



**Community Development
& Health Network**

**ANNUAL REPORT
2018-19**

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Chairperson's Report

Over the past 25 years, CDHN has worked endlessly to ensure that people and communities are at the heart of systems, policy and practice so that our society becomes a place which protects and promotes health and equality. It is unfair that for some people, their health experiences and quality of life are hugely different and determined by the social conditions they are born into and grow up within. This has driven the need for organisations like CDHN to address this social injustice and the largely avoidable health inequalities within our society.

This year marks CDHN's 25th year of working within local communities to equip people with the knowledge, skills and tools for action to ensure a reduction in health inequalities through excellent community development practice. This has not been without its challenges such as the political impasse at Stormont and the current economic climate, with more communities than ever facing poverty and disadvantage.

Creating the conditions for people to thrive is, and continues to be, a core aspect of CDHN's work throughout Northern Ireland. We believe community development remains the most effective way of addressing these largely

avoidable differences. CDHN continues to provide policy, practice and financial support within local communities.

As Chairperson, I am delighted and proud to be a part of an organisation that seeks to 'take action' against the avoidable health inequalities that blight our society. I would like to formally thank the CDHN Board, staff and membership for all their hard work and support during the past year. In particular, I would like to thank my fellow Board members for their invaluable support particularly Sheelin McKeagney, Vice Chair and Patrick McMeekin, Treasurer.

I wish to thank all of our funders for their ongoing financial support enabling CDHN staff to continue to provide high quality and sustainable support to our membership who are an inspiration in their unwavering dedication and commitment to ending health inequalities for those living in some of our most marginalised communities.



Laura Feeney
Chairperson

Director's Report

“Why treat people and then send them back to the conditions that made them sick?” When I first heard Sir Michael Marmot say these words, it was a real lightbulb moment. All the concepts I had been struggling to articulate were captured in one simple sentence. A sentence so sensible and logical that it really makes me wonder why we, as a society, fail to fully grasp its meaning and act.

Yet, here we are 25 years on and the theme of our AGM is “Inequality Still Matters” because we are still sending people back to the conditions that made them sick. We are still focusing on changing their behaviour instead of understanding and dealing with the root causes.

CDHN was set up 25 years ago to be a voice for communities, to advocate for community development as a powerful tool in understanding and taking action on root causes of inequality. It is a focus that we have never lost and a message that we continue to uphold. We have a vibrant, experienced and engaged membership who provide us with insights and examples of how their work changes lives.

Following a very tough year for the organisation, this year has helped us regain a more stable footing. We were successful in attracting new funding for major programmes such as the Elevate Capacity Building Programme and the Self Care Pharmacy for Minor Ailments project alongside smaller pieces of work. We were thrilled to have been awarded the Elevate contract from the Public Health Agency as it represents the core work of

the organisation – building on and developing skills to reduce health inequalities through community development. Equally we are delighted to be delivering the Self Care project which also provides us with an opportunity to engage with people in new ways, using a design thinking methodology. Our BCPP Programme, now in its 18th year, has gone from strength to strength and is a longstanding and credible example of community development in practice with a clear emphasis on sharing expertise and lived experiences between health professionals and local communities, leading to improved health for all.

This year, we represented CDHN's membership at a wide range of conferences where we shared our experiences and examples of great practice. We continued to connect with our membership through networking events, seminars and workshops. Social media continues to be an excellent platform for the sharing of news and experiences and we continue to use Facebook, Twitter and our ezine as our main sources of connection.

As ever the CDHN Board, chaired by Laura Feeney, provides invaluable support to me and to the rest of the team and I would like to extend a sincere word of thanks to them for their continued faith in us. I would also like to thank the CDHN staff team and our volunteer, Phyllis Hanratty, for their hard work, determination and commitment to the work of the organisation.



Joanne Morgan
Director

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.

Strategic Aim 1: Release capacity to improve people's lives

Building the Community – Pharmacy Partnership (BCPP) Programme

CDHN has delivered the BCPP Programme since 2001 and, this year, was successful in securing the tender from HSCB to deliver the Programme for a further three years. During this year, the team carried out a complete review of BCPP. As a result of this review, a new BCPP aim, outcomes, model and evaluation framework were developed and the application, monitoring and evaluation processes streamlined. These changes have made it easier for grant applicants and grant holders to secure funding and meet evaluation and monitoring requirements. The changes also help CDHN manage the Programme more effectively and enable us to clearly demonstrate the impact of the Programme and how it meets current policy.



BCPP Aim

Bring pharmacy and community together to reduce health inequalities using an asset-based community development approach.

BCPP Model



Total BCCP funding amount in £ by Health and Social Care Trust Area over the last year

Belfast

£24,000

Northern

£86,000

South Eastern

£14,000

Southern

£116,000

Western

£20,000

Total

£260,000



Finance and Evaluation Training

The BCPP team delivered Finance and Evaluation training twice during the year to a total of 51 people. This training ensured all new projects were comfortable and confident with the requirements of their funding agreement. In addition, these events were a great networking opportunity for groups.

Funding Workshops

The BCPP team hosted five funding workshops across Northern Ireland to promote the programme and reach new groups. These were well attended and gave people an opportunity to hear more about the BCPP programme and obtain feedback on project ideas.



University Engagement

CDHN continues to share the learning from BCPP by delivering lectures to pharmacy university students in Queen's University, Belfast and Ulster University. We also delivered a workshop in Ulster University with support from Kevin McDevitt, a Pharmacist in Crossin's Chemist who has been involved in several BCPP projects over the years.

CDHN was delighted to be asked to deliver two sessions as part of the Social Work and Community Development Approaches PG Dip. This Programme is led by Fergal O'Brien, Programme Coordinator, through the University of Ulster and provides Social Workers with a great opportunity to critically reflect on their own community development knowledge and understanding, whilst adding to their already excellent skill sets.

Community Development Capacity Building Programme

CDHN was delighted to win the Public Health Agency tender to deliver the Community Development Capacity Building Programme. The initial development of this Northern Ireland wide training and support programme commenced in March 2019 and will be fully implemented by end March 2020.



'Planning for Change' Training

CDHN was funded by the Public Health Agency (PHA) to deliver a 'Planning for Change' training programme. We worked in partnership with CENI (Community Evaluation Northern Ireland) to deliver this two-day programme which encompassed community development approaches to reducing health inequalities and measuring and articulating impact.

Join the Dots – The Role Of Primary Care In Tackling Health Inequalities

Building Change Trust awarded CDHN a grant to use a social innovation approach to explore the role of primary care in tackling health inequalities in Northern Ireland. In total, insights were gathered from over 30 health professionals including GPs, Social Workers, Pharmacists and District Nurses. A number of key themes were identified and using a design thinking methodology, CDHN facilitated a cross discipline group to come up with innovative solutions to challenges they face. This exciting piece of work was completed in November 2018 with the production of a reflective report.

Project Echo

As part of CDHN's involvement in IMPACT Agewell, the organisation was invited to be part of their Project ECHO network and delivered three workshops on Social Determinants of Health, Health Literacy and Assets Approaches.

'What Works' Networking Events

Funded by the Public Health Agency, CDHN delivered five 'What Works' events across Northern Ireland which took place in partnership with Bogside and Brandywell, L'Derry/Derry; Breakthru, Dungannon; Resurgam Trust, Lisburn; Carlisle House, Belfast; and MEAAP Ballymena. The events provided participants with an opportunity to hear about the evidence base for reducing health inequalities and then reflect on their own practice and other practice they have observed that works.



Involving People

CDHN's partnership with Stellar Leadership continued as the team delivered the participation and facilitation skills elements of this HSCB funded training programme.

Health Literacy

CDHN, in partnership with Belfast Healthy Cities (BHC), delivered 'Health Literacy Communication Skills for Health Professionals' training. This year CDHN co-delivered this programme with BHC to:

- Integrated Care Partnerships (ICPs) through the HSCB funded initiative, Making Every Contact Count (MECC) - 14 sessions delivered to health professionals at locations across NI.
- Pharmacists, pharmacy technicians and pharmacy wellbeing advisors as part of Northern Ireland Centre for Pharmacy and Learning Development (NICPLD) Education Programme in three locations.
- Health professionals in Port Talbot on behalf of NHS Wales over two days.
- Dentists in Northern Ireland as part of Northern Ireland Medical and Dental Training Agency (NIMDT) training programmes.

We also delivered bespoke training sessions on Health Literacy to pharmacists through Project ECHO and to Pre-reg Pharmacists through the Ulster Chemists' Association (UCA). CDHN continues to input into the Health Literacy Working Group hosted by Belfast Healthy Cities.



Self-Care Pharmacy Project

CDHN was delighted to be funded by Health and Social Care Board (HSCB) to deliver the Self-Care Pharmacy project which aims to improve the knowledge and understanding of self-care for minor ailments through a health literacy approach.

The project is part of a strategy from the Department of Health to put pharmacy first and support self-care for minor ailments. The first part of the project is a series of collaborative community workshops, the second is the development and delivery of health literacy training for community leaders and community groups and the final part is Design Thinking. Design Thinking provides a unique opportunity for GPs, GP practice staff, Pharmacy staff and Emergency Department staff to provide their views and come together with people from the community to develop solutions to improve health literacy and increase people's capacity to self-care for minor ailments.



Training needs analysis of the District Electoral Area (DEA) – Newry Mourne and Down District Council (NMDDC)

CDHN was awarded a tender from NMDDC under the Building Positive Relations theme of PEACE IV to complete a Training Needs Analysis (TNA) of the District Electoral Area (DEA) Forum members. A multiple method approach was used to conduct the TNA. This included desk research, meetings with DEA Co-ordinators, a DEA member survey, workshops in each of the seven DEA areas and a whole district workshop. A final report was written which identified 10 priority training needs with three interconnecting themes.

Strategic Aim 2: Influence change towards a fairer and more equal society

Resurgam Strategic Advisory Group

CDHN continued to participate in the Resurgam Trust Strategic Advisory Group which meets quarterly to help shape the direction of the organisation. Resurgam is a Development Trust deeply rooted in both community development and action across social determinants. Some of their core areas of work are: Education & Employment; Community Development; Youth Provision; Social Enterprise; Community Safety; Health & Wellbeing; and Early Intervention.



IMPACTAgewell®

The CDHN Director was delighted to continue chairing the Strategic Hub for this innovative and ground-breaking model of support for older people in the Mid and East Antrim area. The Strategic Hub hosts approximately 30 partners each quarter who are involved in the direction and delivery of the project including GPs, Pharmacists, Social Workers and Local Government officials as well as the PHA and HSCB. The project has been awarded almost £1million from Dunhill Medical Trust with action learning evaluation being supported by SCIE and York Consulting.



Community Development Workstream

In January 2017, the PHA established an HSC Transformation Community Development Workstream with a view to developing a framework to guide the work of the HSC and the community and voluntary sector. In June 2018, the Workstream formally launched the 'Expansion of Community Development Approaches' Framework and in September, the Innovation and Implementation Board (IIB) began the business of putting the Framework into action. CDHN continues to be an important partner in this work and the IIB continues to be an important platform to present and represent the views and experiences of our membership. CDHN was also delighted to co-host the bi-annual Community Development Conference with the Public Health Agency where CDHN was formally introduced as the delivery agent for the Capacity Building Programme. CDHN member group 'The Right Key' performed for all the delegates – a memorable end to a memorable conference.

NUI Galway

CDHN Director was keynote speaker at the NUI Galway Annual Health Promotion Conference in June. The theme of the conference was 'Participation and Empowerment for Health Service Users: Strengthening the Circle'.



International Social Prescribing Conference

CDHN was delighted to represent IMPACTAgewell at the first international Social Prescribing Conference in Salford University where the Director gave a joint presentation on the IMPACTAgewell model along with Social Care Institute for Excellence (SCIE).

Integrated Care Partnership (ICP) Third Sector Conference

CDHN presented at the ICP Third Sector conference on the theme of Health Literacy and Self Care to a packed audience. This was a great opportunity to share CDHN's work on Health Literacy.

NI Social Prescribing Conference

CDHN's Director was asked to speak at the HSCB hosted Social Prescribing Conference in Craigavon Civic Centre. With over 120 participants, it was another useful platform to share CDHN's work and insights.

End of Centre of Excellence for Public Health

This year also saw the end of the Centre of Excellence for Public Health at Queens' in which CDHN had been a main partner for 10 years. The Centre provided an opportunity for the community and voluntary sector to engage the academic sector in a bid to better understand inequality and create a solid evidence base for what works. CDHN has collaborated with the Centre over these 10 years, made a host of connections and was provided with many opportunities to better understand the role of evidence in reducing health inequalities.



Health+ Alliance Training

CDHN continued to deliver training on community development and health inequalities to Pharmacists and Wellbeing Advisors as part of the Health+ accreditation process.

Influencing Role

CDHN is represented on several groups as follows:

- Medicines Optimisation Steering Group (*Department of Health*)
- Medicines Optimisation Innovation Workstream (*Department of Health*)
- Medicines Optimisation Regional Efficiency Working Group (*Department of Health*)
- MORE joint improvement project - Medicines for Self-Care Conditions and Low / No Evidence Base Medicines (*Department of Health*)
- Health Literacy Working Group (*Belfast Healthy Cities*)
- European Connected Health Alliance
- Health+ Alliance
- Innovation and Implementation Board (IIB) of the PHA Community Development Workstream
- IMPACTAgewell® Strategic Hub
- Making Life Better Mid Term Review Group
- ICP Third Sector Steering Group

Awards

CDHN was pleased to be on the judging panel again for this year's Pharmacy and Focus Awards. This is a fantastic celebration of the pharmacy sector and we were thrilled to be involved.



Treasurer's Report

I am pleased to present the Treasurer's Report for the financial year ending March 2019. CDHN remains in a sound financial position despite the challenges faced over recent years with a healthy cash flow and a reserves position in line with the Reserves Policy.

For the last 25 years, CDHN has worked tirelessly to challenge and tackle health inequalities using community development methods. Having been involved in CDHN for many years, I can honestly say that the last two have stood out the most. Over these two years, there has been an increasing sense that CDHN and its community development approach have gained real traction and the organisation is now entering a new phase.

In part, this has been helped by the new(ish) approach to the Programme for Government that is far better aligned to the community development approach, focusing as it does on shaping interventions in a collaborative fashion to drive optimal outcomes. There is also an increasing appreciation that technology and data is driving rapid changes in how society operates-connecting people, providing access to information and generally making things easier and cheaper to do or access. But there are many downsides. What matters most is that organisations such as CDHN continue their work to create a 'level playing field' for all and to make greater use of data and data science techniques as they become more accessible.

The final reason that CDHN is entering into this new era is because of the sheer commitment of its staff. As a Board, we have been left in no doubt of that. The lack of an Executive since 2016 necessitated rapid and unforeseen changes within the organisation. From a funding perspective, the need to reduce reliance on core funding and become more diverse in income generation was obvious. The creativity, energy, passion and determination of CDHN staff was palpable throughout this time. It, therefore, came as a great relief when in 2019, CDHN announced a string of successes including the BCPP Programme, the Self Care Pharmacy Programme and, most recently, the Elevate Programme.

These projects have helped to put CDHN on a secure financial footing and cleared a path for greater growth and greater impact. Most importantly, this period of change has ensured that CDHN continues its work for a fairer and more equal society and to improve people's lives.



Patrick McMeekin
Treasurer

"For a seed to achieve its greatest expression, it must come completely undone. The shell cracks, its insides come out and everything changes. To someone who doesn't understand growth, it would look like complete destruction"

Cynthia Occelli

Balance Sheet

Northern Ireland Community Development Health Network Ltd

Balance Sheet
as at 31 March 2019

	2019 £	£	Restated 2018 £
Fixed assets			
Tangible assets	4,266		3,002
Current assets			
Debtors	60,544		266,025
Cash at bank & in hand	<u>280,292</u>		<u>57,625</u>
	340,836		323,650
Creditors: amounts falling due within one year	(170,737)		(166,001)
Net current assets		170,099	157,649
Total assets less current liabilities		174,365	160,651
Long term liabilities			
Provisions		(43,442)	(43,442)
Net assets		<u>130,923</u>	<u>117,209</u>
The funds of the charity:			
Restricted funds		-	-
Unrestricted funds		<u>130,923</u>	<u>117,209</u>
		130,923	117,209

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 Charities SORP (FRS102).

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

Patrick McMeekin
Director & Treasurer

Date: 12/11/2019

Company Number:
NIO34114 (Northern Ireland)

CDHN Board and Staff



Board Members 2018 – 2019

Laura Feeney (*Chairperson*)
Patrick McMeekin (*Treasurer*)
Sheelin McKeagney (*Vice Chairperson*)
Arfawn Yasin
Liam Hannaway

Staff Members at 31st March 2019

Joanne Morgan, *Director*
Kathy Martin, *Strategic Impact Manager*
Mary O'Hagan, *Financial & Monitoring Officer, BCPP*
Laura Harper, *Evaluation & Support Officer, BCPP*
Helen McNamee, *Project Manager, Self-Care Pharmacy*
Patricia Harte, *Training Officer, Self-Care Pharmacy*
Mary McDonald, *Administrator*
Linda Rogers, *Communications Officer*

Volunteer

We would like to thank Phyllis Hanratty for all her hard work and dedication.

Contact Us

 028 3026 4606

 bcpp@cdhn.org

 www.cdhn.org

