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ANNUAL REPORT 2015-16

ENDING HEALTH INEQUALITIES THROUGH COMMUNITY DEVELOPMENT.

Community Development
& Health Network

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Joanne Morgan, Director CDHN, Karen Collins, Chairperson CDHN

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Chairperson's Report

"Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has." Margaret Mead

This very well-known and often used quote could have been written for Community Development and Health Network. It perfectly describes the ethos that fully underpins this small organisation with its unwavering commitment to community development as a way to end health inequalities.

Advances in health, improved research and pharmaceutical solutions have undoubtedly led to us already having a much improved life expectancy. In Northern Ireland life expectancy has continued to increase for both males and females. However, we cannot ignore that people's health experiences are hugely different and the most recent report from the DHSSPS highlights some stark facts

- Male Disability Free Life Expectancy in the most deprived areas of NI was 12.0 years lower than in the least deprived areas, and the gap for females was 12.9 years
- One in five people in NI suffer from a mood & anxiety disorder
- The standardised prescription rate for mood & anxiety disorders in the most deprived areas was double that in the least deprived areas. The rate was 66% higher among females than males

These facts aren't just shocking; they are unjust, unfair and totally avoidable. So we need organisations like CDHN and the 1800 members it supports, to keep thinking, acting and challenging the status quo. Communities are best placed to find lasting solutions to some of the most difficult health and wellbeing challenges we face. CDHN is uniquely placed to provide the required support to communities to help make that a reality. The ongoing economic crisis continues to threaten the long term viability of many small organisations within the third sector, which directly affects CDHN and its members. It's ironic that the negative effects of government austerity impacts on disadvantaged communities the most, and at a time when their support infrastructure is under serious threat.

In response to this, the CDHN Board has provided steady and invaluable strategic direction and support over the last year. It has maintained a keen focus on the external environment, providing CDHN with important intelligence about changes in health and social care and beyond.

I would like to thank and congratulate my fellow board members, particularly the Vice chair Elaine O'Doherty and Treasurer Patrick McMeekin who have provided invaluable support throughout the year. The staff and volunteers of CDHN have worked tirelessly throughout the year and have delivered courteous, effective and practical services in all aspects of our work and I should like to extend my thanks to them. Thank you to all of our funders for your ongoing support of our work.

The members of CDHN deserve particular credit. You are interested and committed to reducing health inequalities - in the current climate - your inspiration, experience and leadership is more important than ever.

Karen Collins
Chairperson CDHN

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Director's Report

I am delighted to present the Community Development and Health Network Annual report for the period 2015-16.

It has been a challenging yet rewarding year for the organisation which has seen the organisation embark on new exciting areas of work, in spite of the increasingly challenging economic climate. CDHN continues to embrace this challenge to change, whilst retaining our commitment to tackling health inequalities using community development approaches.

As ever our members are the life blood of our organisation and we continue to support them in a variety of ways. This year we focused on engaging with our members to shape and inform the CDHN Manifesto, which was launched in the Long Gallery in February 2016. The Manifesto has been a powerful tool in our ongoing conversations with politicians and policy makers and has complimented our ongoing policy support work to our members.

Despite the dire economic environment we are operating in, we are maintaining our core work. This year saw the completion of the Big Lottery funded Pathways to Health Programme; however we continue to provide a high quality training and facilitation service to our membership.

We are continuing to deliver the Inspiring Impact Programme, a UK wide initiative which aims to put impact practice, skills and knowledge at the heart of the community and voluntary sector.

Building the Community Pharmacy Partnership continues to be a key strand within the organisation. The Programme works to a co-production model and emphasises the value of reciprocity between health professionals and local communities, leading to improved health outcomes for all.

CDHN was able to develop two new areas of work: Community Health Champions roll out on a regional basis and a co-production pilot with Antrim and Newtownabbey Council. Both pieces of work have given us the opportunity to experiment with new and creative ways of engaging communities in improving their health and wellbeing. As part of the co-production work we were privileged to meet Edgar Cahn, the creator of Timebanking. As a firm believer in the assets and capacities of all people his words resonate with us:

"Community – acknowledging our interdependence. None of us make it alone. We come into the world nine months in debt. And thereafter, the interdependence just multiplies. We need others – and others need us. That is the wisdom behind the African proverb." "It takes a village to raise a child."
(Edgar Cahn, Letter No. 8 March 10).

As always the support given by our Board of Directors is invaluable. We are fortunate to have a very skilled Board who provide us not only with strategic guidance but excellent governance support.

I would particularly like to thank the CDHN staff team and our volunteers Phyllis Hanratty and Abigail Foran for their hard work, excellent service and ongoing commitment to the organisation over the past year.

Joanne Morgan
Director CDHN

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Our Vision

Our vision is for an end to health inequalities

Our Mission

Our mission is building a fairer and more equal society, and improving people's lives, health and well-being through community development which releases individual and community capacity and influences change.

Our Values

Leading with passion
In all our work we will lead with passion using our expertise and belief in what we are doing to inspire others.

Tenacity and flexibility
We will be tenacious, focused and flexible to ensure an end to health inequalities.

Integrity and Respect
Through our words and actions, we will work with integrity and respect.

Equality and Inclusivity
We will recognise and promote equality and inclusivity to ensure we achieve social justice for all.

Valuing others
We will value individuals, teams, partners, and communities recognising this as a key strength to achieving our vision.

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Strategic Aim - Release capacity to improve people's lives

BCPP Highlights

64
Total projects funded this year

19
Level 1 projects up to £2,000

45
Level 2 projects up to £10,000

Building the Community Pharmacy Partnership

Building the Community Pharmacy Partnership(BCPP) Funding Clinic – CDHN hosted a funding clinic in Belfast as part of our outreach support to members to help them understand and engage with the Grant's Programme. 13 organisations were represented at the event which offered an opportunity to network and explore the application process and the potential to make an application for funding in the future.

CDHN delivered a workshop to Age NI to encourage application to the Building the Community Pharmacy Partnership programme. This workshop was well received and offered an opportunity for participants within the room who had previously received funding from the Programme to offer an insight into their experiences and support making an application to BCPP.

Out and about- As part of 'Ask your pharmacist week' CDHN attended a celebration event in the Medicare's Victoria Pharmacy where the Mayor of Carrickfergus Councillor Billy Ashe was present to hear of the great outreach work being engaged in with the BCPP Programmes in the area.

CDHN was invited to participate in the 'Driving up Profit' Conference for Pharmacists in Northern Ireland organized by Real World Retail and held at Malone House in Belfast. This

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Conference addressed recovery of data within the profession and the broad range of data now collected and acted upon to support the work of Pharmacists. CDHN was delighted to be asked to speak at this Conference alongside acknowledged high achievers in the field of Pharmacy. Real World Retail offered to support CDHN to analyze the currently unexploited dataset that CDHN hold in relation to BCPP – we look forward to working with them and are most grateful for the support of John Hogan and Conall Lavery whose unique blend of expertise will help us to realise the potential of our data.

New Project Development Training – BCPP continued to roll out development training to over 30 new projects. This training covers all the financial and evaluation elements of the programme and offers participants the opportunity to network and exchange ideas and examples of good practice. This is complimented by one to one support offered throughout the year.

'Great session; very informal which puts me at ease about the finance and monitoring process for my project.'.

John Hogan and Conall Lavery

CDHN Training

CDHN's training programme Pathways to Health ended in May 2015. The programme ended on a high with Ruth Dineen from Co-Production Wales facilitating a masterclass. Ruth's experience and insight into how co-production has changed lives sparked much discussion, enthusiasm and debate with our participants. We also had the opportunity to showcase some Northern Ireland examples of co-production with input from Declan Donnelly from Causeway Coast and Glens Borough Council and Sandy Webb from Action Mental Health in Antrim.

Throughout the year CDHN's training portfolio has continued to evolve. Community Health Champions is our signature training programme which is asset focused and founded in the empowerment of people with in their

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Ruth Dineen 3rd from left with CDHN staff and colleagues from Volunteer Now and Antrim and Newtownabbey Borough Council

communities. This year we launched CDHN's Community Health Champions video and animation to promote the programme. This has been widely shared on our social media platforms and in our various training and presentation opportunities.

Community Health Champions Video launch

The Community Health Champion programme has been successfully delivered in both the Southern and Western Health and Social Care Trusts. CDHN was delighted to have been approached by the Health Improvement Teams in the Trusts to run the programme.

Through the PHA Small Grants Mental Health and Well-Being and Suicide Prevention programme. CDHN delivered our Community Health Champion training with Action Mental Health in Newry, Bogside and Brandwell Health Forum, Ballybeen Women's Centre and Resurgam in Lisburn.

Local Government and community and voluntary groups have also invested in bespoke training packages over the past year.

CDHN had the opportunity to work with community groups in Carrickfergus through Mid and East Antrim Council and with County Down Rural Network who also availed of CDHN's Community Health Champion programme.

The Community Health Champions continue to be supported by the Trusts and their relevant organisations These Community Health Champions all received their OCN Level 2 Accreditation for completing the programme. Most importantly all of the Community Health Champions who have completed the training leave the programme recognising personal assets and community assets that can be utilised to benefit the health and wellbeing of others within their community. To date CDHN has trained over 200 people throughout Northern Ireland through the programme.

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Community Health Champion training with Bogside and Brandywell Health Forum members.

"I really enjoyed seeing people contribute to the group, a wonderful example of what we can do, share in our community"

"Community Health Champion training is very progressive"

Inspiring Impact

Inspiring Impact is a UK wide programme aimed at putting impact at the heart of the community and voluntary sector. Inspiring Impact supports organisations to focus on the difference they make and builds skills for impact practice. CDHN was delighted to be involved in phase 1, where the aim was to spread the Inspiring Impact message and develop skills for impact practice. To achieve this our AGM had an Inspiring Impact theme, we supported six members in understanding what impact practice is and to become familiar with some of the tools. CDHN also used this as an opportunity to examine and develop our own impact practice. We used Measuring Up (online tool to assess impact practice), and developed a logic model and theory of change.

Health+ Pharmacy Northern Ireland

The Health+Pharmacy initiative recognises the important role pharmacy has to play in keeping communities healthy and well. To receive the award a Health+Pharmacy will have shown that it meets a variety of standards on issues such as staff training, the premises and working with a range of organisations to support health and wellbeing. CDHN were instrumental in the development of the compulsory training programme that accompanies Health+ and have delivered training on health inequalities, social determinants of health and community development to a wide range of pharmacists and wellbeing staff over the past year.

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Strategic Aim - Influence change towards a fairer and more equal society

CDHN Training

One of the most interesting events that CDHN was asked to participate in this year was Open Source. Open Source relies on the spirit of collectivism and collaboration to provide a dynamic and creative hub. We hosted an outdoor workshop which explored perceptions of health and shared examples of what contributes to a healthy society.

Over the last few years co-production has emerged as a process which supports better service design and improved health and well being. Co-production has been core to the work of CDHN for many years with many practical examples seen in the work of BCPP.

Picture Open Source

Co-production means delivering public services in an equal and reciprocal relationship between professionals, people using services, their families and their neighbours. Where activities are co-produced in this way, both services and neighbourhoods become far more effective agents of change.

NEF 2010

This renewed interest in co-production has opened a number of new partnerships for CDHN. We began working with Volunteer Now exploring co-production practice and how it contributes to improved health and wellbeing. Supported by colleagues from the Community and Voluntary Sector, OFMDFM, HSCB, HSCT, BIG Lottery and local government we continue to develop this work.

Further co-production and partnership working has been evident in a project that CDHN, Antrim and Newtownabbey Borough Council and a community in Toomebridge began to develop. The Council and the Joint Working Group which includes the Public Health Agency, Health Trust and Health Board decided to pilot a new approach to working to improve health and wellbeing based on co-production principles. This project has enabled a local community and a local council to

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identify assets held at individual level, community and at local government level which can be utilsed to improve health and wellbeing for the wider community.

"this has been a fundamental strength of the project as it created a shared knowledge and understanding of people and issues that traditional ways of working often disregard."

Pathways to Health Evaluation

The evaluation of Pathways to Health was completed during the year. This was a positive endorsement of the 6 year training programme that CDHN had undertaken. Participants of the training were able to describe their learning and to articulate how they had used their learning to inform their work and practice within a range of areas relevant to community development and health. The evaluation highlights the development, potential and interest in the Community Health Champion model as a support resource for achievement of health improvement goals.

Participant from training *"Thoroughly enjoyed from start to finish. Discovered opportunities that I did not realise were available."*

Professor Edgar Cahn

CDHN had the opportunity to co - host a workshop with Professor Edgar Cahn. Prof Cahn is a distinguished legal professor, former counsel and speech writer to Robert F. Kennedy, and the creator of Time Banking. Antrim and Newtownabbey Borough Council and CDHN held a co-production event in Antrim. Throughout his life Prof Cahn has been a vital force in the social justice movement. His words have resonated with us since his visit

"We cannot deliver health, we cannot deliver community or education….. we need to work in partnership. " And

"Trust is the bottom line"

As we have continued on our co-production journey these words have encouraged, energised and focused our endeavours.

Prof, Edgar Cahn – Workshop, Clotworthy House, Antrim

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Building the Community Pharmacy Partnership

Community Pharmacy Northern Ireland (CPNI) Conference in the Long Gallery Stormont– CDHN spoke at the 'Dispensing Health' Conference in March 2016 hosted by Paula Bradley MLA. This Conference explored current opportunities in Community Pharmacy with a focus on innovation and the new Programme for Government. CDHN look forward to increased collaborative working with CPNI in the incoming period.

Mary O'Hagan, CDHN

Mary O'Hagan attended the UK Health Literacy Conference in Glasgow to support Dr Bernadette Cullen Chair of Belfast Healthy Cities Health Literacy Working Group and Anne McCusker another group member who hosted a workshop on the day. This partnership working on Health Literacy has resulted in some co-production working with a group of Pharmacists in the Belfast area on co-production.

"I thoroughly enjoy all my BCPP work and am passionate about changing lives through increased health awareness and empowering people to make positive changes to their lifestyles and live happier healthier lives." Pharmacist

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Programme outcomes 2015-16

The Information below is based on the analysis of 821 Core Group Start and Core Group End questionnaires.

The General Health Questionnaire (GHQ12) is a subjective measure of psychological well-being. Almost one third (30%) of participants at the start of the projects indicated that they had poor psychological wellbeing. This had reduced to just 11% at the end of the projects.

30% > 11%

People who agreed that they had made healthy changes to how they lived increased from 53% at the start of the projects to 68% at the end of the projects

53% > 68%

4 out of 5 (80%) agreed at the end of the projects that they had a good understanding of how to improve their health, this was an increase of 15% from the start of the projects

65% > 80%

There was a 15% increase in those having things in common with the group at the end of the projects

68% > 83%

Almost three quarters (73%) agreed that they take care of their health at the end of the project, an increase of 16% from the start of the project

57% > 73%

Confidence in going to the pharmacist for advice increased as a result of the projects

70% > 83%

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Participant comments

"I liked the project because it was done in a group. Everybody had some things that I had and you knew you weren't alone. The leaders were excellent and you could understand what they were talking about"

"The sessions carried a lot of information and help with regards to health issues and a better way of improving my health and my quality of living"

"I liked the relaxed, informal and confidential way the project was delivered. I felt that I had a reasonable input into what topics we chose for each session and I felt comfortable to speak about my health issues in the environment they were held"

Pharmacist comments

"Although I was aware of the background history of participants, I am more aware now not only of their needs but of the needs of the community"

"At first it was hard to get them [the participants] to open up and chat about their health, it has been satisfying to witness improvements in their confidence"

"Many participants have now become regular customers and often call in for advice with new found confidence"

Community Partner comments

"Joint working was invaluable to the organisation and the success of the project. Peer learning was excellent when organising topics and content of sessions. As an organisation, ourselves, partners and service users gained greater insight into the role of the pharmacist and gained valuable skills from their sessions"

"Participants in our project have grown in confidence both socially interacting with others and in how to obtain help for themselves. By being more aware of the help available for health issues and with the direct contact with their pharmacist many barriers to asking questions have been dissolved"

"Our participants have a much broader awareness of the types of health and well-being support available, this has been achieved through our partnerships with local statutory agencies and community/voluntary sector. The group are much better informed about what their local pharmacy can offer and have become much more confident about talking over their health concerns with the pharmacist"

"Some young people were not aware of PIPS services, Gum Clinic location and times for appointments or Start 360 services alcohol and drug services. Other young people were not aware that you don't have to go to the GP to get emergency contraception or how they access the contraceptive pill"

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Manifesto Launch

Manifesto 2015 - 2016 was a politically important year with elections for Stormont being held in May 2015. In consultation with our members CDHN developed a manifesto to influence both politicians and decision makers during the election period but also in the next Assembly term. We launched the manifesto in the Long Gallery in Stormont.

Kieran McCarthy MLA, Charles Seaford, Director An Economy That Works, Joanne Morgan, CDHN, Meabh Poucher, CDHN.

We continue our regular policy work with our website being updated regularly with information regarding current consultations and submitting policy responses. Some of the consultations CDHN responded to are: Childcare strategy, Review of the Public Health Act

Public Health Agency / Health and Social Care Board "Involving People"

CDHN continue to co deliver the Involving People Programme with Stellar Leadership This programme brings together participants from the communtiy, voluntary and statutory sectors, to engage in a programme of action learning, focused on the benefits of engagement and community development within the health and social care sector.

Centre of Excellence for Public Health

CDHN is a key partner and vital link to the community and voluntary sector with the Centre of Excellence for Public Health (CoE). We continue to work closely with the Centre in developing closer links between the community and voluntary sector and researchers. We co-hosted an Assembly Community Connect event with the Centre to help build understanding and relationships between academia and local politicians.

CDHN continue to contribute to the Master in Public Health on the subject of Community Development.

Our connections and partnerships

CDHN feel it is important to be invoved in committees and Boards, to influence change, in organisations, in practices and in systems. Some of the committees we are involved in are:

- BME regional health and wellbeing steering group
- Integrated Care Partnerships Third sector steering group
- Making Life Better Regional Project board

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Communications and Social Media

CDHN continue to offer
FREE MEMBERSHIP

Membership

CDHN continue to offer FREE membership and we are encouraging all contacts to ensure they have signed up to our Statement of Values form. Membership is open to organisations and individuals from the community, voluntary, statutory and private sectors.

1911

Number of CDHN members

Social media

You can find us social media

facebook.com/cdhnni

@CDHNJoanne

E-Zine

Our E-zine, is sent out on a regular basis. To subscribe to the E-zine log on to: **www.cdhn.org** and enter your email address.

Website

Our website **www.cdhn.org** continues to be a fantastic resource for members. It has continued to evolve and contains an up to date bank of factsheets, presentations and reference lists. Our facebook page helps us connect better and share more information and resources with members.

Lite Bites

We produce two editions of BCPP Lite Bites and this is posted to CDHN members and over 500 pharmacies throughout NI.

We profile a minimum of four BCPP projects per edition.

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Treasurer's Report

I am pleased to present the Treasurers' report for the financial year ending March 2016. The effective financial management of CDHN has continued to ensure that the organisation remains in a sound financial position despite the challenges faced. The strategy for developing a mixed portfolio of income continues to be successful and the development of new funding opportunities will continue as the organisation pursues its vision.

The financial results demonstrate that CDHN is responding effectively in the Community and Voluntary sector. CDHN has made a financial surplus for 2016 and the CDHN Management and Board will continue to closely monitor financial performance in-year and also the outlook for future periods.

CDHN has a healthy cash flow and a reserves position that is in line with the reserves policy. The main sources of income for the year were from the Health and Social Care Board (Building Community Pharmacy Project), Big Lottery (Pathways to Health Project), DHSSPS Revenue Grant, CDHN earned income and some smaller projects (funded by Queens Centre of Excellence, Inspiring Impact, Public Health Agency (CLEAR project), Health and Social Care Board ("health +" training workshop)).

While delivering short term projects in parallel with long term projects, CDHN will continue to pursue opportunities for longer-term earned income and programmes, which will benefit our members and help to achieve our mission. In doing so, the Board will continue to support CDHN in managing its finances and seek out opportunities in a difficult and changing funding environment.

Finally, I would like to thank the staff who have managed and administered the finances of CDHN on behalf of the Board. Their efforts are an important contribution to the ongoing strategic development of CDHN and the achievement of its mission.

Patrick McMeekin
January 2017

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Balance Sheet

Balance Sheet as at 31 March 2016	Notes	2016	2015
		£	£
Fixed assets			
Tangible assets	4	1,384	4,427
Current assets			
Debtors	5	17,178	19,551
Cash at bank & in hand		185,936	195,508
		203,114	215,059
Creditors: amounts falling due within one year	6	(25,704)	(49,307)
Net current assets		177.410	165.752
Total assets less current liabilities		178,794	170,179
Net assets		178,794	170,179
Funds	10		
Restricted revenue reserves		(586)	(2,484)
Unrestricted revenue reserves		179,380	172,663
		178,794	170,179

These financial statements have been prepared in accordance with the special provisions relating to small companies within Part 15 of the Companies Act 2006 and the Financial Reporting Standard for Smaller Entities (effective January 2015) relating to small companies.

The financial statements were approved by the Board and signed on its behalf:

Patrick McMeekin
Director and Treasurer P. McMeekin

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CDHN Board and Staff

Board Members 2015 – 2016

Ms Karen Collins *(Chairperson)*
Ms Elaine O'Doherty *(Vice Chairperson)*
Mr Patrick McMeekin *(Treasurer)*
Mr Arfawn Yasin
Ms Ruth Fleming
Mr Liam Hannaway
Ms Caroline Bloomfield
Ms Angela Denvir
Ms Jonna Monaghan
Mr Sheelin McKeagney
Ms Laura Feeney
Mrs Joanne Morgan *(Secretary)*

Staff Members at 31st December 2016

Joanne Morgan *Director*
Caroline McNulty *CDHN Administrator*
Mary Jones Finance Manager
Sharon Kennon Finance Officer / *BCPP Administrator*
Kathy Martin *Strategic Impact Manager*
Jenny Hanna *Training Manager*
Mary O'Hagan *BCPP Financial Monitoring Officer*
Laura Harper *BCPP Evaluation & Support Officer*
Helen McNamee *BCPP Evaluation & Support Officer*
Kerry Farrell BCPP *Information Officer*
Paula Clarke BCPP *Information Officer*
Meabh Poacher *Policy & Project Officer*

CDHN Volunteers

We would like to thank **Phyllis Hanratty** and **Abigail Foran** for all their hard work and dedication.

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The Centre of Excellence for Public Health Northern Ireland
Department of Health, Social Services and Public Safety
HSC Health and Social Care Board
LOTTERY FUNDED
HSC Public Health Agency
Pathways to health
Rural Community Network
Queen's University Belfast