>A £400,000 DSD funded health initiative to develop collaborative working to improve their health and wellbeing. The PHA added a further investment of almost £80,000 from the Western Investing for Health Partnership under their agenda of addressing poverty and inequalities. The programme aimed:</p> <ul style="list-style-type: none"> • To build capacity on health improvement in NRAs of low infrastructure • To develop and enhance existing skills in NRAs • To develop and deliver initiatives to address the wider determinants of health in NRAs • To promote good relations and collaborations between NRAs • To improve access to skills, information and advice on health improvement for people living in NRAs.

Activity Undertaken

Activities planned for NHIP to deliver on its objectives were identified as:

- Developed health improvement themes identified by each NRA and added value to initiatives that had already been committed to by DSD and other funders
- Developed a health improvement skills programme, led by the Health Improvement Department
- Followed up the skills programme with a ‘training for trainers’ package that would be delivered through local Neighbourhood Renewal Health Forums. The training included a series of modules that addressed:
 - Improving emotional well-being and personal development
 - Challenging lifestyle behaviour issues such as on diet, nutrition, smoking, alcohol and drugs
 - Getting active and staying active
 - Developing communication skills and being an active citizen
 - Living with chronic conditions and improving quality of life
 - Sexual health and relationships
 - Being a positive role model for children
- Utilisation of a development fund to support baseline analysis, facilitation of local health forums and assisting the roll-out of quality-assured health improvement initiatives

Output

1. Establishment of a local health improvement forum and local needs assessment analysis
2. Continued development of existing health forums to support growth and share learning
3. Education awareness programmes on drugs and alcohol and the link to anti-social behaviour
4. Community sports / physical activity programmes
5. Develop and promote development of children’s play areas and better use of green areas
6. CHD/Cancer awareness programmes
7. Community-based smoking cessation services
8. Promote and provide dental health and hygiene support
9. Promote Healthy School and youth settings

Outcome

- 10. Improved emotional and mental well-being initiatives and programmes
- 11. Accident prevention in the home, road and community
- 12. Community interventions targeting people over 55
- 13. Health improvement training programme and related materials

- 1. Neighbourhood Partnerships work collaboratively to address the health needs of their communities, sharing good practice and working together to maximise opportunities to develop health improvement initiatives
- 2. People living in the NRAs have improved access to health services and benefits
- 3. The health awareness of people participating in the project and is improved
- 4. The community in each NRA is better able to support planning, delivery and evaluation of health improvement initiatives, through the development of expertise in the community
- 5. Health improvement activities are undertaken in an equitable and coordinated way by the eight Neighbourhood Partnerships

Link to IFH Aim

To improve the health of our people and reduce inequalities in health.

Link to PHA Pillar

- 1. Give every child & young person the best start in life
- 2. Ensure a decent standard of living for all
- 3. Build sustainable communities
- 4. Make healthy choices easier
- 5. Ensure high quality care for all

Photograph



Contact Details

Majella Magee, Deputy Head of Health Improvement, WHSCT

Michelle Friel, Business R&D Officer, WHSCT



LATER YEARS

Theme	Later Years																						
Project Title	Maximising Access to and Uptake of Services, Grants and Benefits in Rural Areas																						
Aim / Purpose	The project is a cross departmental regional project funded by the Department of Agriculture and Rural Development (DARD) and managed by the Public Health Agency. The aim of the project is to improve the health and wellbeing of people living in the top 30% rurally deprived areas in Northern Ireland, by making them aware of, or helping them access, local services, grants or benefits thus supporting these rural dwellers living in or at risk of poverty and social exclusion.																						
Activity Undertaken	At the end of January 2011, a total of 4,135 householders were visited by trained enablers who undertook the completion of two questionnaires and a range of onward referrals were made at the request of the householder to relevant organisations which included home safety checks, benefit entitlement checks, energy efficiency checks, disabled facilities grants and community and public transport.																						
Output	<p>From the 4,135 household visits, a total of 10,882 onward referrals were identified and these included the following referrals</p> <table border="1"> <thead> <tr> <th><i>No of Referrals</i></th> <th><i>Type of Referrals</i></th> </tr> </thead> <tbody> <tr> <td>57</td> <td>Levy (NI Sustainable Energy)</td> </tr> <tr> <td>433</td> <td>Disabled Facilities Grants</td> </tr> <tr> <td>650</td> <td>Smart Pass</td> </tr> <tr> <td>1,716</td> <td>Community Rural Transport</td> </tr> <tr> <td>1,810</td> <td>Warm Homes</td> </tr> <tr> <td>1,722</td> <td>Benefit Entitlement Checks</td> </tr> <tr> <td>2,446</td> <td>Home Safety Checks</td> </tr> <tr> <td>1,075</td> <td>Support Services</td> </tr> <tr> <td>973</td> <td>Local Services</td> </tr> <tr> <td>10,882</td> <td></td> </tr> </tbody> </table>	<i>No of Referrals</i>	<i>Type of Referrals</i>	57	Levy (NI Sustainable Energy)	433	Disabled Facilities Grants	650	Smart Pass	1,716	Community Rural Transport	1,810	Warm Homes	1,722	Benefit Entitlement Checks	2,446	Home Safety Checks	1,075	Support Services	973	Local Services	10,882	
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Outcome	<p>These referrals were passed to the various onward referral agencies from Sept 2010 – February 2011 and at May 2011 these referrals are continually being progressed.</p> <p>The outcomes from the project will be identified by a full external evaluation of the project currently being undertaken by Deloitte.</p>																						

Link to IFH Aim

To reduce poverty in families with children

To promote mental health and emotional well-being at individual and community level.

Link to PHA Pillar

The project is strongly linked to the Public Health Agency's Buildings Blocks and in particular Building Block 2 – "Ensure a decent standard of living for all"

Photograph

The project was officially launched by the Minister for Health, Michael McGimpsey and Minister for Agriculture and Rural Development, Michelle Gildernew on 30th June 2010 (See photo below). Over hundred delegates attended the launch and 38 local enablers were presented with their training certificates.



(Pictured above left to right is speakers at the Launch, Siobhan Sweeney (PHA), Dr Eddie Rooney (PHA), Michelle Gildernew (DARD Minister), Michael McGimpsey (Health Minister) and Davina Coulter (Oak HLC)

Contact Details

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Theme	Later Years																		
Project Title	Carers Programme “It’s all about me”.																		
Aim/Purpose	<p>To run 4 personal development programmes “It’s all about me,” across the Western Trust area (Derry, Strabane, Omagh and Fermanagh); delivered by Me Unltd, Social Enterprise Company.</p> <p>Aim is to promote positive mental health, physical health, raise confidence and self-esteem of women Carers, with a view to encouraging engagement with further training, education or employment. The programme is sustainable having developed “me time” groups in Derry, Omagh and Fermanagh, which Carers can join as a follow on to the initial programme. Groups are supported by Me Unltd to develop activity plans which encourage personal development. The groups are also supported to seek funding for further programmes.</p>																		
Activity Undertaken	<p>An 8 week personal development programme was delivered in Derry, Omagh and Fermanagh. Strabane proved difficult to recruit carers; therefore Carers from Strabane joined the Derry group. This was followed up by a celebration event where Carers were presented with Certificates of attendance. Each Carer had a personal mentor and an individual personal development plan.</p> <p><i>Modules on offer include:</i></p> <ul style="list-style-type: none"> • Building effective communications skills • The art of finding life balance • Change your attitude change your life • Time management – Essential ‘Me’ time • Why work, why train, why care? 																		
Output	<p>30 Carers attended the women’s 8 week personal development programme based in Derry, Omagh and Fermanagh.</p> <p>£6,963 of additional investment through Me Unltd, Give-a-care scheme (i.e. pro-bono health, well-being and other services levered for the carers involved).. 77 attended the celebration event held in Omagh. 4 of the Carers support groups developed from the Me Unltd programme (“Me” groups) received £500 of funding from Me Unltd to continue with personal development work. This was matched by PHA.</p>																		
Outcome	<p>Carers said the course helped them to:</p> <table border="0"> <tr> <td>Be more confident</td> <td>92.6 %</td> </tr> <tr> <td>Increase self-esteem</td> <td>96.3 %</td> </tr> <tr> <td>Develop a positive attitude</td> <td>85.2 %</td> </tr> <tr> <td>Manage time better</td> <td>81.5 %</td> </tr> <tr> <td>Meet new friends</td> <td>92.6 %</td> </tr> <tr> <td>Relax and be less stressed</td> <td>92.6 %</td> </tr> <tr> <td>Develop new skills</td> <td>80.0 %</td> </tr> <tr> <td>Improve communication skills</td> <td>84.0 %</td> </tr> <tr> <td>Develop job application/interview skills</td> <td>48.0 %</td> </tr> </table>	Be more confident	92.6 %	Increase self-esteem	96.3 %	Develop a positive attitude	85.2 %	Manage time better	81.5 %	Meet new friends	92.6 %	Relax and be less stressed	92.6 %	Develop new skills	80.0 %	Improve communication skills	84.0 %	Develop job application/interview skills	48.0 %
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Find a suitable job	20.0 %
Get involved in my community	37.0 %
Get involved with charity work	18.5 %
Improve my negative mental state	80.8 %
Course exceeded my expectations	84.6 %
Would recommend the programme to other Carers	100 %

Link to IFH

- Reducing Health Inequalities
- Improving Health and Wellbeing by Making Healthier Choices easier

Personal Comments

“I have now been able to go back to my night-time nursing shifts as I've built up my confidence and lifted myself out of a rut!”

“The course helped me to find a counselling placement to develop my skills in this area.”

“I'm going to do a business start up course to start my own interior design business.”

“I have become better organised.”

“Looking into training for work in hospice care.”

“Stress management & time management.”

“I'm now looking for a part-time job.”

“I'm more able to deal with stress and manage stress.”

“Communication skills, able to talk at a function.”

Photographs



Contact Details

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Theme	Later Years
Project Title	Individualised Health and Wellbeing Plans for Older People (Castleberg)
Strapline	Taking Control of Wellbeing
Aim/Purpose	Overall aim of project – to improve the health of older people by increasing the length of their lives, increasing the number of years they spend free from or dealing positively with disease, illness and disability
Activity Undertaken	<ul style="list-style-type: none"> • Project team has been established • Mapping of key activities - significant work already done on this by SDCN • Template designed and tested / piloted • Follow up support arranged – community pharmacist/ personal grooming • Baseline document agreed to identify current “wellbeing” of people over 65 based on sustainable indicators • This will be used to measure change in perception • The project is not yet complete due to delayed start – final report cannot be produced
Output	<ul style="list-style-type: none"> • Project team has been established • Template designed and tested with very interesting, sometimes heated discussion about contents, layout etc • Information - 65 carers advised of project and asked to help in identification of hard to reach older people. Presentation given to local PWA and DVC board of directors. Copy attached. • A greater picture of what “wellbeing” actually looks like to older people has emerged.
Outcome	<p>A greater picture of what “wellbeing” actually looks like to older people has emerged. Template testing identified essential gaps in service and a broader spectrum on well-being – participants identified more areas contributing to well-being e.g. personal grooming. Piloting template identified areas where support was required – Immediate interventions provided including:</p> <ul style="list-style-type: none"> • Link to computer training • Engagement with walking group • Talk by NIHE on energy efficiency • Medication review by community pharmacist
Link to PHA Pillar	<ul style="list-style-type: none"> • Equity – of the members of the steering group, 3 are mobility impaired, 4 suffer from chronic disease • Participation – presentations to other groups and cascade of information through carers offers the opportunity for all those

Personal Comments

over 65 to participate

- intersectoral collaboration – project engaged with other lifestyle programmes, local pharmacists and older people’s services
- sustainable development – by supporting older people to stay “well”, costs of medical intervention required later are reduced
- social (health and wellbeing) – the project will facilitate people’s greater control over their condition

We piloted a couple of activities e.g. yoga, energy efficiency talk, stop smoking talk, lifestyle talk, chair-based exercise, individual therapy sessions and found that feedback included (for exercise programme) some evidence that these interventions contributed to physical and emotional well-being. Comments include

- *better balance,*
- *never thought I would get reflexology,*
- *feel more confident,*
- *if you look good and feel straight when you walk even if you are on a stick you could go anywhere,*
- *I love the walks with Jayne but I wouldn’t go my lone.*

Particular thanks to Davy Breadon, Sammy Reid, Lizzie Floyd and Michael Healey who were our first “guinea-pigs”

Photographs



Contact Details

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Theme	Later Years
Project Title	Fuel Poverty - Winter Health Initiative & Winter Health Local Volunteer Scheme
Aim / Purpose	<p>To increase the amount of people who live in the NRA's in comfortable and healthy homes. The programme addressed:</p> <ul style="list-style-type: none"> • Fuel Poverty • Increase access to benefits • Home safety and improvement • Develop skills to help save money
Activity Undertaken	<p>The theme of fuel poverty was chosen by all 8 NRAs as the area wide campaign for winter 2010/11. 8 events were held in local areas between September and October 2010. A range of agencies were selected to provide advice and information to help local people prepare for winter around the following key themes;</p> <ul style="list-style-type: none"> • Heating your home; • Becoming more energy efficient; • Financial advice and support; • Healthy eating and preventing accidents in the home. <p>Participants at the events were able to gain knowledge and Information through follow up appointments and grants schemes available from the participating agencies. Strong links were forged with these agencies and further winter health initiatives were organised as a result of the campaign. Winter health bags were distributed at these events and some NR areas were able to add additional contents to further support the recipients.</p> <p>Winter Health Local Volunteer Scheme</p> <p>Additional funding was made available to further extend the winter health campaign and a winter health volunteer scheme was established to help support vulnerable groups living in NRAs. Each of the Neighbourhood areas designed their winter health volunteer scheme based on local needs. These ranged from clearing and gritting paths and entrances, healthy eating programmes, providing a service to deliver essential groceries to housebound residents and befriending those living on their own. All of the volunteer schemes utilised a partnership approach to helping those most in need. Each scheme uses local volunteers to implement the schemes. Utilising volunteers from each local area has created a win-win situation by increasing a sense of community spirit and providing volunteers with a great sense of job satisfaction and pride. The recipients of the scheme have been delighted too as it has helped to reduce the isolation they feel during the winter months and provide them with much needed practical help and support from local people when they need it most.</p>

*Note a further 470 Warm Home packs were distributed through community groups in the 8 N/R areas

Prior to each event, leaflets were distributed throughout the NRAs by community groups and organisations to raise awareness of the sessions. In addition, the events were publicised on local radio stations and on the BBC News. During each event, key statutory, community and voluntary groups with an interest in fuel poverty were invited to give a talk on the services provided by their organisation that could assist in reducing fuel poverty. People attending then had an opportunity to meet each of the representatives on a one-to-one basis to discuss their individual queries. Various organisations provided information and advice including Northern Ireland Energy Agency and Housing Executive. An evaluation has been completed.

Output

- Develop and roll-out seven events across the NRAs
- Provide basic warm clothing and energy efficient equipment e.g. light bulbs
- Provide information to those who attend events on reducing energy costs
- Raise awareness of possible grants and benefits that people can claim to help them keep warm during the winter months
- Provide general heating advice.

Outcome

Increase in the number of target groups (e.g. parent and toddler/single parents) accessing winter health resources and information for support services locally.

Link to IFH Aim

To improve the health of our people and reduce inequalities in health.

Photograph



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