



Vol. 6 Issue 7, August 2008

Welcome to 'Health Bytes', the **Community Development and Health Network's** monthly information bulletin. We welcome contributions from our members on upcoming events, research, launches, job information and projects in the CD and Health field. We hope that the information contained herein reflects the rich and diverse activities of our members so please, get in touch and let us know what you're up to.



Gathering case studies of best practice...

Engage - the online network for stakeholders in health and social care in Northern Ireland - would like to draw your attention to these latest developments.

Case studies – They are gathering information on projects that have been introduced around Northern Ireland to improve service provision / health and social care through stakeholder involvement. Their intention is to provide a repository of practice to help others undertaking a project to take advantage of past experience. The wide variety of case studies that they aim to collate will be available on an online database on their website www.engage.hscni.net

If you would like to submit a case study, please complete the short proforma available to download on www.cdhn.org/news/viewdetails.asp?newsID=887

Also if you have any event that you would like highlighted on their website, please **Email:** stakeholder-engagement@dhsspsni.gov.uk

Launch of the Centre of Excellence for Public Health...

CDHN is a key partner in the new Centre of Excellence which was launched by the Health Minister, Michael McGimpsey and the Deputy First Minister, Martin McGuinness. The body will be based at Queen's University, Belfast and is one of five such centres established across the UK. The Centre will receive up to £5million over five years to support high quality research by experts working in partnership with practitioners, policy makers and wider stakeholders to tackle public health issues. CDHN will play a key role in connecting wider communities to the Centre's work.



Public Health Advocacy – Training Seminar...

The **Public Health Alliance** and **Ireland and Northern Ireland's Population Health Observatory** have organised a workshop, in the **Institute of Technology in Sligo** on the **18th August** (10am-12), for those interested in using the public health advocacy toolkit.

During this workshop you learn how to use the advocacy toolkit through the website and other interactive training materials. The toolkit is broken down into easy steps to help you understand the process of advocating. There will be activities to help identify relevant skills and knowledge needed to be an effective advocate. Delegates will also view case studies which show how the toolkit can be practically applied in their areas of expertise.

For more information on the advocacy toolkit please visit <http://advocacy.phaii.org>

To book a place contact **Helen Gilmore** before **27th July** 2008, **Email:** h.gilmore@cieh.org or **Tel:** 028 9033 1895

Parenting Forum NI is looking for new members to join their Strategic Advisory Committee...

Who they are looking for?

- ⇒ Have you something to say about parent's issues?
- ⇒ Would you like the opportunity to voice your opinion?
- ⇒ Would you like the opportunity to make a difference on how people view/think about parenting and the issues and needs that are important to parents?

If you have answered yes, you could be who **Parenting Forum NI** are looking for! Individuals that have a little time, a lot of interest and a willingness to share their view and ensure that the voice of parents is heard.

For more information on who is eligible to join and exactly what is involved contact **Alison Loughlin** on **Tel:** 028 9031 0891 or **Email:** alison@pachelp.org before the **6th August**.

Dad – Say Cheese...

Dads are great! To prove this and to help celebrate 25 years of **Home-Start in NI** they are organising a **photographic competition** to celebrate the role of men in family life. Home-Start the leading family support charity in the UK is calling all budding photographers to enter their competition showing men and their families. They are hoping for some great images that they will be able to use to show that not only mothers are supported by Home-Start volunteers but that Dads are too.

Many Dads nowadays are taking the main role as carer at home with young children while their wives or partners go out to work. For some men this can actually be more isolating than for women who stay at home.

First prize is a photo shoot of your family and a free framed family photo to the value of approx £450 by MC Studios, Lurgan. Second prize is a weekend at the Corick House Hotel in Clogher and third prize is a digital camera.

For more information on Home-Start and for photographic competition entry forms contact **Bevin** in the Kilkeel office on **Tel:** 4176 4120 or Belfast on **Tel:** 90 46 0772. Closing date for entries **5th September 2008**.

Congratulations...

All the staff at CDHN would like to congratulate Laura Rooney on her recent marriage to Peter.

Mrs Harper is currently in the Maldives but she will be back soon to answer your BCPP queries!!



New "Men and Babies" Booklet...

The **Men's Project** within **Parents Advice Centre** recently received funding from the Parenting Education and Support element of The Children and Young People's Funding Package (DHSSPS) to produce a groundbreaking mini-manual for all fathers in Northern Ireland who are expecting a baby or have just had a baby.

This booklet - "Men and Babies" - seeks to help fathers to fully understand what is happening during the pregnancy period and immediately after the birth, and to recognise the important role that they play in their children's lives. It provides step-by-step instructions and advice on all the practical things a father-to-be or new father needs to know - including where to access sources of help.

Free copies of the mini-manual are available from the Parentcraft Departments of Hospital Maternity Units, Parents Advice Centre, Sure Starts, Home-Starts, Lifestarts, local independent pharmacies, and from other family support projects. It is also available for free downloading on the Internet at www.mensproject.org/resources/menandbabies.html For more information, contact **Colin Fowler** or **Trisha McQueen** at **Tel:** 02890 310891.



Doctors in Northern Ireland get new guidance to help their patients make decisions...

The General Medical Council has developed new guidance to assist doctors when discussing medical issues with their patients.

Consent: Patients and doctors making decisions together, which came into force on 2nd June 2008, was developed in response to the shift in professional and public attitudes towards more patient-centred care.

Among the key changes reflected in the guidance are that it:

- sets out the key principles of good decision making
- reflects the shift in professional and public attitudes towards more patient-centred care
- issues covered in detail for the first time include overcoming obstacles to sharing information, discussing risk, advance care planning and making decisions when a patient's capacity is impaired or fluctuating.

The GMC hopes it will cause doctors to be conscious of how they approach their discussions with patients and to move away from the practice which still exists in some areas of seeing consent as something that is done to a patient

Copies can be downloaded at www.gmc-uk.org or by contacting the **GMC Northern Ireland Office** on **Tel:** 028 9051 7022.

Give Blood This Summer...

Northern Ireland Blood Transfusion Service is calling for donors to give blood this Summer. Currently there is a shortage of blood, but demand remains the same.

Please log on to www.nibts.org to see how you can become a donor and where your next local session is.

If you are new to blood donation you can register online through the website. There is a section to explain all about blood safety and another that has all the answers to the frequently asked questions.



Building the Community-Pharmacy Partnership has just announced their latest funding round!



Building the
Community-Pharmacy
Partnership

Closing dates:

Level 1 – 23rd October 2008

Level 2 – 20th November 2008

Applications can be downloaded from: www.cdhn.org/bcpp/application and have a look on our web page for details of currently funded projects and our most recent newsletter under our 'latest news – March 2008' section

In June 2008, BCPP has supported a further 20 Level 2 initiatives covering a variety of issue and themes, including Traveller Support, Indian Community, Women's Groups, Mental Health organisations and teenagers.

Remember, CDHN offer support in developing your partnership, ideas and application. **Tel:** 028 3026 4606 if you are thinking of becoming involved.

Support for Bereaved Children...

A one-day conference entitled 'Childhood Bereavement in the 21st Century: Spectrums of Support for Bereaved Children and Those Who Care for Them' is to take place on **Thursday 18th September 2008**. The conference which is hosted by **Cruse Bereavement Care (NI)** will take place in the Armagh City Hotel from 9.30am to 5pm and will cost £75 pp.



The day offers an overview of our 21st century childhood bereavement landscape, practical resources for supporting both children and carers, and an opportunity to hear first hand the voices of bereaved young people. The structure of the conference also offers an excellent opportunity to network with a wide range of voluntary and statutory children's and youth support services from across Ireland.

For more information **Email:** ecolhoun@ncb.org.uk

Ministerial Announcement on HSC Reforms, 1st July 2008

CDHN has posted a copy of the Ministerial Announcement and highlighted issues relevant to members, which focus on the areas of concern that were raised during the consultation process in March and April 2008. See www.cdhn.org/rpa for more information.

Are you a blue sky thinker?...

Breast Cancer Campaign funds innovative world-class research throughout the UK and has recently extended its award schemes to scientists in the Republic of Ireland.

They are now inviting applications for small pilot grants.

This funding is for established scientists to develop new ideas in the field of breast cancer research. Awards of up to £20,000 are available for one year. In 2007, Campaign funded 51 research projects worth over £5 million.

Deadline for applications for is **19th September 2008**

For further information and an application form, visit www.breastcancercampaign.org.

New Handbook for Community Interpreters...

Dublin Rape Crisis Centre has recently published a handbook for community interpreters. The handbook, entitled 'Interpreting in Situations of Sexual Violence and other Trauma', can be obtained by contacting DRCC on Telephone: 003531 6614911 (cost €5.00 and €2.95 p and p). It is also available to download from the DRCC website: www.drcc.ie/about/publications.htm.

DRCC also run a range of training courses including one day introductory seminars on Supporting an Individual in the Aftermath of Rape, and Working with issues of Child Sexual Abuse. For more information on the centre and all its services log on to www.drcc.ie/training/index.htm

Funding Opportunity

Research Grants 2009



Northern Ireland Chest, Heart &

Stroke (NICHS) is inviting research proposals for funding of work which will commence after 1st August 2009.

Funding is available for chest disease projects and stroke research projects to the total value of **£125,000**. Up to £125,000 is available for research in this year's priority area of cardiac disease. Scientific research grants are available to researchers working in Northern Ireland carrying out research that will primarily benefit the people of Northern Ireland.

To download an Application Form, Guidance Notes and other information, please visit our website

www.nichsa.com or contact **Caoimhe Devlin** Email: cdevlin@nichsa.com

Tel: 028 9032 0184 ext 248.

The closing date for receipt of outline applications is **Friday 5th September 2008**.

The Scientific Research Grants Committee of NICHS will be meeting in December 2008 and March 2009 to discuss the applications. Applicants will be notified before June 2009.

August Member of the Month - Arthritis Care Northern Ireland



Staff contact: Lynda Jackson,
Information Services Manager
Email: lyndaj@arthritiscare.org.uk or
nireland@arthritiscare.org.uk

Mission Statement:

Arthritis Care exists to support all people with arthritis:

- ⇒ Directly, with high quality services and information about other forms of support
- ⇒ Indirectly, by influencing others who can make a positive difference to their lives

What your organisation does:

Arthritis Care Northern Ireland works on behalf of all people living with arthritis in Northern Ireland. Their services include:

- **Campaigning** on a wide range of issues affecting people with arthritis such as: getting more money allocated from the health budget for the provision of new drugs and treatments for arthritis; campaigning local government on the need for a Northern Ireland Strategy for Arthritis; campaigning around the provision of Self-Management training for people with arthritis
- **Information** – they provide a wide range of booklets and publication for people with arthritis (including young people with arthritis) and distribute this around health centres, GP's surgeries and hospitals via a dedicated team of volunteers
- **Helpline** – they have an excellent free-phone, confidential help-line based at our UK office in London – Tel: 0808 800 4050 (10am – 4pm weekdays)
- **Training Services** – they run a number of self-management training courses which are free to participants – some are specifically for people with arthritis, and some are for anyone with a long term chronic condition. They range from 6 weeks duration, to 1/2 day courses.
- **Family and Youth Work Service** – they have a range of courses specially for young people with arthritis, such as: Positive Future Weekends; Activity Weekends; Body Image Workshops and Careers Seminars
- **Local Support** – A network of branches throughout the province provide services to people with arthritis in their local communities

Partnerships / Networks involved with

- They were instrumental in setting up the 'Long Term Conditions Alliance' – a new umbrella organisation containing a number of groups dealing with long-term conditions, which as a collective is a more powerful campaigning and lobbying group.
- Member of NICVA
- Member of CDHN
- Member of Rural Communities Network
- Member of CO3
- Work closely with a number of sectors within the Department of Health and a number of the new Health and Social Care Trusts

Any other stuff

They have just recently been awarded the '**Investing in Volunteers**' Award and are one of only 5 organisations in Northern Ireland who have achieved this to date. This award further cements their commitment to volunteering and demonstrates the value they place upon the contribution made to the organisation by all of their volunteers.

NEW CONTACT DETAILS:

Arthritis Care Northern Ireland has just moved its premises to:
**Unit 4, McCune Building,
1 Shore Road
Belfast
BT15 3PG
Tel: 028 9078 2940**

Challenges for the year ahead

- **Funding!** – the recent environment within Northern Ireland with the RPA has meant many of their funding streams have closed, and there have been serious delays in getting the new Commissioning Groups up and running.
- They will be rolling out a new Information Project in the latter part of this year, delivering a variety of talks to people with arthritis living in areas of high deprivation
- Continuing to ensure that the services we roll out are of the highest standard and meeting the needs of people with arthritis in both urban and rural areas
- Lobbying and campaigning for a Musculoskeletal Framework for Northern Ireland as part of the service framework development in the DHSS&PS



Staff at ACNI say Thank You to all their volunteers during Volunteer Week Celebrations which included a BBQ, music, a comedian and boccia. A great time was had by all!



Receiving the Investing in Volunteers Award at a recent even held at the VSB offices in Belfast, hosted by the VDA



COMMUNITY DEVELOPMENT
AND HEALTH NETWORK

inscape project

(August 2008, Vol. 3 Edition 2)

Welcome to the Inscape Project page of 'Health Bytes'

For more information on the *Inscape* project, the next networking event or to submit an article for the next edition of Health Bytes please contact:

CDHN

30a Mill Street

Newry BT34 1EY

Tel: 028 3026 4606

Email: kathymartin@cdhn.org

How to contribute to Health Bytes!

If you would like to use Health Bytes to advertise your events, research, launches, job vacancies or projects please Email:

kathymartin@cdhn.org

Thanks to all those who participated in our recent online survey. We are delighted to print the conclusions and recommendations (please turn over!). We will be implementing these recommendations over the coming year and hopefully improving the services we offer.

Frequently Asked Questions

♦ *Who can submit articles to 'Health Bytes'?*

We welcome submissions from all organisations in the community, voluntary, statutory sectors and from academic institutions.

♦ *Do I have to be a member?*

No, you don't have to be a member to submit an article but membership is free if you are interested.

♦ *What is the deadline for submitting articles?*

We create Health Bytes the first week of the month and distribute it the second. So you can work on a deadline of the 6th of the month.

♦ *What if I miss the deadline and next month is too late?*

We can add articles to the website at any time during the month.

♦ *How long is an article?*

Health Bytes articles are 120 words and can include a logo.

♦ *Does it go out every month?*

No, there is none in July or December.

♦ *Is there an online version?*

Yes, it is called Health Bytes Ezine

♦ *How do I get an article in to Health Bytes Ezine?*

We include all the articles from Health Bytes in the ezine and can include extra information and attachments as we are not as limited for space.

♦ *How do I sign up for the ezine?*

Log on to www.cdhn.org and put your email address in the Health Bytes mail list on the left side.

♦ *How much does it cost?*

FREE

♦ *How can I feature as Member of the Month?*

Email your request to kathymartin@cdhn.org

♦ *Where can I find copies of the Inscape Briefing Papers?*

www.cdhn.org/inscape/downloads

♦ *Where can I find information on Networking Events for the coming year?*

www.cdhn.org/inscape/events



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A) HEALTH BYTES

There is overwhelming evidence that those that read and contributed to Health Bytes:

- ◆ Were well aware of the bulletin;
- ◆ Found the information useful, relevant, diverse and concise;
- ◆ Thought it was a valuable and unique resource;
- ◆ Believed it was perfectly pitched in tone, content, and style;
- ◆ Believed it developed their understanding of their and others roles in tackling inequalities in health;
- ◆ Often passed the information on to colleagues;
- ◆ Gained new ideas and contacts from Health Bytes;
- ◆ Considered replicating services highlighted in Health Bytes; and
- ◆ Gained in many ways through contributing and publicising their work in Health Bytes.

Recommendation:

It is recommended that INSCAPE consider ways to improve communication on the processes of getting news into Health Bytes.

B) NETWORKING EVENTS

Similarly, there is compelling evidence from one-to-one interviews and the online survey that networking events were useful for participants in:

- ◆ Developing new services;
- ◆ Developing new connections between their work and the context within which it occurs;
- ◆ Meeting new colleagues that could direct and support them in their work;
- ◆ Furthering their understanding of what other services and issues there are in the sector; and,
- ◆ Helping increase awareness in others of their services.

Recommendation:

It is recommended that CDHN consider how best to:

1. Keep networking events supplied with fresh attendees and displays;
2. Secure the appropriate involvement of groups in the area;
3. Keep the format engaging for all types of participants; and
4. Ensure that the format can be changed to prevent again early leavers.

C) WORKSHOPS

There is evidence that workshops:

- ◆ Were enjoyable, beneficial and productive for all that attended;
- ◆ Helped increase awareness of health sector structures, policies and strategies;
- ◆ Gave participants a deeper understanding of underlying issues relating to inequalities in health; and
- ◆ Increased capacity in those working on tackling inequalities in health to link with overarching policies and strategies.

Recommendation

With the above information in mind, it may be useful for INSCAPE to consider how best to:

1. Keep the variety of topics for workshops fresh and diverse;
2. Provide participants with opportunities to sign up for the workshops and get presentations well before the event;
3. Keep a balance between information sharing and audience participation; and,
4. Communicate with members on how they can participate in workshops and set their agenda.

D) BRIEFING PAPERS

From the online survey, there is evidence that briefing papers were:

- ◆ Useful in helping participants understand complex issues;
- ◆ Considered a useful tool by everyone that read one; but
- ◆ Were not engaged with by participants as much as other services.

Recommendation:

With the above in mind, it may be useful for INSCAPE to consider how best to:

1. Communicate to members the role and production cycles for future briefing papers;
2. Consult with members on an ongoing basis on potential topics; and,
3. Ensure that the briefing papers are available in electronic format.