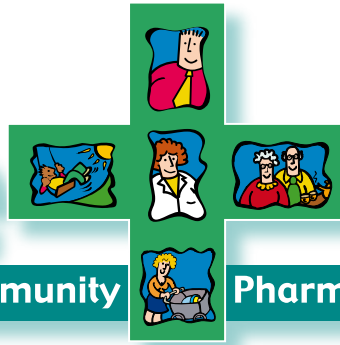




Lite Bite



September 2008

The Newsletter of the **Building the Community**

Pharmacy Partnership

Hello and Welcome

Welcome to our 5th 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 projects at work, dates for your diary and information on the new rounds of funding. Remember, CDHN are here to help you develop your ideas and projects, involving pharmacists and local communities, wanting to work to meet local needs using a community development approach. If you require support or have any comments or suggestions, please contact us. We hope you have all had a relaxing summer break and welcome you back for the autumn!

Springwell

"If it were not for this project I would not be here today ..."

These were the words from one woman in the Springwell BCPP project. Philomena Horner, project co-ordinator of the Springwell Centre teamed up with Sheelin of McKeagney's pharmacy to run a project to promote good health to a group of twelve women in need of social support.

The Springwell Centre, a family centre situated in the heart of Lurgan, runs services ranging from crèche facilities to personal development courses. They felt there was a need for a health education project. With the pharmacist, the women came up with the course content which ranged from sessions on children's health to promoting good mental health. The pharmacist introduced each topic and other providers had input into the sessions.

Speaking about CDHN and their project Philomena said:



Participants in the course receiving certificates on completion of the BCPP project.

"CDHN is fantastic; through their BCPP project they have enabled us to have a working relationship with our pharmacist. We knew him before but since the project he has become a friend of the Centre and to the women. Sheelin is interested in the work of Springwell and the classes are good quality and engaging".

The women enjoy the sessions which usually take place on a Monday morning once a month from 10.00-12.30pm. Participants in the course often stay on at the Centre until 3pm sharing their experiences, stories and discussing each others problems.

"There is a great buzz after the session" said Philomena. One woman said "I love Monday mornings and can't wait to get in here".

What next ...?

The group have been awarded another Level 2 BCPP grant. Five women from the last project will become peer educators in the new project. These five women will go through training on group work skills to prepare them for inputting into the new project, which will seek to target twelve women not previously involved. This project will see Sheelin, the pharmacist, co-facilitating the sessions with other community providers.

BCPP gets the thumbs up from Germany!



A visiting German YouthBank volunteer was so impressed with Ballymena YouthBank's BCPP project that she is bringing the ideas back to Germany.

Ballymena YouthBank is situated in Dunclug housing estate. The area is officially ranked as the fourth most deprived in Northern Ireland for Crime and Disorder and has a reputation for drugs problems. YouthBank is a grant making initiative run by young people for young people. Ballymena YouthBank provide small grants to fund young people to help their community under key themes, one being health. Previous to the BCPP project there have been few applications made under the health theme.

Ballymena's YouthBank co-ordinator Karina said:



"young people's awareness of health issues is low and they have little knowledge on how issues such as drug abuse will affect their health, relationships and social wellbeing and this is why our BCPP project is so important".

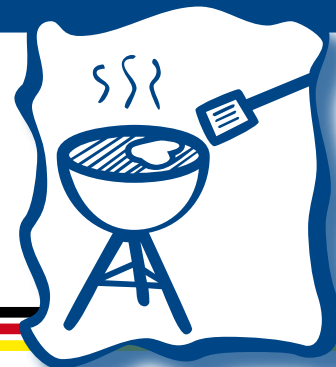
The BCPP project is working with 15 YouthBank young people on topics ranging from the role of the pharmacist to drug and alcohol abuse. Julie the pharmacist, Karina and the young people together decided what health issues to address in the project. Interactive workshops have taken place including quizzes, question and answer; cooking and real life yarns. **Other BCPP projects have inputted into the project, for example a drug user from the HOPE centre in Ballymena shared his story on the damage drugs have had on his life, during the drug and alcohol session.**

The young people are more aware of their health, have better relationships with each other and now have the confidence to mentor their peers in applying for funding for health projects. Applications under the health theme to YouthBank have now increased.

Karina has found the experience enjoyable:

"I have learned loads and the young people are so into it. They were surprised to learn about the services she offers and now see Julie as more than just a face behind the counter giving out prescriptions. Julie, the pharmacist had never worked with a group before and has excelled; and most importantly has their attention and respect. The young people see Julie the pharmacist as a personal advisor and use the breaks to ask for advice".

The project will run three more sessions and will close with a residential. The residential will be based around team activities and the pharmacist will be there to provide support and advice on a range of health issues to the young people. The group is keen to put in another funding application and are thinking about young people going out and delivering the sessions with Julie.



Anita's time for mums ...

Anita Gribbin has owned Gribbin's Pharmacy in the rural village of Toome for 15 years. Toome would be ranked quite high in Northern Ireland's (NI) deprivation figures.

The need for a project

Anita noticed an increased number of young mothers coming into the pharmacy to collect prescribed anti-depressants. Anita was aware that although medication is important these women were in need of social support. Many of these women were rurally and socially isolated.

What next?

Having identified a gap in service provision, Anita piloted a project called 'Time for Mums' and found it could make a real difference to these women's lives. She then successfully applied to BCPP for funding to continue 'Time for Mums', an 8 week personal development and health programme run three times a year. This programme is led by the pharmacist with input from other community facilitators.

Getting the women involved

The project was slow to take off as many of the women lacked the confidence and self esteem to attend sessions. The key to getting the women involved was spending time with them on a one-to-one basis to give them the confidence to attend a group session.

"There is great satisfaction when you go down the town and women that didn't go out much before the project are having lunch with others from the group. It's the motivation of the women that have kept this project going; people need to know someone cares and understands".

'Time for Mums' started off with 12 women and is now in its 7th year with over 50 women attending. Anita is proud that the project has also acted as a medium for women going onto paid employment. Others have created friendships and now meet outside of the group.



The difference

Reflecting on her learning Anita says that the BCPP project has taken her level of healthcare and preventative care to a higher level; it has also developed her knowledge and skills. Before the project, Anita had not worked in a group setting. Now she has the confidence to talk about her project at conferences and other events and is involved in other aspects of community work. She has a better relationship with her customers and is more aware of their needs.



"People know they can approach me about many things and are aware there are more choices of support available to them. It has helped develop our community. For any pharmacist thinking about becoming involved in a BCPP project, my advice would be ... just do it".

What next?

Looking ahead to what she might do next; Anita would like to see the project progress so the women can take ownership of sessions and deliver them to other groups.



Time out for Anita

Women from the project recently visited Larne Community Development Project, a BCPP project. The women initiated the visit themselves and came back with ideas on how they could carry out sessions differently. Anita said there was a great buzz of excitement when the women came back.

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 communities and pharmacies that are both keen to develop their ideas into a BCPP project
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 — 23rd October 2008, 12th February 2009, 18th June 2009

Levels 2 and 3 — Thursday 20th November 2008

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

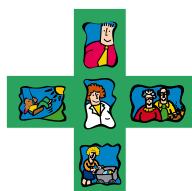


So, please contact us if you are thinking of becoming involved.

Application packs can be downloaded from www.cdhn.org/bccp/application
or obtained from CDHN, Telephone: 028 3026 4606. We are here to help!

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 believe that communities, both geographical and of interest and identity, can define their own health needs and design and implement preventative and radical solutions. We consider this is best achieved through campaigning, networking, influencing policy and developing best practice.

For more information on CDHN, have a look on our website: www.cdhn.org
and, to become a member contact **Kathy Martin** on kathymartin@cdhn.org



Building the
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