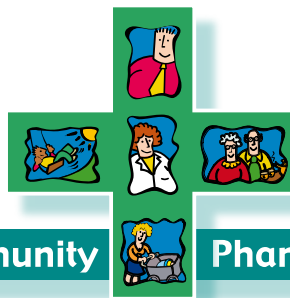




# LiteBite



February 2009

The Newsletter of the **Building the Community**

**Pharmacy Partnership**

## Hello and Welcome

Welcome to our 6th edition of **"Lite Bite"**, a newsletter brought to you by the **Community Development and Health Network** (CDHN) through its **Building the Community-Pharmacy Partnership (BCPP) Programme**.

In this issue we will give you a better understanding of the overall BCPP programme and the work we do. It will give you an insight into BCPP projects at work and information on new rounds of funding. Remember, CDHN are here to help you develop your ideas into community-pharmacy partnership projects that will work to meet local health needs using a community development approach. If you require support or have any comments or suggestions, please contact us. We welcome you back for what we've planned to be an exciting year!

## Making the Link ...

Recognised as a community hub for older people, Strabane Community Project (SCP) recently celebrated its 21st anniversary with a visit from President Mary McAleese. SCP offers a range of services including meals on wheels, luncheon club and Good Morning Strabane (telephone based support service) which are all supported through a strong volunteer base.

Through their previous BCPP projects with Nicola, a pharmacist from Lloyds Pharmacy, they worked to support both older people (both homebound and mobile) and volunteers involved with SCP.

Here are some of their achievements:

- Worked with volunteers and older people to identify and address a range of health needs they were experiencing
- Volunteers became more informed as to how they can support isolated and vulnerable people (through their meals on wheels service) to be more aware of services and support available to them
- Older people are more willing to discuss health issues with the pharmacist and among their own peer group
- Volunteers are more skilled and confident in their support role. They also feel valued
- The pharmacist has a better understanding of the needs of older people in the wider Strabane area and what community support services are available for older people

Their current BCPP project builds on their previous work with a specific focus on mental health. Five older people have volunteered to be given the skills and knowledge to become lay health representatives. In turn, they will seek to share their learning with peers. Karen the SCP project leader said *"it's important to keep older people motivated and active. This project will bring health information you can find in text books and leaflets to life."* In partnership with the pharmacist, the five older people have drawn up a list of health issues they want more information on, including: minor ailments, medication, positive mental health and alcohol use. Volunteers involved in the previous project and other organisations including Citizens Advice Bureau will co-deliver sessions with the pharmacist. The pharmacist and older people will also write and design eight newsletters on health issues of importance and distribute this to over 200 older people and volunteers.



Keeping active with SCP



### UK Wide recognition ...

Lloyds, a UK wide Pharmacy multiple, thought so much of the Strabane BCPP project that some of their England based UK area managers flew over to visit the project partners!





**D**rug and alcohol misuse among young men can be linked to high incidence of suicide. It is also affected by how young men value themselves, the support networks around them and their perceived role in society. So, how do we tackle drug and alcohol misuse effectively?

*Have you ever considered working with a legal drug dealer in the centre of your community?*

In partnership, local pharmacist Terry Maguire with Falls Community Council designed a project to help tackle drug and alcohol misuse amongst young men in the Belfast area. The partners approached Corpus Christi Secondary School and ten young men were selected to take part in the programme. The group met in the community centre during school hours on a weekly basis over a three month period.

With the pharmacist, the young men discussed their understanding of drugs and alcohol. They agreed the content of each session and how it could best be delivered to meet their health needs. Sessions were interactive to keep the programme enjoyable and fun. During the project the young men and the pharmacist also visited organisations addressing drug and alcohol issues and heard stories from people with drug addictions and how it ruined their lives. The young men openly asked questions and shared their experiences with others. Sessions were led by the pharmacist with Falls Community Council on a range of topics including the role of the pharmacist, solvent abuse and use of over the counter medication.

At the end of the programme the young men decided to express their learning through a mural. The mural highlights the dangers of alcohol and drug misuse and much to Terry's surprise it was decided that the best place for the mural was his pharmacy wall!

The young men, their parents and teachers, Terry the pharmacist,

the media and senior government representatives gathered to show their support at the unveiling of the mural last month. Terry enjoyed this way of working especially as BCPP projects put Pharmacy back into the heart of the community.

One of the young men said: *"I enjoyed the course, it took me out of the classroom and I know now that I can go to Terry and ask him questions. I learned loads from the project and was able to share this with my mates. I also know about support groups that I can get more information from".*

Local MLA Jennifer McCann said: *"Community-Pharmacy projects like this are informing the wider community and government of the importance of working at community level. This approach is excellent and these young men will*

*act as ambassadors in relaying the message to other young men and the wider community. They will support others and raise awareness of a potential life or death issue".*

“They will support others and raise awareness of a potential life or death issue.”



*Unveiling of the mural*

Teachers in the school have noticed an improvement in the young men's behaviour. Previous to the project some were disengaged and many didn't attend classes but since the project their behaviour and attitude towards teachers and their peers has improved.

# Heart of the City

Like any growing city, Lisburn has a diverse young population, some of whom face issues around low educational attainment, lack of family support and few employment opportunities.

On the main street sits Lisburn YMCA and Alliance Pharmacy. Having been neighbours for many years they were unaware of each others existence. Recently, they decided to join forces through a BCPP project to determine how they could tackle many of the health issues facing young people.

LisburnYMCA run a range of programmes for at risk, deprived young people aged between 13 and 21. Many of these young people smoke, abuse alcohol, misuse drugs and have been involved in vandalism and petty crime. A BCPP project was needed to help tackle many of these issues using an approach that would give the young people the skills to value themselves and their health.

Six sessions were carried out with three different groups. In total, the project worked with 45 young people aged between 13 and 17. Ownership of the project was given to the young people and each group chose topics covering a range of health issues including eg sexual health, smoking cessation; all of which were delivered within a personal development context. In order to get maximum enjoyment from the project, sessions were interactive and used quizzes, role plays and activities. With the pharmacist, other groups including Lisburn City Council and Action Cancer helped deliver some sessions. At the end of the programme several participants from each group came together at a residential to share learning.

Reflecting on the programme, Laura the pharmacist said:

*"This way of working was new for me. It took me out of the pharmacy and gave me the skills and confidence to work with a group of young people. At the beginning it was nerve wrecking. I never knew YMCA existed, but since the project I have built up an excellent working relationship with them and have learned about other services in the area. I am more understanding of the needs of at risk young people and how their background can affect their behaviour and attitudes. A lot of young people are now coming into the pharmacy for advice and support on our services, especially smoking cessation. **10 young people have stopped smoking completely as a result**".*

Adding to this, Sharon the YMCA project leader reflects on something that stood out for her:

*"We had two boys who we knew could benefit from this project and who had complex health issues but they were loud and unruly and not receptive to the project at all. Laura and I worked with them. By giving them responsibility for their learning, their behaviour improved. One of the boys even helped run the last group".*

“  
... gave me  
the skills and  
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Participants have benefited from the project in many ways. They are better able to utilise the pharmacy and their social skills and confidence have developed and increased. They have a good relationship with Laura and with others in their group. Sharon said *"participants are dedicated and really enjoy the pharmacy project. In fact many wanted to be involved in all three groups"*!

The project hope to continue their work in the future and extend its target group to reach lone parents and adults.



Team building exercises

**CDHN** is a member led regional voluntary organisation. Our purpose is to make a significant contribution to ending health inequalities, using a community development approach.

CDHN's mission is:

- to be the leading organisation championing community development approaches to tackle health inequalities
- to be a centre of expertise that develops best practice, advances knowledge and develops tools for action
- to ensure that communities can define and represent their own health needs and design and implement radical solutions

For more information on CDHN have a look on our website: [www.cdhn.org](http://www.cdhn.org)

To become a member contact **Camilla Reynolds** on [camillareynolds@cdhn.org](mailto:camillareynolds@cdhn.org)



# Funding – now available

**Level 1** - for those interested in developing ideas and a community pharmacy partnership  
**maximum £2000 for a maximum of 9 months**

**Level 2** - for those with established partnerships who have a good idea of what they want to achieve  
**maximum £10,000 for a maximum of 2 years**

**Level 3** - for those who have completed and evaluated previous Building the Community-Pharmacy Partnership projects and are keen to sustain their work  
**maximum £10,000 per year for a maximum 3 years**



## CLOSING DATES:

**Level 1** — 12th February 2009, 18th June 2009, 8th October 2009

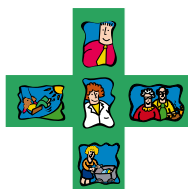
**Levels 2 and 3** — **Wednesday 22nd April 2009**

**Remember, we offer support in developing your partnership, ideas and application.**

**So, please contact us if you are thinking of becoming involved.**

Application packs can be downloaded from [www.cdhn.org/bcpp/application](http://www.cdhn.org/bcpp/application)

or obtained from CDHN, Telephone: 028 3026 4606. We are here to help!



Building the  
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Partnership

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## Community Development and Health Network

30a Mill Street

Newry

County Down

BT34 1EY

Telephone: (028) 3026 4606

Fax: (028) 3026 4626

E-Mail: [sharonbleakley@cdhn.org](mailto:sharonbleakley@cdhn.org)



COMMUNITY DEVELOPMENT  
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