Doctors get new guidance to improve end-of-life care...

Doctors are to receive new guidance to help them make complex decisions at the end of life. In publishing the new guidance, the General Medical Council seeks to improve end-of-life treatment and care for all patients. The guidance was developed over two years and involved an extensive consultation with doctors, patients and their carers, family members and health care teams. For the first time, the GMC has provided guidance on topics including advance care planning, responding to a patient’s advance requests for treatment and decisions involving infants and children.

The guidance is available to download from the GMC website: [www.gmc-uk.org/end_of_life_care](http://www.gmc-uk.org/end_of_life_care)

Employment Opportunity with CDHN...

CDHN is recruiting an Information and Administration Officer (temporary maternity cover) for the Building the Community-Pharmacy Partnership (BCPP) programme.

The role involves supporting the information needs of BCPP by raising awareness of the programme, organising events and training sessions and supporting the administration of the grants programme.

The closing date for receipt of completed applications is Wednesday 30th June at 1pm. Interviews will be held on Monday 19th July.

For further details and an application form please contact Kerry Farrell Tel: 028 3026 4606 or Email: kerryfarrell@cdhn.org.

Advanced Diploma at The University of Ulster...

The Advanced Diploma in Civic Leadership and Community Planning is an innovative leadership development programme, developed to meet the need for a practical, accredited programme for key players involved in developing and implementing community planning. It will be available from September in the Jordanstown and Magee campuses.

For further information and an application form, contact Dorothy McKee Tel: 028 9036 8077 or Email dm.mckee@ulster.ac.uk.

Personal Development Programmes for Gay and Bisexual Men from August to September 2010...

Are you working with gay or bisexual men? Do you feel that they could benefit from a Personal Development Programme?

The Rainbow Project is once again offering places for its highly successful personal development programmes. These are run from both their Foyle and Belfast offices and are due to begin in early August 2010. The programmes run for between 8 and 11 weeks and have a team-building exercise mid-way through and a celebratory event upon completion. The sessions are delivered on a groupwork basis and are participatory, fun and informal. The broad themes covered are; Mental, Physical and Sexual Health, Relationships and Intimacy, Assertiveness and Communication, Internalised Homophobia, Dealing with Homophobia, Your Rights, Confidence Building, Body Image and Exploring Gay Identity. This is not an exhaustive list as the topics are participant driven, and will reflect their needs. Places are limited to 15 men per programme and will be allocated on a first come first serve basis.

Should you wish to refer a client/service user or to make further inquiries, please contact Mal or Martin at our Belfast Office Tel: 028 9031 9030 or alternatively Email: malachai@rainbow-project.org or martin@rainbow-project.org.
GP Out of Hours number has changed...

The new telephone number for the Southern Health and Social Services Board is 028 3839 9201

This is the service you use if you require urgent medical assistance outside normal GP hours—usually after 6pm Monday to Friday and all day Saturday, Sunday and Bank Holidays.

Speakeasy – Talking Sense About Sex...

Speakeasy is a personal development programme for parents and carers to help them acquire the confidence and skills to talk with their children and young people about sex and relationships.

Speakeasy offers weekly interactive workshops where parents and carers can learn together from their own experiences. The workshops are flexible, confidential and fun! A core element is about promoting communication and resilience skills for parents and carers and the children they care for.

For further information, contact Roisin Flanagan on Tel: 028 9031 6115 or Email: roisinf@fpa.org.uk.

Upcoming Sign Language and Deaf Awareness classes...

Hands That Talk will be running several Sign Language classes in September as well as Deaf Awareness classes. Courses will include British Sign Language Level 1, 2 & 3 and Level 1 in Deaf Awareness and Communication Tactics. These courses can be delivered in Hands That Talk (72 Main Street, Dungiven) or in your own premises.

5 week basic courses will be on offer in the coming weeks for anyone who wants to try it out before committing to a full course in September. If you would like any information on any of these courses please contact Denise McConnell on Tel: 028 7774 2776 or Email: info@handsthattalk.co.uk or text 07912210803.

Cap Research Showcase Event...

The Changing Ageing Partnership is to host a showcase event on Monday 27th September 2010. The event will take place in The Great Hall, Queen’s University, Belfast from 10am to 5pm.

The event will showcase CAP research completed in 2010 including:

⇒ Indicators of Disadvantage in Older People
⇒ Older Women’s Lifelong Experience of Domestic Violence in Northern Ireland
⇒ Exploring the Nutritional Needs of Older People in a Hospital Environment
⇒ Beyond the workplace: An Investigation into Older Men’s Learning and Wellbeing
⇒ Creative Ageing: A Practical Exploration of the Arts in the Healthcare of Older People
⇒ Hearing Older Voices: Citizen - Government Interaction in Devolved Northern Ireland
⇒ A Balance Training System for Older People
⇒ Age Discrimination in Employment: Comparative Lessons
⇒ Beyond 90 Together: Telling our Stories

Admission is free but places are limited to attend. To register Email: michele.young@ageni.org or Tel: 028 9024 5729

If you require assistance with Travel Costs contact Stephanie Campbell at AgeNI Tel: 07734553605.
Northern Ireland Multiple Deprivation Measure 2010...

The Northern Ireland Multiple Deprivation Measure (NIMDM) 2010 report is now available. NIMDM 2010 will now be the official measure of spatial deprivation in Northern Ireland. The results, which were released at the end of March, are available from the NISRA website www.nisra.gov.uk/deprivation/nimdm_2010.htm. A new website containing interactive maps of the information is currently under construction.

NINIS Information Workshops...

Ongoing support is available. NISRA organise workshops which provide information on the background to and purpose of Neighbourhood Statistics and to give a demonstration of the NINIS website. For upcoming dates log on to the site www.ninis.nisra.gov.uk/launch.asp and click on the workshop registration on the home page.

RNID Support Sessions in the North West...

At these sessions a trained volunteer is available to help you with any problems you are having with your hearing aid. They provide new batteries, help you with care and maintenance and give you information about sources of further help and advice.

The sessions, which are free, will take place at the following locations:

⇒ Gortnaghey – Last Monday of the month: Gortnaghey Community Centre; 2pm -3pm (Volunteer: Michael O’Donnell)
⇒ Dungiven – First Tuesday of the month: Hands that Talk, Main Street, Dungiven; 12 noon – 1pm (Volunteer: Michael O’Donnell)
⇒ Derry – Second Wednesday of the month: Age Concern, Chapel Road; 12 noon – 1pm (Volunteer: Bernie Mullan)
⇒ Dromoughil – First Thursday of the month: Dromoughil Community Centre; 11am – 1pm (Volunteer: Mary Mooney)
⇒ Strabane – Last Thursday of the month: Ballycolman Community Centre; 10am – 12 noon; (Volunteer:Mary Mooney)

Additional sessions are planned in the coming months for Derry, Limavady, Strabane and Donemana. For further information, contact Marie Dunne on Tel: 7132 0132 or 079 187 67640 or by Email to marie.dunne@rnid.org.uk.

Do you have an opinion on Out-of-Hours health services?

The Southern Health and Social Care Trust is organising a workshop to hear people’s views and experiences of their emergency out of hour’s services. If you have ever used GP, social work, mental health, nursing or domiciliary care, the minor injuries unit, and/or A&E out of hrs services they are interested in your opinions.

The workshop will take place on Wednesday 30th June from 9.30am – 12.30pm in Armagh Fire Station. To register to attend this event Tel: 028 3883 3220

For those interested in working with the Trust on an ongoing basis there will be further sessions in the future.

CDHN upcoming training...

The Community Development and Health Networks Pathways to Health Training Course will be running Level 2 Training in the Autumn.

The dates will be confirmed in the next edition of Health Bytes (August).

If you are interested being added to our expression of interest list and receiving the dates and application forms directly email your Name, Organisation and Email address to carolinemcnulty@cdhn.org.

UnLtd Road Safety Challenge Awards now open...

The UnLtd Road Safety Challenge Awards have been established to support communities to develop solutions to their road safety issues. Applications for awards are open to individuals, informal/formal community groups and voluntary groups with innovative solutions to road safety issues. The key aims of the Awards are to support and invest in the motivation of individuals and groups who are passionate about road safety and its issues, and to bring about community impact in crucial road safety areas such as safety for children, pedestrians and other vulnerable road users; better driver testing, training and licensing; better driver behaviour and safer road infrastructure or vehicles.

The awards available are:

- **Catalyst Awards**: up to £5,000 aimed at individuals or groups who have an idea and need help getting it off the ground. **Development Awards**: up to £15,000 to support individuals or groups with existing and developed projects.

Applicants must be over the age of 16 and living in Northern Ireland. For further information Email: janebryson@unltd.org.uk or Tel: 028 9024 4007.
Member of the Month

Organisation: HURT - Have Your Tomorrows
Staff Contact: Rachel McGrory
Email: info@hurtni.org.uk
Website: www.hurt.org.uk

Mission Statement:

To work in harmony with young people, their families and other services providers to deliver holistic care, advice, education, support and treatment.

To provide a range of services including information, support and treatments which meet the needs of individuals faced with drug and alcohol misuse. The services are also aimed at family members and those indirectly affected by substance misuse.

What HURT does:

HURT (Have Your Tomorrows) is a family support group that provides holistic treatment services to individuals and family members affected by substance misuse. Following the death of her son Tony as a result of a heroin overdose; HURT founder and project co-ordinator, Sadie O’Reilly has dedicated the past seven years to developing this much needed service. The organisation developed from an identified gap in drug and alcohol related services and is now a leading provider dedicated to providing a holistic and integrated approach.

Our main base is situated at 14 Clarendon Street, Derry and we provide services at our outreach centres in Limavady, Dungiven and Strabane. The organisation aims to:

⇒ Assist drug and alcohol users and their families to overcome their substance misuse and help them to rebuild and reshape their lives.
⇒ Support and maintain the recovery process through the facilitation of Personal Development and Art Therapy Programmes as well as Basic Computer Skills.
⇒ Provide information and education within communities to increase awareness of the dangers associated with drug and alcohol misuse, using preventive techniques.
⇒ Work in collaboration and partnership with the Voluntary / Community and Statutory sectors.

HURT have recently become an OCN accredited centre and are now in a position to facilitate a range of courses.

Personal Development and Drug and Alcohol Programmes are ongoing throughout the year within HURT as well as on an outreach capacity within community based settings.

We have secured funding to provide a residential activity programme which will include a group of young boys aged 11 – 13 years in recognition of their participation in a drug and alcohol programme.