



Vol 10, Issue 14, October 2014

Welcome to 'Health Bytes', the Community Development and Health Network's bi-monthly information bulletin.

We welcome contributions from our members on upcoming events, research, launches and projects in the Community Development and Health field.

We hope that the information contained herein reflects the rich and diverse activities of our members so please email E: ruthmurphy@cdhn.org and let us know what you are up to.

FUNDING NEWS....

The Community Development and Health Network (CDHN) has opened its latest round of funding for Building the Community-Pharmacy Partnership (BCPP).

BCPP is about local communities and pharmacists working in partnership to identify and tackle local health needs using a community development approach, with a focus on addressing health inequalities.

This funding is for those who have planned to work in partnership on a project that will address a range of issues. There will be clear aims and objectives and a plan of work that will respond to locally identified needs and the needs of the target group. This community-pharmacy partnership will be core to the planning, delivery and evaluation of the project. This partnership will also seek to connect with other relevant organisations.

Grants of up to £10,000 will be awarded for projects that can last for a maximum of 2 years. The closing date for Level 2 funding is Thursday 13th November 2014 at 4pm. Download your application form at www.cdhn.org/bcpp

Joanne Morgan, Director update...

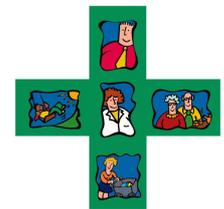
Here we are in the middle of Autumn already, and it is shaping up to be a busy and frustrating few months. As the Executive struggles to negotiate their way around Welfare Reform and the budget crisis, the impact on the community and voluntary sector is potentially devastating. Already many groups are seeing their funding allocations frozen, reduced and stopped. Yet we have an ever increasing focus on preventative and proactive action to address health inequalities in partnership with communities - essential work that must be resourced and supported! We want to hear from you on this issue - if your organisation is being affected by budget cuts, let us know! Contact Joanne on 02830264606 or email: joannemorgan@cdhn.org



COMMUNITY DEVELOPMENT
AND HEALTH NETWORK

Building the Community Pharmacy Partnership (BCPP) update...

We recently brought CDHN members together to hear how some of our BCPP projects have engaged with their local communities. The 'How Engaging?' event showcased three projects - Bogside and Brandywell Health Forum, Carrick YMCA and Ballee Pharmacy, Ballymena. Feedback from the day was so positive with attendees saying that the session was very enlightening and they really appreciated the opportunity to hear first-hand about some of the fantastic work that is taking place at a grass roots level. We would like to thank our speakers again as they really helped our members to understand engagement and realise that it doesn't have to be complicated.



Pathways to Health Training update...

We are delighted that our new Community Health Champions training is now accredited by OCN. We have delivered the first accredited programme to 13 volunteers and workers in Ballymena. The group were also the first to complete our accredited Group Work Skills programme. Congratulations to all involved. We are looking forward to the next delivery in Newry in a couple of weeks time.

The feedback from the training has been very positive. Here are some things participants said they will do differently as a result...

- ⇒ Learn to use my leadership better, learnt different ways to engage my community.
- ⇒ Be more confident to engage and be involved. Feel I now have skills that can contribute and hold value.
- ⇒ Respecting other people's views, no assumptions or judgements about what others want.

For more information on CHC training, Group Work Skills or Pathways to Health Training contact Kathy or Jenny on 028 3026 4606.



Exciting,
innovative and
unique new
service for Breast, Prostate,
Bowel or Gynae related cancer
patients.



If you have experienced one of these cancers, we would really value your views to develop Action Cancers Peer Mentoring Programme.

This support service will provide individuals who have been diagnosed with cancer, the opportunity to learn from those who have recovered or rehabilitated following such an experience.

To ensure this service is effective and relevant to the needs of our potential clients, we are inviting you to participate in a focus group at Action Cancer House on Tuesday 11th November 2014 from 6.00 p.m. to 7.30 p.m.

If you would be able to attend this group or indeed if you would like to be considered as a Peer Mentor, please contact Elizabeth Boyd, Services Support Officer on 028 9080 3355 or eboyd@actioncancer.org

Ulster GAA 2014 Health & Wellbeing Conference
'Sláinte is Táinte – Health is Wealth' will take place in the Ramada Plaza Hotel Belfast on Saturday 8th November from 9:00am-3:30pm.

The conference, once again sponsored by The Irish News, is the pinnacle event in the Ulster GAA's Community Development calendar and attracts 300 GAA Club volunteers from across the Province each year. Now in its 6th year we are delighted to position health as the focus of this year's event having undertaken an immense amount of work in the area in recent years. Registration is now open for this conference.

To register or for more information email conference.ulster@gaa.ie or T: Fionntan O'Dowd on 028 3751 7180



As winter draws in... some numbers to keep close by...

Flooding Incident Line—0300 2000 100
Northern Ireland Electricity—0845 7643 643
Phoenix Natural Gas— 0845 9005 253
Firmus Energy—0845 6080 088
Northern Ireland Water—0845 7440 088
NI Housing Executive—0344 8920 901



Five ways to Wellbeing – Men's Health Seminar...

11th November 2014, La Mon House Hotel

This event is aimed at men or anyone working with men and will focus on the 'Five Ways to Wellbeing' to improve health and wellbeing. We also hope to generate interest in forming a Men's Health Forum within the Trust to take forward future men's health initiatives.

We all have a sense of when we are mentally and physically well. But sometimes we need a gentle nudge to look after ourselves to keep well. By adopting the 'Five ways to Wellbeing' we can take responsibility for maintaining good mental health and wellbeing.

The Five Ways to Wellbeing are:

Connect, Keep Learning, Be active, Take Notice, Give

During the Seminar we will have a range expert speakers focusing on each of these 5 ways.

Connect – Men's Sheds – Bill Lockhard

Keep learning – 'Sing tonicity' – Siobhan Heaney

Be Active - Men and Sport – Dr Margaret Mary Meade

Take notice – Mindfulness – Frank Liddy

Volunteering – Sonia Duffy

To book a place contact Carol Brown on T: 028 9151 0275 or email Carol.brown@setrust.hscni.net

Train the Trainer Course...

Are you working with clients with a Long Term Condition?

Want to teach them how to manage their condition better and reduce readmissions?

Managing the Challenge Train the Trainer Course is for you!
8th, 9th, 11th, 12th December (Full Days) Fir Trees Hotel, Strabane

AMH in partnership with the WHSCT will be providing a 'Train the Trainer' Course for the Stanford Self Management Programme (Managing the Challenge) in the Fir Trees Hotel, Strabane.

There is no charge for attending this training course.

Attendance at this course will enable you to deliver the Managing the Challenge Course to your patient / client group. Those trained will be required to deliver a minimum of 2 courses per year in their local area (Course delivery : 1 x 3 hour session per week over a 6 week period).

To book your place or for more information please contact Programme Co-ordinator Gemma Rankin on 07545 206 367 or email grankin@amh.org.uk for more information



*Newry & Mourne Citizens Advice Bureau:
Working in the Community for the Community...*



Citizens Advice, based in Ballybot House, Newry, provides advice to people on the problems they face while also improving the policies and practices that affect people's lives. The advice provided is free, confidential and impartial and we deal with a wide range of matters including Debt, Benefit Issues, Employment, Consumer, Housing, Immigration and Relationship Breakdown.

Many in our Community find that Citizens Advice is the safety net in getting the help they need and often we are the first point of contact for people in our Community and if we can't provide the support they need, we will refer & signpost to other Organisations.

We provide the advice using a number of methods - Telephone advice, Face to Face, Email advice and we have a number of Outreach Clinics across rural South Down & South Armagh.

If you need any information about accessing the service, please contact us on T: 028 3026 2934 or log onto our Web Site www.newrycab.co.uk

*Direct Payment Awareness Opportunities
Available Through CILNI...*



Centre for Independent Living N.I. (CILNI) is an organisation run by disabled people for disabled people.

We work to promote the principles of independent living and, in particular, to provide a range of services for people using or considering using Direct Payments.

A Direct Payment is an amount of money that someone, who requires support from their local Health and Social Care Trust, may be able to get instead of using traditional services (such as domiciliary staff, home-help, day centre, respite etc). It enables people to arrange their own support in a way that suits them best. Many people using Direct Payments experience greater choice and control - they choose who works for them, when they work and what they do.

Most people use their Direct Payments to directly employ their own Personal Assistants (PAs). Becoming an employer can be a daunting thought for most people but CILNI can assist you throughout the process and on an on-going basis.

For more information, visit www.cilni.org or contact Deena Nimick on T: 028 9064 8546 or E: deena@cilni.org

Charity Commission for Northern Ireland...



Northern Ireland's charity regulator has urged organisations applying for charity registration to use the registration support available – or risk having their application rejected.

The Commission, which began compulsory registration in Northern Ireland for the first time in December last year, issued the warning as it draws closer to meeting the milestone of 500 charities registered.

The Commission's online support, available on www.charitycommissionni.org.uk

For more information please contact Shirley Kernan, Charity Commission for Northern Ireland Communications Officer T: 028 3832 0169 or E: shirley.kernan@charitycommissionni.org.uk

*Promoting
evidence-led
policy and
law-making within
Northern Ireland...*



The Knowledge Exchange Seminar Series (KESS) is the first of its kind in the UK, formally partnering a legislative arm of government – the Assembly - with academia.

Aiming to encourage debate and improve understanding, KESS provides a forum to present and disseminate research findings in a straightforward format, across the Programme for Government; making those findings easily accessible to decision-makers such as MLAs and Assembly committees, as well as the wider public sector.

The series presents networking opportunities, attracting a broad spectrum of attendees.

Seminars are **free** and are held from **5 November 2014 - 24 June 2015** Each seminar starts at **1.30pm in Parliament Buildings**, located on Stormont Estate. Anyone wishing to register for a seminar should email raise@niassembly.gov.uk

*Review of Service Provision for
Men Aged 50+ in Belfast ...*

Friday 26th September 2014 saw the launch of a report which examines service provision for men aged 50+ in the greater-Belfast area.

This research was undertaken by a team from Queen's University Belfast on behalf of the Older Men's Steering Group within Age Partnership Belfast.

The research sought to: (i) review the extent and impact of current community, voluntary, statutory or private sector services which are aimed at combating social isolation among men in the Belfast area, and (ii) identify how these services are meeting current need, and ways in which they may be developed to meet future requirements.

The report is now available online at: www.volunteernow.co.uk/fs/doc/publications/men-aged-50-final-report.pdf

Community Health Champions (OCN accredited)



“Health for all will be achieved by people themselves. A well informed, well-motivated and actively participating community is a key element for the attainment of the common goal.” (World Health Organisation)

CDHN has developed and delivered the first Community Health Champions programme in NI. 13 people working and volunteering in the Northern Trust area completed the accredited training in Ballymena last week.

The training has been designed for people who are working or volunteering to improve the health and well being of their local community. Community Health Champions are individuals who possess the experience, enthusiasm and skills to encourage and support other individuals to engage in health promotion activities. They also ensure that the health issues facing communities remain high on the agenda of organisations that can effect change.

CDHN training is based on a community empowerment model and underpinned by the belief that everyone has the potential to implement change and have a positive impact on individual and community health.

‘How do people (who have been ground down by unemployment, low wages, bad housing, poor diet etc) begin to participate in policy making and to look at their needs, not on solutions imposed from the outside?’ (Jones, 1992)

Community Health Champions will bring people together to create the conditions where they can make and sustain health changes and where they can be active participants and engage with others who are facing similar problems.

“Improving health literacy aims to influence not only individual lifestyle decisions about treatment and self-care, but also **raise awareness of the determinants of health, and encourage individual and collective actions – at all levels of society- which may lead to a modification of these determinants.**” (Making Life Better, 2014)

Key characteristics of Community Health Champions:

There is sufficient evidence internationally and nationally to demonstrate the positive impact of lay health workers and volunteers on tackling health issues.

- ⇒ Health Champions must be recruited from the communities in which they will work and be community based and community focused – communities may nominate or identify
- ⇒ Health Champions have the potential to be a fantastic resource for public health. To maximise this potential the power dynamics need to be addressed
- ⇒ Health Champions will adopt a social model of health approach and work with communities to identify and address the root causes of health inequalities
- ⇒ Health Champions role will be proactive and engaging with local communities, community and voluntary groups and providers of services
- ⇒ Health Champions will act as a voice for those most marginalised and effected by health inequalities
- ⇒ Health Champions can, and will, work with individuals but the focus of their work should always be as part of the bigger picture
- ⇒ Health Champions work will be underpinned by the values of community development
- ⇒ This work will bring extra personal and social benefits for the Health Champion volunteers themselves
- ⇒ Health Champions will need on-going support in their role. This should include on-going training and a networking element that facilitates peer support

Learning Objectives of Community Health Champion Training

1. The training will ensure that participants understand the social model of health and how social determinants affect health both directly and indirectly
2. Participants will be challenged to explore their personal values and to reflect on what qualities and resources they bring to their new role
3. Participants will understand the values and principles of community development and its effectiveness in tackling health inequalities
4. Participants will gain an understanding into the benefits of working collaboratively
5. Participants will feel confident to use their knowledge and life experience within the role

For more information on this or any of our training programmes email kathymartin@cdhn.org

Consultations



Consultation on the draft bicycle strategy Department of Regional Development, open until 21st November 2014

<http://www.drdni.gov.uk/index/publications/publications-details.htm?docid=9903>

Consultation on abortion legislation, open until 17th January 2015. Department of Justice

<http://www.dojni.gov.uk/index/public-consultations/current-consultations/consultation-on-abortion-2014.htm>

Consultation on a strategy for Health and Social Care Research and Development in Northern Ireland.

Open until 5th January 2015. Department of Health, Social Service and Public Safety

<http://www.dhsspsni.gov.uk/showconsultations?txtid=73729>

Consultation on Draft Local Government (community planning partners) Order 2015

Open until 12th December 2014. Department of the Environment.

http://www.doeni.gov.uk/consultation_document_-

[the_draft_local_government_community_planning_partners_order_ni_2015.pdf](http://www.doeni.gov.uk/consultation_document_-the_draft_local_government_community_planning_partners_order_ni_2015.pdf)

Reading



Below are links to websites which will help you understand and respond to the consultation on Local Government arrangements for community planning partners.

Community Planning Foundation Programme (Department of Environment) - http://www.doeni.gov.uk/community_planning_foundation_programme_-_oct_2013.pdf

Community Places have developed a toolkit to support those undertaking community planning - <http://www.communityplaces.info/news/community-planning-toolkit-launched>.

Sustainable NI provide an example of community planning -

<http://www.sustainableni.org/our-activities/community-planning/index.php>

Changes in the Assembly

There has been some movement in the Assembly recently with Edwin Poots being replaced as Minister for Health, Social Services and Public Safety by Jim Wells. Mervyn Storey has taken up the position of Minister for Social Development, replacing Nelson McCausland.

This has meant changes to committee membership.

Michelle McIlveen has taken on the role of Chairperson for the Committee for Education.

Paula Bradley is Chairperson for the Committee for Health, Social Services and Public Safety.

Nelson Mc Causland has taken up the position of Chairperson for the Committee for Culture, Arts and Leisure.

Trevor Clarke is now Chairperson for the Committee for Regional Development.

Sue Ramsay MLA, has resigned and this will come into effect on 3rd November.

Speaker of the House Wille Hay has left his post.

Assembly Community Connect works to enhance connections between the Assembly and the Community and Voluntary sector through education and outreach. For further information go to <http://www.niassembly.gov.uk/Visit-and-Learning/Connecting-With-Community/>