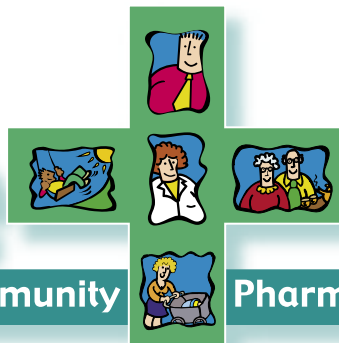




LiteBite

The Newsletter of the **Building the Community**



September 2007

Pharmacy Partnership

Hello and Welcome

Welcome to our 3rd 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 round 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!

A Pharmacy Picnic ...

Ardboe is a small rural village with no chemist and very little access to public transport and services. Through BCPP, Ardboe Community Projects partnered with Coagh Pharmacy to run a community pharmacy initiative. This way of working was new for both partners and they were quite nervous about this venture so they decided to try a Level 1 BCPP project with the after-school's club. Right away the children were energetic about the project and *“noise levels increased when the pharmacist entered the room as the children were so excited”* said Deirdre, project worker. Sessions were interactive as the pharmacist felt the children learnt more ‘by doing’ and were carried out weekly over seven weeks, covering a range of issues. The energy and vibe created from the first project gave them the opportunity to go onto a Level 2 project that will work with the after-school's club, men, women, parents and toddlers.

Here is an outline of their progress:



Ardboe project workers with the pharmacist

- They ran a 6 week programme with after-school's children. The pharmacist visited the centre once a week and covered different topics (such exercise, healthy eating etc). The project was very interactive and was supported by staff in the centre. For the final session the children were taken to the pharmacy for a tour and a picnic. They met customers and got an insight into everyday life in the pharmacy. The children said this was their highlight
- A men's health night resulted in 38 turning up. The pharmacist and other groups (local nurses, GP etc) were on hand to give information. 29 men reported experiencing some form of stress. One outcome of the event has been that these men are more confident in going to the pharmacist for advice. One man said *“the pharmacist is easy to listen to ... I learnt a lot.”*

Deirdre, the project leader said *“local people appreciate the fact the project is being carried out in their village”*. The project allowed the pharmacist to meet the families of women they knew from going into the pharmacy and it has raised people's awareness of the work of Ardboe Community Projects. Planning meetings are being held to organise sessions to work with the parent and toddler group and women.

Building Trust

At the hub of the community in Cullyhanna is the WALD Centre where the Rural Health Partnership (RHP) is based. RHP is a community based initiative which assists people recover from mental illness and promotes positive mental health. RHP have completed two level 2 BCPP projects and have recently been awarded a Level 3 project.

The previous BCPP projects worked mainly with younger women experiencing stress and anxiety. The project has utilised a number of approaches: including running pharmacy information sessions at the centre and offering one-to-one support. The RHP worker Fiona has also spent mornings in the pharmacy with Caroline, the pharmacist, to target and sign-post women to the project and to other means of support.

Many women have turned up to sessions on various issues eg. depression, parenting and stress. *“Caroline sits amongst the group and they see her as one of them”* says Fiona. The project also worked with Surestart, Women and Family Health Initiative, DELTA and other organisations.

One woman’s journey began with her GP referring her to the project. Fiona rang her over several weeks encouraging her to come along but eventually found out the woman was uncomfortable in a group setting. As time progressed the woman admitted she was having problems managing her medicines for depression. She agreed to chat to the pharmacist and from then has developed enough confidence to become part of the mother and toddlers group. She began voluntary work and through this has moved on to working part time. She feels her family life has improved and has made new friends.

A steering group of the women, the pharmacist and the support worker has been formed to design and manage their Level 3 project.

Caroline, the pharmacist said, *“I have built relationships with the women and I am now confident in carrying out information sessions”*.

Carers Swap Shop ...

As part of the overall BCPP programme, CDHN supports BCPP projects to *connect and learn from each other to bring about positive change*. One recent example of this was when Carrickmore Friendly Care Group visited Belfast Carers and their pharmacist to share their ideas.

Forty carers met in the Belfast Carers Centre along with the pharmacist to discuss how they identified and supported carers. The pharmacy is an ideal place to target and support carers as they often use the pharmacy on a regular basis to pick up prescriptions for those they are caring for. The carer often has their own complex health needs which are often pushed to one side.

Nuala, from Belfast Carers said *“talking about the other services we offer was great as it let carers hear about the outreach services they can avail of”*. Carmel the pharmacist spoke about the confidence the project gave her to identify, approach and support carers coming into the pharmacy. Since the visit, Belfast Carers have supported Carrickmore in their BCPP evaluation and Belfast Carers have gone on to meet other BCPP projects.



Carers swap shop meeting in Belfast Carers

Fatherhood not Robinhood ...

Laurencetown is a small village with the nearest pharmacy located three miles away in Gilford. Laurencetown, Lenaderg and Tullylish (LLT) Community Association manage a community centre in Laurencetown. This centre was originally an old school that has been refurbished and now they use it to run a range of activities for a variety of age groups.

LLT Community Association, in partnership with Parkes Pharmacy, Gilford are in the process of completing their second Level 2 BCPP project. A previous project evaluation illustrated the need to build on work and focus on fathers.

We recently visited the centre to catch up with Robert Stockley, Manager to see how they are getting on. Robert said:

“A new venture for us has been a four week programme entitled ‘Fatherhood not Robinhood’ with 8 local fathers. The centre has traditionally been seen as a place for women, children and older people ... at first I feared that no one would turn up but the fact that all the men kept coming back shows the programme’s popularity”

Sessions were interactive and this was complemented by 1-1 support from the pharmacist. The dads also felt confident enough to share their learning with others. A strong relationship between the fathers and both project partners has been built, as is evident by an increasing number of dads going into the pharmacy for advice and dropping into the community centre for other activities.

Three men’s sessions ran on relevant issues (eg mental health, family bonding, and physical health). Remarkably, this has led to other men requesting more information sessions.

As well as the work with men, the BCPP project also involved providing sessions explaining the pharmacist’s role and covering a range of health issues with several groups who use the centre or are located in the surrounding area (eg older people, parents of children with aspergers, and neighbourhood watch group). From our CDHN visit to the project, we experienced firsthand the vibrant atmosphere at the older people’s session with the pharmacist.

In the autumn, the project will run another fathers programme with a different group and fathers from the first programme will come back to talk about what they learned. The project originally hoped to connect with migrant workers but due to the change and flux in this population group it has been difficult to establish links. However, a session is being organised to introduce the current migrant workers to the pharmacist and give information on accessing other services.

Robert believes the Association has benefited from being able to respond to local needs and the pharmacist has developed skills and is more confident in working with different groups and individuals in varied community settings.

“The BCPP Programme, managed by CDHN, is good, as you get support that is practical, you get it right from the beginning and this is something I have not experienced before.”



Declan the pharmacist from Parkes Pharmacy with some members of the older people’s club

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:



Levels 2 and 3 — 4pm on the 15th November 2007

Level 1 — 4pm on 13th December 2007 - Offered quarterly

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

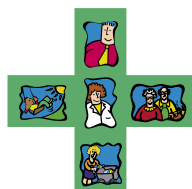
So, please contact us if you are thinking of becoming involved.



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



Building the
Community-Pharmacy
Partnership

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