



Vol. 6 Issue 6, June/July 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.

Seeding Grants 08/09...

The **Western Health and Social Care Trust's** Health Promotion Department are pleased to announce the 2008/09 Seeding Grant Scheme following the success of last year's World Mental Health Day seeding grants.

Organisations are invited to apply for a limited number of **small grants** of up to **£500**, which will promote the theme of "Building resilience to promote positive coping strategies for young people".

If you have any queries or require an application form please contact **Marie Dunne** on **Tel: 028 7186 5127** or **Email:**

mariet.dunne@westerntrust.hscni.net

Closing date for completed applications is Monday 30th June at 4pm

Guidance on consulting with children and young people...

The **Equality Commission** is to launch 'Let's talk, let's listen:

Guidance for public bodies on consulting with and involving children and young people'.

The event will take place on Thursday **26th June** 2008 from 2.30pm to 4pm at the Stormont Hotel, Upper Newtownards Road, Belfast.

This event will be of particular interest to all public authorities and to those voluntary sector organisations working with young people.

To book a place at the event contact Steve Gray on **Tel: 028 9050 0616**.

'Ramble in the Park'...

Ormeau Park is celebrating improved access for disabled people with a 'Ramble in the Park' organised in conjunction with **Shopmobility Belfast**.

The event on **Wednesday 11, June** to which everyone is invited, is designed to raise awareness of the introduction of Shopmobility scooters to the park as well as improved disability parking bays. Details of the improvements will be announced at the **Ormeau Bowling Pavilion** at **12 noon** before the ramble gets underway.

During the summer months two Shopmobility scooters are available from the **Ozone tennis arena** and two are located in the **Bowling Pavilion**. No advanced bookings are necessary but photographic identification will be required. During the winter months four scooters will be available from the Ozone

For further information about **Shopmobility Belfast** service, please phone: 028 9080 8090 or e-mail: ann@shopmobilitybelfast.co.uk.



Sowing the Seeds – Food, Farming and the Environment – the Future for Northern Ireland...

Northern Ireland Environment Link is to host a conference on **18th June 2008** in Cultra Manor, Ulster Folk and Transport Museum from 9.30am to 3.30pm.

How we grow, transport, buy, consume and waste food has a profound impact on our environment, both locally and globally. This conference will investigate new opportunities for policy directions which the various challenges provide such as using waste food for fuel, developing new crops, innovative packaging solutions, campaigns linking personal and public health to environmental benefits.

To book a place contact Stéphanie on **Tel: 028 9045 5770** or **Email:** stephanie@nienvironmentlink.org

There is a cost to non-members of £20 per delegate.

NISRA release their new Geography web pages...

There are now new dedicated NISRA Geography web pages to help disseminate geographical boundaries. These include 2001 Census output areas, Super Output Areas, Neighbourhood Renewal Areas, Peacelines, postcode based boundaries, Grid Squares and Travel to Work Areas.

The web address is

www.nisra.gov.uk/geography/default.asp.htm

DATE CHANGE

“Better Intelligence. Better Decisions. Better Health” ...

With its partners, INIsPHO at the Institute of Public Health in Ireland wish to announce that **“All-Ireland Health Intelligence 2008”** which was to take place on 17th and 18th November will now take place on **19th and 20th of January 2009.**

While the date of this event has changed their commitment to concentrating on the practical issues associated with the development of health intelligence and its translation into more effective health policies and practice has not.

For more information Email **Leah Friend** leah.friend@publichealth.ie

Launch and Scientific Symposium...

The Centre of **Excellence for Public Health** (Northern Ireland) are having a **Launch** and Scientific Symposium at the Centre of Excellence for Public Health at Queen’s University Belfast on **Wednesday 18th June 2008.**

The conference which will take place in Room G07, Peter Foggatt Centre at Queens will begin at 9am and will finish at 5.30 with a wine reception.

For more information or to book a place **Email:** r.corr@qub.ac.uk or Tel: 028 9063 2627.

Debt and Mental Health Conference...

The **Northern Ireland Discussion Forum** is to host a conference entitled ‘Dealing with Debt & Mental Health the Way Forward?’ on **Thursday 3rd July 2008** in the Stomont Hotel, Belfast.

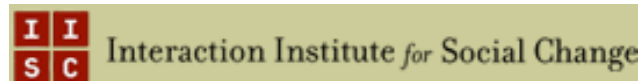
The Northern Ireland Discussion Forum (NIDF) for creditors, debt collecting agencies and advisers aims to provide an important opportunity for communication, better understanding and best practice between all sectors for the ultimate benefit of those individuals suffering serious financial difficulties.

This one-day Conference is recommended to creditors, debt collection agencies, debt advisors, regulators and health workers in the mental health sector.

For further information or to book a place contact **Debbie Mills** on Tel: 028 7776 5438



Facilitating Change Training...



The **Interaction Institute for Social Change (IISC)** is to deliver a 3 day **Facilitating Change®** workshop from the **24th to the 26th of June** in **Galway.**

In the three-day workshop, you will learn the skills, tools, and frameworks you need to design and facilitate a change initiative that results in a network capable of greater social impact than you can achieve on your own.

Learn how to:

- ⇒ guide groups through a carefully designed process for bringing about change in communities or on specific issues
- ⇒ coach leaders and change agents to make the case for change and take a collaborative approach to moving the change effort forward
- ⇒ conduct a stakeholder analysis to ensure full participation
- ⇒ design a collaborative planning process to develop a shared vision and strategies for collective action
- ⇒ nurture and strengthen the emerging network
- ⇒ set the network up for successful implementation of its plan.

For more information log on to www.interactioninstitute.org or to book a place contact **Louise O’Meara** on Tel: 028 9080 3296 or **Email:** lo'meara@interactioninstitute.org

Stay Warm - Stay Healthy – Save Money...

- ⇒ Do you live in North Belfast?
- ⇒ Are you an owner/occupier or a private renter?
- ⇒ Is your income low?
 - * £12,000 or less if you are single
 - * £18,000 if you are a couple/single parent
- ⇒ Do you or members of your household have any health problems?
- ⇒ Do you qualify for Free heating and or insulation?



Campaigning for Warm Homes

If any of the above apply to you call **Christine Magee** at NEA NI on Tel: 028 9023 9909 or **Email:** christine.magee@nea.org.uk to see how you could save money.

Funding cuts –make the Assembly take action...

NICVA is trying to capture information on which funding streams are ending or being diminished, and the impact this will have on organisations – jobs losses, reduced services and so on.

The **Assembly's Social Development Committee** is meeting at NICVA on 19th June and they plan to use the opportunity to highlight the fact that many organisations are facing the end of funding programmes and that there are few alternative sources of funding available. They will remind them that vital work such as peace building, work with victims, community development and community learning will be left under threat, with no mainstream government money filling the hole left by the ending of funding streams.

By completing this short questionnaire you can help them gather evidence to make the case for a more strategic approach to funding in the sector. Responses will be kept anonymous – but your stories would really demonstrate to the Committee just how bad the funding picture is.

- What is the name of your organisation?
- Where are you based?
- Which of your funding streams are coming to an end or have been cut? (e.g. name of funder, programme name)
- What sorts of activity does the funding cover?
- How will the cuts affect your organisation? (e.g. job losses, reduced services)

Please return your completed questionnaire ASAP to **Neil Irwin** at neil.irwin@nicva.org

UPC new summer training calendar released...

The **Ulster Peoples College** has released a new training calendar for the summer. A range of free courses are on offer including Community Group Work Skills, Women and Communication, Getting to Grips with the Media and Introduction to Community Relations.

| Name | Start Date | Register before |
|---|------------|-----------------|
| Understanding Community Relations | 23/07/08 | 22/07/08 |
| Diversity and Ethnicity | 07/06/08 | 06/06/08 |
| Community Group Work Skills | 13/06/08 | 12/06/08 |
| Community Group Work Skills | 22/07/08 | 21/07/08 |
| Introduction to Community Development | 30/06/08 | 27/06/08 |
| Women & Leadership | 03/07/08 | 02/07/08 |
| Getting to Grips with the Media | 18/06/08 | 17/06/08 |
| Getting to Grips with the Media | 14/08/08 | 13/08/08 |
| Introduction to Community Relations | 24/07/08 | 23/08/08 |
| Women & Communication | 01/08/08 | 31/07/08 |

More information on all UPC's courses is available from their website www.ulsterpeoplescollege.org.uk or **Tel:** 028 9033 0131.



Are you suicidal, bereaved by suicide or concerned about suicide?...

A website has been set up to help make positive steps forward in supporting suicide prevention.

- ⇒ Do you want to help prevent suicide?
- ⇒ Are you worried about a friend or family member you think may be suicidal?
- ⇒ Feeling down, depressed or suicidal?
- ⇒ Have you been bereaved by suicide?

If you have answered yes to any of the questions above log on to

www.stampoutsuicide.org.uk.

The website has many points of contact and links to other sites offering help in Northern Ireland.

Funding Opportunity

New Round of Funding Open...

Building the Community-Pharmacy Partnership (BCPP) have just launched details of their latest round of funding. The Closing date for Level 2 applications will be:

Thursday 20th November 2008

This level is for community groups and pharmacists that are keen to develop their ideas into a BCPP project. This funding is open to all constituted community groups and pharmacists and grants of up to £10,000 will be awarded for a maximum of 2 years.

Level 1 closing dates:

12th June 2008 & 23rd October 2008.

If you want to apply, please contact the BCPP team for support to develop your ideas into a project and help with the application.

Applications can be downloaded at: www.cdhn.org/bcpp or contact CDHN on **Tel:** 028 3026 4606.

Details of all previously and currently funded projects are available to view online.

June Member of the Month - fpa



Organisation: fpa
Staff contact: Neil Decodts
Email: neild@fpa.org

fpa Mission Statement:

'As the UK's leading sexual health charity, our purpose is to enable people in the UK to make informed choices about sex and to enjoy sexual health.'

What fpa does:

fpa aim to advance the sexual health and reproductive rights of every one in NI by providing education, training, consultancy and publications on topics such as contraception, sexually transmitted infections, sexual health, relationships, sexuality and unplanned pregnancy.

fpa definition of sexual health...

"Sexual Health is the capacity and freedom to enjoy and express sexuality with out fear of exploitation, oppression, physical or emotional harm".

Focus on the 'Bout Ye' project:

The "Bout Ye" project is a personal development sexual health programme for young men run by the fpa. This project can be delivered to anyone from 10 to 25 years of age and has the option to be accredited (OCN Entry level 3). It is currently fully funded by the Health Boards and available to young people across Northern Ireland. It is **free** to any youth groups, schools, youth clubs, training providers, community associations or employers with a young workforce.

Most young people talk about sex and relationships more than any other subject but often their questions and concerns are ignored or the information they receive is not always accurate.

The "Bout Ye" programme has been designed to ensure that young people are informed and enabled to make informed decisions about their sexual health and personal relationships.

Sessions can cover a wide range of topics such as:

- ◆ **Self esteem,**
- ◆ **Peer pressure,**
- ◆ **Relationships,**
- ◆ **Contraception,**
- ◆ **Fatherhood,**
- ◆ **Decision making,**
- ◆ **Masculinity,**
- ◆ **Sexually Transmitted Infections,**
- ◆ **Sexuality and Rights.**

Challenges for "Bout ye" in the year ahead

"Bout Ye" is always looking for opportunities to work with new groups and organisations. Over the next year they will be looking to create opportunities to take the project into the workplace, to staff in call centres and other organisations with a young workforce. They are also looking for more opportunities to deliver the OCN accredited course to suitable groups.

CONTACT DETAILS:

fpa
3rd Floor Ascot House
24-31 Shaftsbury Square.
Belfast.
BT2 7DB
Tel: 028 90 316100
Neil's Direct Line: 028 90 316107

Other projects within fpa include...

◆ **Choices**

A personal development sexual health programme designed for young women.
The overall aim is to empower young women to make informed decisions about their personal and sexual relationships, their health and their lives in general.
Project worker is Roisin Flanagan
Tel: 028 90 316108

◆ **Just Ask**

A new and innovative Northern Ireland wide project which aims to improve the sexual health of people with learning disabilities.
Project worker is Mark Breslin Tel: 028 90 316106

◆ **Check It Out**

A personal development sexual health programme working with young people under the age of 25 and living in hostel accommodation.
Project worker is Georgia Wilder
Tel: 028 90 316110

◆ **Next month they are reintroducing a new project called Speakeasy.**

Working with parents of young People. For further information on this new venture contact the office 028 90 316100.

**Fpa helpline:
0845 122 8690**

9am to 6pm, Monday to Friday.



COMMUNITY DEVELOPMENT
AND HEALTH NETWORK

inscape project

(June/July 2008, Vol. 3 Edition 1)

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

Congratulations...

To Anita Kelly the winner of the £100 participation prize! And thanks to all who completed our online survey



Influencing Fair Health Provision for Rural Communities...

Over 70 people attended a joint **Community Development and Health Network & Rural Community Network** networking event to discuss the new health and social care reforms announced by Minister for Health, Michael McGimpsey in February. The seminar identified key changes for rural areas as a result of the reforms and examined the challenges for users and carers in rural areas.

The event helped to identify key health issues that need to be addressed in rural communities e.g. access to services and resource allocation, and provided suggestions on how best the rural community and voluntary sector can assist the new structures to engage with those who are most vulnerable and marginalised.

The event also examined a number of other critical issues that impact on the health and welfare of rural communities, none more so than the findings of the Rural Childcare Stakeholders Group that was set up in 2007 to identify the main factors affecting access to and provision of childcare in rural areas. In addition good practice examples of projects that have addressed rural health issues through effective community development practice in the west of the province were highlighted by Omagh Forum for Rural Associations.

More detail on RCN's response can be found on their website at www.ruralcommunitynetwork.org. and information on CDHN's response is available on www.cdhn.org.



Supported by

The National Lottery[®]
through the Big Lottery Fund



July Member of the Month Opportunity Youth



opportunity youth

Organisation: Opportunity Youth
Staff contact: Anne-Marie McClure
(Chief Executive)

Email: info@opportunity-youth.org
Web: www.opportunity-youth.org

Mission Statement:

“Helping young people to make the most of their life’s opportunities and be the best they can be”

What Opportunity Youth does:

opportunity youth is an award winning regional youth organisation. They have an excellent track record in working with a variety of young people in partnership with the statutory and voluntary sectors, in addition to local communities and schools.

Opportunity Youth support over 5,000 young people each year through an extensive range of personal development programmes and a unique mentoring service, continually developing its services to meet the changing needs of young people in Northern Ireland. By holding true to their core vision, **Opportunity Youth** continue to provide a range of innovative services focused on making a positive impact on the lives of young people.

Opportunity Youth provide the following services:

- ✦ Mentoring
- ✦ Counselling
- ✦ Group work
- ✦ Training & Qualifications in life and work skills
- ✦ Diversionary activities & residentials
- ✦ Advocacy
- ✦ Job Ready
- ✦ Training the Trainers (e.g. ASIST; Child Protection)

Partnerships / Networks involved with:

Opportunity Youth has a long track record of effective partnership working with a variety of other organisations from public, private and voluntary sectors including: Health and Social Care Trusts; Department for Employment and Learning; Northern Ireland Prison Service; Youth Conference Service; Probation Board of Northern Ireland; regional training organisations; schools; community groups; youth clubs and a whole range of voluntary and private organisations. Opportunity Youth are happy to work with anyone who would benefit from their services!

Challenges for the year ahead:

This summer Opportunity Youth are looking forward to launching the second year of Job Ready - the training programme they deliver to young people between the age of 16-18 to develop the all important work and lifeskills that employers look for. They are approaching the end of a very successful first year of delivering Job Ready across Northern Ireland and with this year under their belt, they hope to boost the number of trainees even further in the year ahead.

Training opportunity...

Job Ready is a training programme to help young people develop the skills and qualifications to secure long term employment. Opportunity Youth’s training style is very different – their sessions are fun, active and innovative. Their programme is led by youth workers – who can relate to young people. They want to give young people an opportunity to gain the skills and qualifications that employers look for.

Who can benefit?

- ⇒ Young people between 16-18yrs
- ⇒ Young people who have left school, or are about to leave full time education
- ⇒ Young people who aren’t able to find employment, or are unsure of what job they want to do

Job Ready offers the opportunity to ‘earn while you learn’ with a weekly training allowance, while developing the all important skills and qualifications that employers look for. Job Ready will help young people develop all they need to get the job they want.

If you, or a young person you know, are interested in Job Ready then call Opportunity Youth on 028 9043 5810 (Belfast) or 028 7137 1162 (Derry).



CONTACT DETAILS:

**Hildon House,
30-34 Hill Street,
Belfast, BT1 2LB
Tel: 028 9043 5810**