

# BCPP NEWS

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



## ASHES TO GOLD & HENDERSON'S PHARMACY

### A LIFE CHANGING PROGRAMME

Ashes to Gold provides support to the community within the Causeway Coast and Glens area with the aim of increasing their confidence, motivation and self-belief while learning new skills.

The group applied for Level Two funding from BCPP and was awarded £10,000 for this much needed project with the intention of combating loneliness and providing information and support around living better on a daily basis. The project also aimed to increase awareness of the vast number of support organisations who were available to help.

Ashes to Gold had previously worked with Pharmacist Evan Reid during a Level One BCPP project and the participants felt that the programme had been life changing. They still go to Evan for support and advice regularly demonstrating the strong relationships which were formed.

All members of the group had varying issues and came from different walks of life. Some members had experienced anxiety due to benefit changes, food poverty, health issues and addiction.



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Sessions were delivered over a number of weeks with workshops from St John's Ambulance, Cancer Focus NI, CRUSE Bereavement and other support organisations. Gardening featured as a therapy and also to support the session on healthy eating. Even with only a balcony or small garden, the participants realised how much they could grow! One of the participants was diabetic and said the programme helped him to change his life through simply learning about healthy eating. He lost over a stone in weight, does not need to use his walking aid and feels much better. What an outcome in such a short space of time!

Members of the group were very open, demonstrating the trust that had built up between each other and also between them and the Pharmacist. One participant told us *“Evan is very committed to helping his community and feels that through these sessions, he can give this help and give people hope. He has supported people through many difficult issues which were impacting on their health.”*

Alastair Christie, Programme Manager told us *“The BCPP programme allowed our clients to develop their relationship with the Pharmacist. Most of our clients have mental health issues, are lonely, lack confidence and communication skills. To see them interacting with each other, talking about their own experiences and the topic of the day with the Pharmacist proved how much they have achieved through coming to the programme.”*

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*I lacked confidence participating in groups and also dealing with a Doctor or Pharmacist. Coming to this programme has taught me how to interact with people in a group and not to feel intimidated by a Pharmacist. Evan was so easy to talk to and helped me with my medication. ”*

Project Participant

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*I really enjoyed working alongside the team at Ashes to Gold. The work that they do with vulnerable adults is invaluable. I believe as a result of BCPP and also Ashes to Gold's rapport with one of the group members who was dealing with a difficult issue, there was a positive outcome. A very worthwhile project. ”*

Evan Reid, Pharmacist



# CENTRED SOUL & McCARTAN'S PHARMACY

## PAYING IT FORWARD

Centred Soul Health & Wellbeing is based in Newry and supports families in the local community who have been affected by Perinatal Mental Health & Birth Trauma. The organisation offers support services such as counselling and complementary therapy as well as parent and child classes.

Centred Soul applied for a Level 1 BCPP grant of £2,500 to hold a series of sessions to support women who are parents, using alternative self-care approaches. The programme would educate and support women experiencing the effects of Perinatal Mental Health & Birth Trauma, as well as dealing with the challenges that come with being a parent.

With up to 20% of women within the Newry, Mourne & Down District Council area experiencing Perinatal Mental Health issues and one in 10 men experiencing Post Natal Depression, Centred Soul is the only organisation in the Southern Health & Social Care Trust providing this type of support.



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McCartan's Pharmacy, who participated in many previous BCPP projects, was the partner for the project. Pharmacist Stephanie Haughey delivered sessions on the services available in the Pharmacy and with World Sepsis Day underway on one of the days, she provided some timely information on Sepsis with each person receiving a card with vital information. The Pharmacist also used this BCPP project to become more knowledgeable in the area of Perinatal Mental Health and Birth Trauma.

The extremely creative sessions were delivered over six weeks to a group of 15 people. An Tobar co-facilitated a session on forest bathing and guided meditation while Rhythm to Recovery music therapy enthralled all of the members particularly when they used African drums as a non talking communication therapy. Beautiful floral crowns and bouquets of homegrown herbs were created as part



of mindfulness exercises. The Mindful Movement evening was a great success – the Pharmacist checked the blood pressure of all participants before and after the movement class with the majority showing a lower blood pressure after only one hour of mindful movement!

Rosemary Deans from Centred Soul remarked “Parenting can be the most wonderful and challenging role, all at once. Perinatal Mental Health and

*Birth Trauma are often not discussed but through this project, we have been able to reach a further 15 women, take them together for six weeks of fun and informative activities, whilst being able to educate them on Perinatal Mental Health, Birth Trauma and the role of the Community Pharmacy. This was really enjoyable and we now want to apply for Level 2!”*

“It was an absolute pleasure working alongside Rosemary to create this project for local women. It is always fantastic to see the group become excited about Community Pharmacy! Every time I run a project, it never gets old to see the surprise on participants’ faces when they realise all that their Pharmacist can offer. I hope that the women take their new found knowledge and pay it forward to their family, friends and local community. The BCPP project also gave me the opportunity to learn about the resources available through Centred Soul and other organisations. I know I will have future opportunities to signpost patients through their door.

Stephanie Haughey, Pharmacist



# DUNGANNON WEST RECYCLED TEENAGERS & BOOTS THE CHEMIST

## LEARNING FROM ONE ANOTHER

Dungannon West Recycled Teenagers (DWRT) aims to relieve the poverty and sickness suffered by the senior citizens in the area. The group's objectives are to tackle social isolation, improve confidence, learn together and have fun along the way!

The Recycled Teenagers along with Boots the Chemist, Dungannon applied for a Level 2 BCPP project which would take place with a group of 14 men and women aged 65 to 90 years old. This BCPP project offered a unique opportunity for the partners to learn from one another and look at specific concerns and how they impact on health.

Recent research carried out for Dungannon West showed that there was a significant link between deprivation and poor health outcomes in the Ballysaggart area and therefore there was a need to provide interventions at a local level. The area of benefit for the project suffers significant levels of income deprivation and lower than average performances around health, disability, housing and the social environment.

Speakers from Citizens Advice Bureau, Arthritis Support and Action on Hearing Loss were just some of the community/voluntary organisations who ran sessions along with the Pharmacist throughout the programme. From hearing loss to holistic treatments and everything in between, all the sessions were really engaging and very well attended. A really interesting session explored bone mass, falls and their impacts on health and lifestyle.

The Pharmacist is now more aware of groups from the community and voluntary sectors which



means that he now signposts with confidence and shares information with his colleagues offering a more rounded service for the users of the Pharmacy.

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*It has been fantastic to interact with the community in a way that removes the 'white coat' and provides a unique opportunity to build great community relationships. The group were keen to decide for themselves what areas should be covered resulting in a service user driven programme aimed at improving health literacy and combating preconceptions made about health and wellness. It has been great to see the improvement in understanding amongst the group in terms of disease management and self care as well as their understanding of where and when the Pharmacist can help them during their health and wellbeing journey. I've really loved being part of it!* ”

Eamon O'Donnell, Pharmacist

# VOICES WOMEN'S GROUP & TURF LODGE PHARMACY

## HEALTHIER FOR LONGER

Voices Women's Group is based in the Turf Lodge area of West Belfast and provides women with opportunities to address needs around health and wellbeing in a safe and supportive environment.

The group was awarded £10,000 for a Level Two BCPP project following on from previous successful Level One and Level Two projects. After consultation between Pharmacist Jarlath McCarthy and the women in the group, an appealing programme was designed to address the wider wellbeing needs of local older women.

Within the group of women, some had poor physical health including chronic pain, some suffered from mental health issues and many experienced isolation and hopelessness and were also concerned about their personal safety. Low income, low health literacy skills and low self confidence also prevailed within the group.

As in all BCPP projects, a mix of Pharmacist led sessions and community led sessions were planned and would be delivered in a supportive and non judgemental environment. This 'Healthier for Longer' programme aimed to take a holistic view of the health and social needs of these women, their families and their communities by facilitating the exploration of issues impacting negatively on their health and wellbeing.

During the 17 sessions, community organisations such as Advice NI and WRDA came in to talk to the members along with the Pharmacist about their services and the support on offer. PIPS



delivered a workshop on suicide awareness and self-harm and the PSNI's Community Safety Team delivered a session on personal safety and anti-social behaviours in the area.

Comments from the participants were very positive, one saying she enjoyed the open and frank discussions, another saying it was great to get to know the Pharmacist and all the services a Pharmacy offers including the Minor Ailments Scheme which she was not even aware of! Overall feedback on the BCPP project was that it encouraged all of the women to go and find help and additional advice outside the usual GP appointment.

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*By taking part in the programme, I realised the extent of the health problems and effects of the social determinants of health in the local area. Throughout the programme, we discussed a range of topics and I gained a degree of trust with the women in the group - they now know that they can approach me at any time. After the learning from the BCPP programme, I am now in a great position to offer advice and signpost the women on to someone that can help them further.* ”

Jarlath McCarthy, Pharmacist



“ *The BCPP programmes have had a hugely positive impact on relationships between local residents and our Pharmacy and we continue to grow this relationship further. The project participants are now using the minor ailments scheme effectively and consider their local Pharmacist as the first port of call when they, or family members, experience health issues. The programme has been a very positive experience for both me and the group, giving the women the opportunity to discuss some sensitive subjects in a safe and supportive setting.* ”

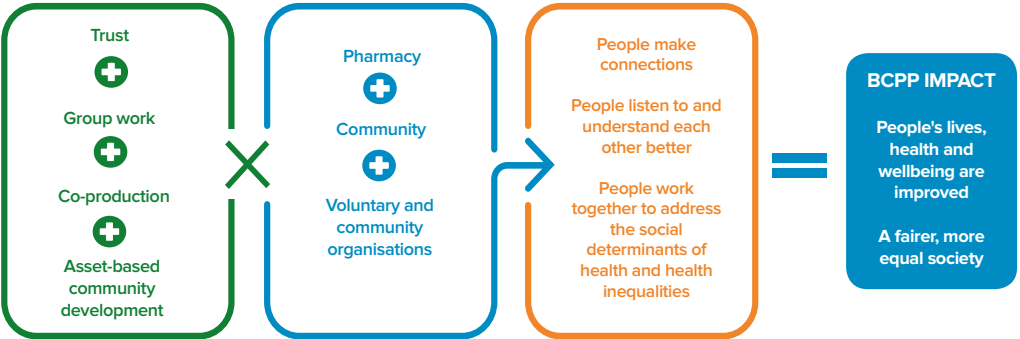
Nuala Barr, Development Officer, Voices Women's Group



# BCPP FUNDING



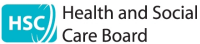
To bring pharmacy and community together  
to reduce health inequalities using an asset  
based community development approach



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

**LEVEL 2** funding – grant up to  
**£10,000**  
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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