

# BCPP NEWS

This newsletter is brought to you by Community Development and Health Network (CDHN)



## TED CLARKE MEMORIAL TRUST AND ANDERSON'S PHARMACY, PORTADOWN

### EMPOWERING OUR YOUNG PEOPLE

Ted Clarke Memorial Trust was established in 2013 and works around the areas of community, health & wellbeing, sport and education in collaboration with other key community organisations.

The Trust and Anderson's Pharmacy applied for a Level 2 BCPP grant of £10,000 to work with Portadown Football Club Youth. The project focused on two groups - teenage boys and teenage girls – with eight weekly sessions planned for each group around health and wellbeing issues.

Promoting this project as an integral part of football training encouraged really good participation. Open to all ethnic and religious backgrounds, the Trust worked with coaches who encouraged attendance and promoted the programme.

Working in consultation with the teenagers to design the content of the sessions, the Pharmacist, Elizabeth Ruddell, explored the matters relevant to them. The project focused on issues such as mental health, suicide prevention,



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alcohol, drug awareness, internet safety and women's health. On one of the sessions, the PSNI came in to talk to the group about internet safety. The teenagers learnt about important and topical issues such as the dangers of social media, online gaming and cyber bullying. Another session was spent discussing mental health with AWARE NI, such an important topic in today's society with suicide rates in Northern Ireland higher than ever and with 68% of today's younger generation feeling under pressure, stressed or depressed.

The Community Pharmacist is in an ideal position to help develop better self esteem and confidence and empower the young people to feel more confident about asking for help. Through the project, the Pharmacist gained more insight into particular issues and needs of the teenagers and learnt what was important to them, both in the context of health and personally. Some of the challenges were keeping sessions interactive and relevant to a teenage group. Timing is everything when planning a project such as this one, it coincided not only with school exams but also their preparation for the Super Cup! Though we were delighted that the boys made every effort to attend despite conflicting priorities.

The girls enthusiastically (perhaps too enthusiastically) undertook a self defence class while the boys explored the dangers of smoking, vaping, nicotine and alcohol in two of their sessions. They had great fun getting their carbon monoxide levels measured, especially when the Pharmacist's meter played up and she thought they were all smokers – a test the next week thankfully proved otherwise! When discussing alcohol, the group worked out the unit value for various drinks, the fact that a single bottle of Buckfast contains the adult unit allowance for a full week had an enormous impact on the boys.



One participant told us that he really enjoyed the BCPP sessions saying 'They really helped me with my diet and also helped with my understanding of my body and how it functions. The knowledge I gained from Elizabeth actually helped me with understanding PE and Biology subjects in school. I found the activities very enjoyable and Elizabeth was so easy to talk to if I had any questions.'

Another participant said 'The BCPP course delivered by Elizabeth, the Pharmacist, was enjoyed by all of us. It definitely helped us see how we could improve our nutrition and made us more aware of online risks and drug and alcohol abuse. Most importantly, we were able to learn together as a group. I would recommend the course to anyone whether they are involved in sport or not.'

Gemma Donaldson, the ladies' football coach, suffered from a bad eye infection not long after the course. Thanks to the BCPP programme, she decided to call into the pharmacy and see if they could help. The Pharmacist sent her straight to the GP and what she thought was just a sty turned out to be a very bad infection

requiring antibiotics. Without having attended the course, she says she would not have gone to the pharmacy or would have left it a lot longer!

Elizabeth Ruddell, Pharmacist, summing up her BCPP experience said ‘This BCPP project has been a valuable experience and I have really enjoyed engaging with the teenagers who do not often present in the pharmacy. The project opened up to me a whole range of voluntary and community organisations that are out there and I was impressed by the assets that we have in our area.’

### AN IMPACT...

Average rate for life satisfaction increased from 3.8 to 4.6 over the time of the boys’ project.

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I have been encouraged to see several of the participants coming in to ask for advice and help with health issues. They are now seeing Pharmacists as available, approachable and non judgemental – as well as the first port of call for health care and that is excellent for all concerned.”

Elizabeth Ruddell, Pharmacist



“ The course has been an amazing opportunity and experience for both the girls and the coaches. We gained a great insight on how to look after our health and wellbeing, as well as how to avail of support from our local pharmacies. ”

Gemma Donaldson, Ladies’ football coach

# FERMANAGH SPORTS & CULTURAL AWARENESS ASSOCIATION AND VILLAGE PHARMACY

## THE PHARMACY – AN INTEGRAL PART OF HEALTHCARE PROVISION

Fermanagh Sports & Cultural Awareness Association offers training and opportunities such as health projects and peace building activities and is based in Ballinamallard, an area of rural deprivation and isolation.

The Association had previously been awarded £2,500 for a Level One BCPP project which had a positive impact on the psychological wellbeing of the members. They then felt more knowledgeable and confident to apply for a Level Two BCPP grant of £10,000 in this round of funding.

This BCPP project worked with 14 men aged 50 plus, some of whom had mental and physical health issues along with feeling socially isolated. Due to the small number of participants and the already well-founded relationships from the previous BCPP project, the men felt safe when discussing what were sometimes very personal issues.

The sessions consisted of a range of health based seminars and activities that would help improve the health of the group members. With the understanding that poor lifestyles were responsible for a high proportion of chronic diseases, other organisations including AWARE NI, NI Chest, Heart and Stroke and Diabetes UK presented at the sessions outlining the support they could provide to the men. Sessions on healthy eating, exercise and cooking were also delivered to the group.

Through the project, the health literacy of the participants was improved as well as



their understanding of how social factors, for example, money worries, housing and stress can influence health. The sessions also made the men more confident to self manage their health. During the Programme, the Pharmacist was available for one to one support and sessions on medicines management, repeat dispensing and health checks.

The fact that there is no GP surgery in Ballinamallard reiterated the importance of the pharmacy in the area. The Pharmacist found that after being involved in BCPP projects, he has a better understanding of the context and conditions of people's lives and factors that influence health. He has also seen the pharmacy being better utilised and viewed as an integral part of healthcare provision.



### AN IMPACT...

The Pharmacist strongly agreed that as a result of the project, he has used the knowledge he gained about the lives of the participants to improve his practice.

The men who were involved in the project found that when they met and engaged with others in similar circumstances, it reduced feelings of self blame and hopelessness. The men realised they were not alone and they had support to make small changes in their health and wellbeing and the opportunity to address bigger issues together as part of the group.

John Quinn, Project Officer with Fermanagh Sports & Cultural Awareness Association, told us 'We are delighted with the support we have received from BCPP which has meant we have been able to build successfully on our Phase 1 project. The men have really benefitted from the varied workshops, both the information received and the social interaction. They feel more confident to approach Thomas and the others in the pharmacy around health issues.'

Raymond Dowdalls, owner of the Village Pharmacy, was heavily involved in planning the BCPP programme and was a key member of the project. Raymond said 'Our community pharmacy prides itself on being an integral part of the community, going to football matches together and even sharing my personal health journey with the men. The BCPP project gave us a great opportunity to interact with local people and we are now their first port of call when they have an ailment or need advice.'

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I thoroughly enjoyed the informative health talks delivered by our local Pharmacist in an informal relaxed manner. They highlighted the need for us to take ownership of our health. I feel now that it is easier to talk to Thomas, our Pharmacist and have approached him for advice many times already. ”

Project Participant

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The project has definitely helped me to engage more with the local community. I really look forward to the sessions as there is now a trust between us and everyone contributes well. I find the men will now call with me to seek help and advice. ”

Thomas Knox, Pharmacist



# OASIS CARING IN ACTION AND BOOTS THE CHEMIST

## IT'S TIME FOR THE GIRLS!

Oasis Caring in Action is a community based charity working within East Belfast and Antrim. It aims to 'Transform Lives, Transform Communities' through the provision of childcare, befriending services and community courses. The charity has a desire to see the people in those areas empowered through support, training and resources.

Oasis has been involved with the BCPP programme for many years with several previous successful projects which strengthened relationships between the Pharmacist, the project participants and the various community support organisations.

This Level 2 application for £10,000 of BCPP funding focused on working with women experiencing social isolation, mental health issues, anxiety or depression. It planned to address issues such as loneliness, depression, debt, alcohol and the demands of marginalised at risk teenagers. The aim was that the women would have a greater understanding of health and wellbeing and a more positive attitude towards their own health and that of their families. Hopefully the group would also recognise the impact of stress on their health and wellbeing and identify ways to reduce any stress.

'It's Time for the Girls' programme included six sessions delivered by external organisations as well as those delivered by the Pharmacist, Roisin Campbell, Boots the Chemist. Christians Against Poverty, Antrim worked with the ladies on the issue of debt management offering helpful money saving tips and discussing poverty. As well as introducing nature walks for exercise, the Chest, Heart and Stroke Association came in and provided advice on keeping your heart healthy alongside a practical demonstration of exercises set to music which the women really enjoyed.



Janette Rankin, Flourish NI, ran some really creative craft sessions with the women and gave an overview of the work the organisation did with women in Northern Ireland who had been trafficked. The women were so moved by this story that they decided to start putting away £1 a week each and presented £250 to Janette for the organisation. Women supporting women – the ethos of this particular programme.

Jennifer Todd, Centre Manager of Oasis, told us 'We recognise that social support networks are a significant determinant of health. Research recognises that support from families, friends and communities promote better health and the links that connect people within communities can provide a source of resilience.'

One of the ladies attending the group said she really enjoyed meeting new people. She had been dealing with depression for four years and the women really helped her get through her difficult days. The informative talks from the host of organisations who could help, along with the company and support of the group members, meant the project was a lifeline for her.

Roisin Campbell, Pharmacist, told us 'Through the BCPP



programme I have had the opportunity to engage with members of the group on a one to one basis and through group sessions and offer advice on diet, exercise and general health and well-being. The women were really engaged in the sessions and I feel this provided them with the ability to make more informed choices for improved health and well-being. I greatly enjoyed meeting the group on

a weekly basis and witnessing the friendship and support that the women offered each other.'

#### **AN IMPACT...**

Two people had not known they were entitled to certain benefits and received these as a result of the BCPP programme.

“ The BCPP programme has been an amazing success in Antrim. Many of our women are isolated and suffer from anxiety and depression. Over the year, I have seen these women blossom into more confident women who have formed their own support network, taken valuable advice from Roisin, the Pharmacist and generally improved their own mental and physical health. ”

*Jennifer Todd, Manager, Oasis*

“ The ladies' group has been a lifesaver for me. I was isolated at home as the carer for my partner and daughter. Roisin's advice helped a lot and I had started taking calcium and vitamin D3 before I broke my wrist thankfully... I feel that really helped in a quicker recovery. Going to the group helps me with fitness as I have a brisk walk on the way. I have gained so many friendships through our group and we are like a little community. I so look forward to our Thursdays. ”

*Project Participant*

# RICHMOUNT RURAL COMMUNITY ASSOCIATION AND ORCHARD PHARMACY

## THE COMMUNITY PHARMACY – AN INVALUABLE SERVICE

Richmount Rural Community Association is based in Co Armagh and is strongly committed to targeting health inequalities. This large rural area has a substantial number of people in the over 60 age group and the Association encourages people to take responsibility for their own health through various initiatives.

The Association applied for Level 2 BCPP funding in partnership with Orchard Pharmacy, Portadown to run a programme supporting the physical and mental health of the local community. The proposed programme would tackle the problem of age related social isolation and promote healthy active ageing.

A group of 15 older men and women were the target audience for this project and together with the Pharmacist, Paula Morgan, planned sessions which would focus on healthy active ageing. The group felt it was important that awareness was raised of preventative health care and conditions such as strokes, heart attacks and older age health issues. Decreased mobility, eyesight and hearing meant that older people lost confidence and some became depressed and more withdrawn and reclusive so the social aspect of the project was very important.

The Pharmacist and the group planned twenty weekly sessions which promoted self care through a better understanding of health issues.



The Alzheimer's Society and Cruse Bereavement Care offered support and guidance to the group on these key issues. One session focused on pain management techniques while another focused on osteoporosis and falls. Other sessions were around diabetes, sleep, food and mood. The group embraced Tai Chi as a movement and mindful therapy – the positive effects were the same whether they sat down or stood up when they practised.

Joe Garvey, Chairman of the Association, found the project to be very beneficial for this group of older people. Joe said 'Providing information about health and wellbeing and also being given the opportunity to ask questions and get involved in the discussions worked really well for the group. They could also speak privately to the Pharmacist and get expert advice and signposting to relevant health services. At a time when GP appointments can be limited with





little time for discussion, the community pharmacy service is invaluable – the public needs to be made more aware of this service and the BCPP programme is an engaging way to do this.’

Billy, one of the participants, said it was a brilliant project, telling us ‘I had the opportunity to enquire about health issues which I couldn’t find out about elsewhere. This pharmacy project was another one of my “keep young tickets”. It helped keep me both physically and mentally fit. I also got many tips about healthy living for someone of my age. The project was fun and enjoyable and I now intend to call with the Pharmacist when I need medical advice.’

Paula, the Pharmacist, found the programme very rewarding personally. She realised that many of the group found access to their GP difficult and appreciated having time with a healthcare advisor. Relationships were built, practical advice given and changes encouraged and made!



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What I liked about this project was the informality. We could ask questions about our health and find out more about our medications including if there is an interaction with these medications and other over the counter ones. I also liked being able to chat to the Pharmacist on a one to one basis. The group learned from each other about health issues and received information about healthy eating and diets. Overall it was such a great project. ”

Project Participant

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Working with this elderly group of men and women at Richmond directly improved their knowledge and understanding as well as encouraging and supporting a healthy lifestyle. They are really interested in learning more from our group discussions – it was a pleasure to step out of my dispensary and make a real difference by offering advice. ”

Paula Morgan, Pharmacist

### **AN IMPACT...**

Project participants were asked if they agreed that their health is usually good/ very good - after the BCPP programme, there was an increase of 36%

# WOMEN'S CENTRE DERRY AND BRADLEY'S PHARMACY

## HEATH AWARENESS PROMOTES INCLUSION (HAPI) PROGRAMME

**Women's Centre Derry aims to combat poverty and promote prosperity in disadvantaged communities through empowerment and education. The Centre provides a safe, secure and enabling environment for women and supports them to achieve their full potential.**

Along with Bradley's Pharmacy, the Women's Centre applied for BCPP Level 2 funding of £10,000 to run a Heath Awareness Promotes Inclusion (HAPI) programme. The need for this BCPP project was identified by the women – some felt isolated at home with their baby and wished to meet parents in similar situations, others wanted to avail of activities to enable them to better support their babies' health and to build positive healthy relationships with their babies. They felt that there was not any other programme in their community which brings parents together to deal with health issues and the fears they shared as parents.

The project was awarded funding and decided to work with two core groups of 15 women which included new mums, teenage mums and pregnant women. A programme of activity for each group was planned based on consultation with the women. They decided on a programme which would include sessions on financial advice, child speech and language, sleep deprivation, mental health awareness, healthy eating, nutrition and weaning.

Rachel Dunne, Pharmacist with Bradley's Pharmacy, delivered sessions around smoking cessation, managing your medications, healthy

eating and the minor ailments scheme. Dover House presented extensive financial information and advice to the women while Derry City & Strabane Council worked with the group on child safety and proofing the home for children under five. The programme included a joint parent and baby session on rhythm and rhyme to promote speech and language skills. The women also took part in a crafts session linked to reducing stress and increasing wellbeing.

Margaret Logue, Director of Women's Centre said 'Delivering the HAPI programme has been both useful and worthwhile for our Centre. Evaluation and feedback have demonstrated



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I loved meeting other mothers and learning from different experiences, finding out about the Pharmacy First programme and gaining knowledge on so many different topics such as weaning, mental health, first aid and baby development. ”

### Project Participant



that engaging with the participants and their children has made us more effective in meeting the needs of young women and mothers in our community. The programme has improved our knowledge of community pharmacy services and working with the other community support organisations has made signposting to different services much more effective. It has been wonderful to see the

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It's great to see the mums in the group get some time for themselves and make new friendships. By engaging with the group on a weekly basis, I have been able to see what topics they are interested in and this has enabled me to broaden my knowledge and branch out from my every day role in community pharmacy. ”

Rachel Dunne, Pharmacist

women in the groups grow in confidence, build relationships with each other and build a longer term relationship with the Centre too.'

The feedback from the group was excellent, one saying 'I learnt a lot and I feel like it didn't just benefit my child, but me too, I have become so much more confident'. Another said 'I did not know you could just get a consultation from the pharmacist, I always got on to my GP, now I'll definitely think about going to the pharmacy first if I am sick.'

Rachel Dunne, Pharmacist for this programme said her experience of a BCPP project with this group was a very positive one and she hoped to engage with the programme again in the future.

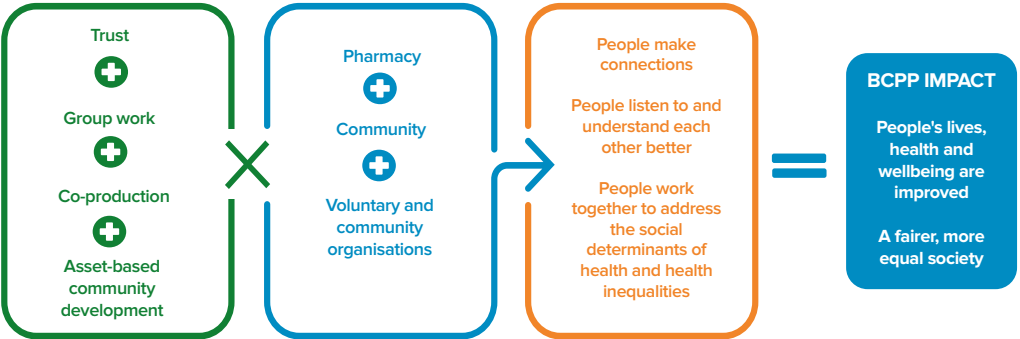
### **AN IMPACT...**

Two women from the BCPP project went on to volunteer as a result of the sessions.

# BCPP FUNDING



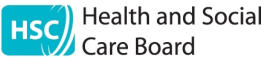
To bring pharmacy and community together  
to reduce health inequalities using an asset  
based community development approach



**LEVEL 1** funding – grant up to  
**£2,500**  
project lasting up to six months

**LEVEL 2** funding – grant up to  
**£12,000**  
project lasting up to one year

Application forms and guidance notes are available from [cdhn.org/bcpp](http://cdhn.org/bcpp) along with the closing dates for the next round of funding. If you have an idea for a project, please contact a member of the BCPP team who will be happy to guide and support you.



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