



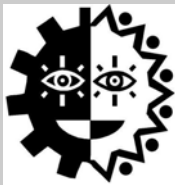
Welcome to 'Health Bytes', the Community Development and Health Network's monthly information bulletin. We welcome contributions from our members on upcoming events, research, launches, job information and projects in the CD and Health field. We hope that the information contained herein reflects the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

Welcome to the world Mya...

Congratulations to Laura and Peter Harper on the birth of their wee daughter Mya, from all at CDHN.



CDHN's Pathways to Health Training Dates...



Level 1 training is for **community development and health workers and volunteers** who are very new to this type of work and are looking to expand their knowledge and skills as well as learn about best practice examples of community development and health work.

The training will take place on two consecutive Wednesdays (**21st & 28th April 2010**) in **Bangor**.

For more information on **Pathways to Health Training** or to receive an application form **Email:** carolinemcnulty@cdhn.org

Health and Health Equity in all local policies...



Belfast Healthy Cities is launching a series of events which aims to build capacity and support sectors in embedding health and health equity as a core element of organisational policy and actions.

- ⇒ 22nd Feb – Health and Health Equity in all local policies: Reality or Aspiration
- ⇒ 3rd March – Leadership for Health Equity: Organisational Change
- ⇒ 28th April – Achieving Health Equity: Intersectoral Action
- ⇒ 12th May – Community Planning for Health
- ⇒ 23rd June – Community Engagement: Measuring Effectiveness
- ⇒ 29th Sept – Social Marketing: An approach to tackling health inequalities
- ⇒ 20th Oct – Health spending versus Health outcomes: do the benefits outweigh the costs
- ⇒ 17th Nov – Your business is my business: Managing knowledge and information effectively

There is no cost to attend these events. For further information, contact Ruth Fleming on **Tel:** 028 9032 8811 or **Email:** ruth@belfasthealthycities.com

Review of Public Administration (RPA) Update

Representatives for the Local Commissioning Groups (LCG's) are nearly all recruited with only a few places remaining. CDHN will be arranging meetings with the Chairs of these groups to discuss how the commissioning role will be implemented. Members will be updated as information becomes available. The names of the LCG Chairs are listed below:

Northern LCG	Dr. Brian Hunter
Western LCG	Mr. Brendan O'Hare
Belfast LCG	Dr. George O'Neill
South Eastern LCG	Dr. Nigel Campbell
Southern LCG	Mr. Sheelin McKeagney



For Further information contact Joanne Morgan CDHN, 028 3026 4606

CDHN continues to be a key partner in the Public Health Agency / Local Government working group on Community Involvement, one of a number of working groups between the two sectors. CDHN are committed to representing the views of our members in this working group, and ensuring that best practice in terms of engagement and involvement are promoted and utilised.

Members are encouraged to contact the Public Health Agency for more information, or Joanne Morgan, CDHN on 028 3026 4606.

Upcoming events diary...

First Steps Women Centre “The Competent Helper” course

Dates: 28 January -10 June, every Thursday 12.00-3.00pm (no cost)

Macmillan Cancer Support Carers Self management Programme

6 week course for adults who care for someone living with cancer (no cost). Starts Tuesday 16th February from 10am – 12.30pm

Macmillan Cancer Support New Perspectives Self Management Programme

6 week course for adults who have had or are currently living with cancer (no cost). Starts Tuesday 23rd February, from 2pm – 4.30pm

A new way of being

6 week course that looks at promoting relaxation (Cost £30). Starts Monday 1st March, 7pm – 9pm

Ulster Cancer Foundation - “Self and Place Creative day for Cancer Patients”

One day course offering therapeutic benefits to patients through creative activities (no cost) Date: 3rd March, 11am – 4pm

Women’s Health Event

A fun, relaxing and informative event for women all over NI. Date: 11th March, 11am – 4pm

If you wish to have further information on any of the above courses contact Cancer Choices on **Tel:** 028 8772 9850, **Email:** office@cancerchoices.org.uk or visit www.cancerchoices.org.uk

New Data on NINIS...

New datasets have been added to the Northern Ireland Neighbourhood Information Service (NINIS) website.

These can be accessed from both the What's New section at:

<http://www.ninis.nisra.gov.uk/mapxtreme/wnew.asp>

For further information, please **Tel:** 028 9034 8111 or visit www.ninis.nisra.gov.uk

PACE programme...

PACE is a training programme delivered by the **Ulster Cancer Foundation (UCF)** aimed at those working with men in local communities to help promote healthy lifestyles. (PACE: Physical activity and cancer engagement)

In 2007, death rates were higher in males than females for all causes of death across the Southern Health and Social Care area. The top two causes of death were circulatory (heart disease and stroke) and cancers.

The aim is to provide participants with the knowledge and skills to deliver the UCF’s PACE programme and male Quick Fit sessions

The training will take place on **Monday 15 February & Friday 26 February** from 9.15am –12.45pm in Amma Centre, **Armagh**.

If you are working directly with men and are interested in increasing the levels of physical activity and promoting a healthy diet, then this is for you!

For further information, contact **Julie Connolly** on **Tel:** 028 3741 4466 or **Email:** julie.connolly@hscni.net.

Enabling older people to access their rights...

The Older Person Adviser Course

(OPAC) has been developed by **Advice NI** in partnership with **Age Concern Help the Aged NI** and **Access to Benefits (A2B)**. The course was developed to improve the quality and quantity of advice provision to older people in Northern Ireland, enabling them to access their rights and entitlements.

The course is aimed at those who work in an advisory capacity with older people, and other groups who are working on age sector issues. It will enable learners to develop their knowledge, skills and experiences and specialise in their own area.

The Older Person Adviser Course training events are delivered at Advice NI in Belfast and for further information contact Emma Murphy on **Tel:** 028 9064 5919 or **Email:** emma@adviceni.net.

Why People Die By Suicide: A New Theory of Suicidal Behaviour with Clinical Implications...

Thomas Joiner, a clinical psychologist whose own life has been touched by suicide, has developed a new theory of suicidal behaviour that offers a clear account of why some people choose to die.

The workshop will enable participants to:

- Learn of and discuss the details of a new theory of suicidal behaviours and to consider its relevance to current service delivery.
- Apply the theory’s clinical relevance for topics like risk assessment and therapeutic techniques for the reduction of suicidal behaviour and related problems.

The workshop is free and will take place in **Community Relations Council**, Moygashel, Dungannon, on **Monday 22 February** from 9.30am – 1.00pm

Email: yasmin.iqbal@southerntrust.hscni.net for a booking form.



Prejudice and Pride...

The **Irish Peace Centres** (IPC) biennial conference will be held in Belfast on **Tuesday 30th and Wednesday 31st March 2010**.

The conference entitled **Prejudice and Pride, “Defeated intellectually, prejudice lingers emotionally”** will explore the role of prejudice and its impact for peace-building both in Northern Ireland and in other conflict regions. It will consider the various manifestations of prejudice such as sectarianism and racism, the vested interests surrounding it, ways of combating it and identifying pathways towards a society free of prejudice.

Further information is available on www.irishpeacecentres.org. Please contact Margaret Northage at peacecentre@eircom.net or Paddy Logue at paddy@donegalpeacecentre.com to register your interest in attending.

Congratulations to Recent Graduates...

Fourteen individuals from twelve organisations recently graduated in the Certificate in **Effective Management of Volunteers** at Queen’s University, highlighting the importance of sound volunteer management.

Congratulating the graduates Sandra Adair, Assistant Director with the Volunteer Development Agency said, “By going through this programme, students show a commitment to ensuring that volunteers have a worthwhile, enjoyable and rewarding experience. Students really do implement good practice in volunteer management as a result of their learning!”

If you are interested in finding out more about the Certificate in Effective Management of Volunteers go to www.volunteering-ni.org or contact Lizanne Frawley on Tel: 028 9081 8308 or Email: lizanne@volunteering-ni.org

Don't be done out of your rights - Have your say!



The government has finally launched the long-awaited consultation on a Bill of Rights for Northern Ireland.

There are numerous ways you can get involved:

- Make an individual submission
- Hold a discussion event
- Read, Sign and Send our leaflet
- Sign up to our campaign on-line, Spread the word!

For more information on the campaign go to www.billofrightsni.org. or contact Lynda on 028 9031 3780.

Youth Health Advice Service...

The Southern Trust with a number of local organisations are providing information and advice on general aspects of health and sexual health issues to under 25 yr olds in Dungannon, Portadown and Kilkeel. The services which are free and confidential and include – relationship advice, smoking cessation advice, drugs information, and much more.

For further information, contact **Laura McDonald** on Tel:028 3741 2890 or Email: laura.mcdonald@southerntrust.hscni.net

Understanding HIV & AIDS...

AIDS West are running an accredited course in understanding HIV and AIDS. The course is designed by the Terrence Higgins Trust and accredited by City and Guilds. It is aimed at community development workers, front-line services, healthcare professionals, social workers and those working with homeless organisations and drug support services. It would also be useful to anybody with an interest in understanding more about HIV and AIDS.

This is a distance learning course spread over 3 months, including attendance at a training centre in Galway on the 11th and 12th March 2010. Please contact Rosaleen or Helen if you have any questions on **Tel: 0035391 566266** or visit www.aidswest.ie

Older but no Safer...

ONUS (NI) Ltd is currently recruiting for its Older but no Safer Programme which is being held on **Wednesday 24th and Thursday 25th February** at the Naomi Centre in Ballymena.

It is CPD Certified, awareness raising programme for organisations working with older people. This is of special interest to those professionals/groups working in a residential or community setting.

This 1 ½ day programme will raise participants’ awareness of elder abuse and domestic violence and will develop their ability to effectively respond to suspected or actual incidents of abuse.

On completion, all participants will receive a CPD Certificate of Attendance and e-card and paper-based facilitation packs, enabling them to cascade the programme within their own organisation.

For further information or to book a place, visit our website at www.onustraining.co.uk or contact Colette or Leanne on Tel: 028 2563 2136

Member of the Month Parents Advice Centre



Organisation: Parents Advice Centre (PAC)
Staff Contact: Maria Rogan
Email: maria@pachelp.org

Mission Statement:

The mission of Parents Advice Centre is to contribute to the well being of children and young people by supporting parents and to influence policy and practice on parenting.

What Parents Advice Centre does:

Parents Advice Centre was established in 1979, the International Year of the Child. We are a leading parenting support organisation committed to delivering high quality services. Parents Advice Centre has a regional remit to promote positive parenting by providing support, training and information on family issues and influencing policy, provision and practice at all levels.

Parents Advice Centre has four main areas of work:

1. [Parents Helpline](#) offers support and guidance to parents with any family problem via Freephone 0808 8010 722 and regional appointment services.
2. [Parenting Education](#) offers tailor-made and specialist parenting courses to groups and individuals.
3. [Focus on Fathers](#) seeks to increase awareness of the issues facing fathers and to promote their social inclusion.
4. [Parenting Forum Northern Ireland](#) provides a platform for the needs and aspirations of parents to be heard.

Parents Advice Centre's vision of the future is one where parenting is highly valued and family members received the support and resources they need to provide a happy and safe environment, in which children and young people can achieve their potential.

Partnership and Networks:

An important part of Parents Advice Centre's work has been developing successful partnerships with many agencies and groups across Northern Ireland and with partner organisations in England, Scotland and Wales.

Parenting Forum NI has over 1,000 members made up of individual parents and groups, providing a platform for the voice of parents to be heard. Parenting Forum NI manages the Parents' Advisory Group linked to the Children and Young Peoples' Strategy.

Parents Advice Centre provides information on parenting in the form of

- ⇒ information talks to various groups
- ⇒ briefings and consultations for government
- ⇒ research reports
- ⇒ newsletters
- ⇒ a comprehensive website
- ⇒ press releases
- ⇒ annual reports
- ⇒ conferences and seminars.

Contact: PAC

2nd Floor Andras House,
60 Great Victoria Street,
Belfast
BT2 7BB

Tel: 028 9031 0891

Email: maria@pachelp.org

Challenges for the year ahead:

Parents Advice Centre is a voluntary sector organisation. As such, we have to continually raise money to sustain our services. Finding the funding to keep this important work going is a constant challenge and in 2010 Parents Advice Centre will continue to seek funds to run the [Helpline](#), offer [Parenting Education programmes](#) and engage and [listen to parents](#).

Parents Advice Centre will also strive to ensure that we continue to provide high level client services and highlight the issues affecting parents in order to influence policy, planning and service delivery.

Upcoming Events:

“Setting up a Parent Council in your School” Parenting Forum NI is offering a series of free 1-day workshops across N.I. for principals, teachers, governors, parents and extended schools co-ordinators beginning in February 2010. Contact Pauline Martin on 9031 0891.

“Kick Start 2010” Is your organisation interested in developing work with fathers? Kick Start, commencing February 2010, is coordinated by Parenting Forum NI, offering training and support to organisations that are currently trying to, or wishing to, engage with fathers. Contact Pauline Martin on 9031 0891.

Parenting courses Parenting Education is offering a range of **FREE** programmes across N.I. including Parenting Ur Teen and Parenting Apart. Contact Sharon Clarke on 9031 0891.