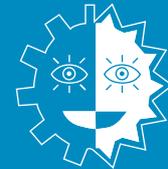


ANNUAL REPORT 2014-15

# ENDING HEALTH INEQUALITIES THROUGH COMMUNITY DEVELOPMENT.



Community Development  
& Health Network

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CDHN's 20th birthday celebration

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## CHAIRPERSON'S REPORT

"We have to create the conditions that support, empower and enable individuals, families and communities to be proactive in improving their health and take greater control over their health and their lives." (Minister Hamilton Nov 2015).

Creating the conditions is, and will continue to be, a core aspect of CDHN's work throughout Northern Ireland. Despite many pressures on our organisation and membership, not least of which is continuing financial strain, CDHN remains totally committed to tackling the unfair and avoidable differences in health experienced by so many in our society.

Community development, in our view, remains the most effective means of addressing these differences. We recognise the need to focus on community development as some of the core building blocks in society and not just as a means of improving services or involving service users.

A new agenda is emerging across Government with a strong emphasis on the wellbeing agenda and a focus on ongoing reform with health and social care, which gives further opportunities for community development approaches to be embedded at every level within our decision making processes. CDHN will be a key organisation in seizing opportunities to promote positive policies and practice in this regard.

The CDHN Board has recognised the need to step up to the challenges posed by changes within the health and social care arena and the recent and ongoing budget cuts. The current economic climate in Northern Ireland highlights very clearly the need for organisations like CDHN to have stable and secure financial resources to enable us to continue our work in securing a more equal and just society for all.

I would like to thank my fellow Board members for their untiring support throughout the year, in particular Patrick McMeekin, CDHN Treasurer and Elaine O'Doherty, Vice Chairperson. The staff and volunteers of CDHN continue to provide a high quality and responsive service to members. Thank you to all our funders for their ongoing financial support.

And of course, to all of the CDHN members, who have been so committed to our organisation over the years. In the current climate your support in an invaluable source of inspiration to us all.

**Karen Collins**  
*Chairperson CDHN*

## DIRECTOR'S REPORT

It is with pleasure that I present the Annual Report for Community Development and Health Network (CDHN) for the period 2014 – 15. This year we remained steadfast in our commitment to creating a more equal and just society, by tackling health inequalities through community development.

The Pathways to Health Programme entered its final year in 2014-15 and its three tier approach continues to be an extremely effective model in improving participant's knowledge and practice in community development approaches to tackling health inequalities.

"I have increased my knowledge and capability for showing the link to health in all of the topics covered. The increased knowledge will allow me to make more informed decisions in terms of key lobbying to increase / improve the support available to older people in my local community" (Pathways to Health training participant)

Building Community Pharmacy Partnership (BCPP) continues to be one of the cornerstones of the organisation. We have invested in the development of over 650 partnerships right across Northern Ireland and were delighted this year to be able to publish our first Impact Card which summarises the difference made by these partnerships to the health and wellbeing of local communities.

"I definitely feel that I have a better knowledge of vulnerable groups in our community. I'm now in a position to empathise and

understand some of the barriers to healthcare which exist, such as lack of understanding and mistrust of their medicines." (Community Pharmacist BCPP)

We were also delighted that the hard work of the BCPP Manager, Sharon Bleakley, was recognised when she was nominated for and won "Outstanding Contribution to Pharmacy Award" from Pharmacy in Focus.

In terms of our influencing policy work we have been developing our key role as providers of the most up to date information, opportunity for debate and discussion and challenge within this arena. The economics crisis still continues to cause much uncertainty and fear and we recognise more than ever that greater support is needed to improve the health and wellbeing of everyone within Northern Ireland. We in CDHN continue to rise to the challenge and remain dedicated to supporting our Network to draw on years of experience and skills gained as it strives to make real changes to the lives of people in their communities.

The CDHN Board of Director, led by Karen Collins, are an invaluable source of support, guidance and direction and I thank them for their faith in the CDHN team. 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 CDHN



Joanne Morgan, Director CDHN, Karen Collins, CDHN Chairperson & Eleanor Harrison, CEO Global Giving UK

## OUR VISION

To work towards ending health inequalities using a community development approach.

## OUR MISSION

- To be the leading organisation championing community development approaches to tackling health inequalities.
- To be a centre of expertise that develops best practise, advances knowledge and develops tools for action.
- To ensure that communities can define and represent their own health needs and design and implement radical solutions.

## OUR VALUES

- Health is a human right.
- Our health is affected by wider determinants such as the environment, education, living and working conditions, housing, access to food and social and community networks.
- When we work collectively using community development approaches we make the connection between all of these factors and our health.
- Collective action is the most effective tool to end health inequalities

# STRATEGIC AIM 1: NETWORKING

## BCPP HIGHLIGHTS



TOTAL PROJECTS FUNDED THIS YEAR



LEVEL 1  
PROJECTS  
UP TO £2,000



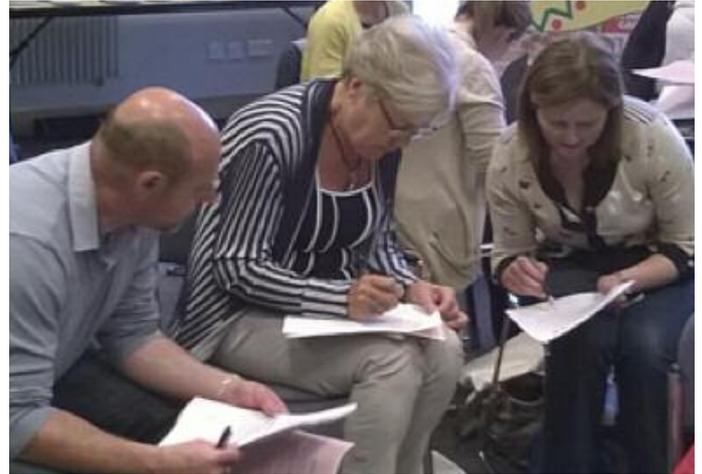
LEVEL 2  
PROJECTS  
UP TO £10,000



LEVEL 3  
PROJECTS  
UP TO £30,000

## New Project Development Training

'New Project Development Training' was delivered to more than 40 new partners. This training covers all elements of finance and evaluation and is complemented by one-to-one support meetings on community development. Additional support was also provided by telephone, email and written feedback.



*New Project Development Training*

## Community Development Conference in Glasgow

Sharon Bleakley and Mary O'Hagan delivered a workshop at a Community Development Conference in Glasgow on BCPP around the theme of collaborations for health approach. The workshop titled Community Pharmacy - A Community Hub exemplified how the BCPP model can support pharmacies to become an ideal hub from which to engage with communities and work with other groups and agencies. Together they could improve health outcomes, improve accessibility and enhance the contribution pharmacists and communities can make through working in partnership. Sharon and Mary provided an overview of the programme and focused on a BCPP project between First Housing Aid and Support Services and Lloyd's pharmacy which supported young people affected by homelessness.



CDHN's Mary O'Hagan and Kathy Martin at Glasgow Conference

## BCPP projects

BCPP projects met on 3rd June for a training session taken by CDHN trainers Kathy and Jenny. The goal was to improve the skills and confidence of attendees when working with community groups. They spent the day completing tasks and learning new skills that will help them engage with their community groups for their BCPP projects.

Comments on the day included:

*“Engaging with people is very important. I now know there are numerous tools available to get people to work together in a group.”*



## Pharmacy in Focus Awards

We are delighted to announce that Sharon Bleakley, Programme Manager of BCPP, won the Service to Pharmacy Award at the Pharmacy in Focus Awards. We had a great night at the awards ceremony in The Ramada Hotel and thanks to all the BCPP projects who nominated Sharon in the first place.



Sharon Bleakley  
& Joanne Morgan,  
Pharmacy in  
Focus Awards

## Involving People

As part of the Involving People Programme, Sharon Bleakley, BCPP Manager, facilitated a session on Community Development in Practice. At this session she profiled a BCPP project that Pharmacist Kevin McDevitt from Crossin’s Chemist had with Chris Valente from Artillery Youth Club in New Lodge.

The focus of this project was working with young people, their parents, the local community and the local pharmacist. The young people worked with the pharmacist to cover a range of issues regarding over the counter and prescription medicines, and drug and alcohol misuse. They then shared this learning with the wider community through workshops and designed a poster highlighting the issues.



BCPP Engagement Event

## BCPP Engagement Event

22nd October – BCPP Engagement Event

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*

## PROJECT STORIES

### LEVEL 3 BCPP PROJECT

#### Lisburn YMCA and Boots Pharmacy

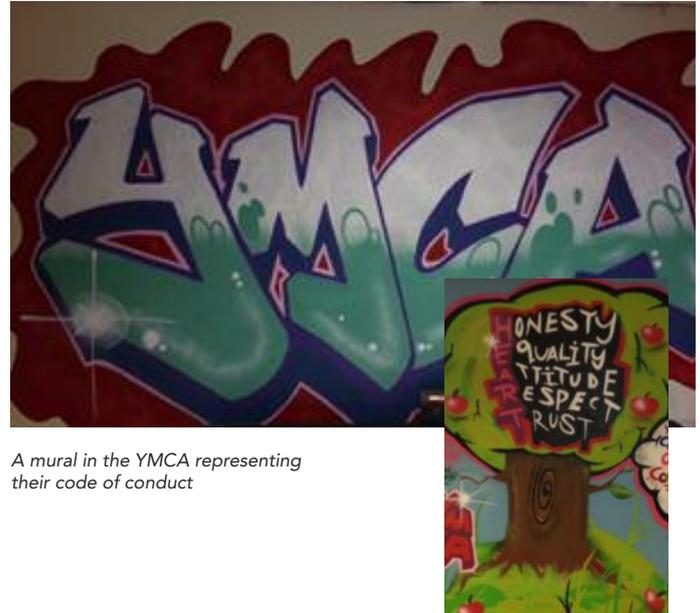
Trying something new can be daunting but the benefits you may gain can make the risk worthwhile. This certainly was the case for Pharmacist Eamon O'Donnell when he partnered with Lisburn YMCA as part of a BCPP project. He felt a mixture of excitement and slight apprehension as he was unsure of what to expect from the collaboration.

Eamon explained, "I had only just qualified the year before and my experience of working with groups within the YMCA remit which included at risk young people and adults was limited. However a year on, I have to say it was an amazing experience, both on a professional and personal level."

Lisburn YMCA was established in 1988 to work with an at-risk target group of marginalised young people and adults. They provide training and educational programmes, alcohol and drug awareness, family support and a range of youth activities for various groups.

Their BCPP project had 4 core groups – a group with learning disabilities, a women's group, a volunteers group and a young people's group.

Discussing some of the outcomes of the partnership in terms of his role as a community pharmacist, Eamon said, "I definitely feel that I have a better knowledge of vulnerable groups in our community. I'm now in a position to empathise and understand some of the



*A mural in the YMCA representing their code of conduct*

barriers to healthcare which exist, such as lack of understanding and mistrust of their medicines."

Sharon Dickson, Lisburn YMCA, said, "This project has enabled us to create a deeper relationship between members of our groups and the community pharmacist. In doing this, we have been able to better understand the healthcare needs of these vulnerable groups. We have highlighted the fact that the pharmacist can be an excellent provider of advice and services for people and as a result, health outcomes have improved."

## LEVEL 1 BCPP PROJECT

### Dunluce Family Centre and Bradley's Pharmacy

The Springtown area of Derry has high levels of drug and alcohol abuse. For their Level 1 BCPP project, Bradley's Pharmacy partnered up with Dunluce Family Centre to work with a core group of 13 men and women. They hosted a 'meet and greet' with participants and identified what people wanted to hear more about. This then determined how the programme was structured.

Their project took place over six sessions and explored a range of health issues that included over the counter drug misuse, self-esteem and drug & alcohol use/misuse. Although this was the main focus, they also covered pharmacy services, heart health, prescription and OTC medication, stress, depression and self-esteem. Together they linked up with Drink Think, Aware Defeat Depression and Lifestart to enhance the learning for everyone involved.

The approach used was informal and included games, quizzes, one-to-one's, health checks and discussions to really get the chat going and help people to feel comfortable and relaxed.

The group thoroughly enjoyed the programme and participants formed great relationships with each other and the pharmacist. They are now more aware of services available to them and are more likely to turn to their pharmacist first. They have learned coping mechanisms for stress and the pharmacist felt that this was a great experience to get in to the community and work closely with local people.

Emma Devenney, the Pharmacist, said, "It was so rewarding to see the change in the participants over the 6 weeks. They really opened up and shared personal experiences and the positive



*National Pharmacy Association 'Get to Know your Pharmacist Week'*



*During the 'Get to Know your Pharmacist' session, the group discussed ways to reduce the risk of developing heart disease*

feedback from them was an added bonus. People were sad at the end of the programme and we wished that it could have lasted longer as there were so many issues that we wanted to focus on."

YOUNG PEOPLE



ADULTS



HEALTH



PHARMACIST



GROUPS

DRUG AWARENESS



FAMILY SUPPORT



ALCOHOL AWARENESS



ACTIVITIES



EDUCATION



TRAINING



## PROGRAMME OUTCOMES 2014-2015

The information below is based on the analysis of 785 Core Group Start and 589 Core Group End Questionnaires.



39% > 16%

A General Health Questionnaire (GHQ12) is a subjective measure of psychological wellbeing. Over 39% of participants at the start of the projects indicated that they had poor psychological wellbeing and this reduced to just 16% at the end.



50% > 67%

People who agreed that they had made healthy changes to how they lived increased from 50% to 67%.



46% > 55%

Those who agreed their health had not got worse over the last few weeks increased from 46% to 55%.



61% > 78%

78% agreed they had a good understanding of how to improve their health - an increase of 17% from the start of the project.



→ 19%

There was a 19% increase in those having things in common with others in the group.



66% > 86%

Confidence in going to the pharmacist for advice increased from 66% to 86%.

## PATHWAYS TO HEALTH

Pathways to Health continued to build on the success of previous years with a variety of people and in a variety of places.

### Level 1

#### Foundation and Leadership

Groundwork in Belfast was the venue for our 13 participants – a very engaged and lively group who participated thoroughly in the training. A number of these participants have undertaken further training with CDHN this year.



### Level 2

#### Organisational Development and Leadership

At Cookstown Enterprise Centre 15 participants had the opportunity to undertake the 5 day training programme. This included a visit to Assembly Buildings at Stormont and the opportunity to meet with Dr Kathryn Aiken who was the Health Committee Clerk. This session was facilitated through the Assembly Outreach team with whom CDHN has built up a strong relationship over the life of the Pathways to Health program. The day also included a Q and A session with 3 MLA's Kieran McCarthy (Alliance) Sammy Douglas (DUP) and Barry McElduff (Sinn Fein) who listened and discussed health and wellbeing issues with us.

*"I have learned that planning new ventures within a community needs to include a sharing of all ideas and experiences as this is the best way to initiate change. This training has made me realise that we need to look more at working with a community and not just providing services and expecting people to just turn up. We can all learn from each other."*

Level 2 participant

## Level 3

### Strategic Development and Leadership

As in previous years there was great enthusiasm for the programme and 15 participants from a range of voluntary and community groups as well as statutory organisations were in attendance. The group undertook the 5 masterclasses with great interest. As ever our range of speakers evoked much discussion and debate. The use of dialogue as a technique was developed with Professor Margaret Ledwith who used photographs to explore deeper understanding of events and situations within our communities.

As we look to the future and what we have learned through our Pathways to Health programme CDHN continues to develop our training portfolio. This is an exciting area of work as we adapt and react to the changing needs of our sector. We now have a suite of training programmes developed for our members and other organisations who are involved in addressing health and wellbeing within communities.

### Community Health Champions

Community Health Champions has been developed as a programme to support those who are involved and working within their communities to address issues which affect health and wellbeing. The strength of this programme is that it embraces the knowledge and expertise of people who are living or have particular experience of a place, event or condition. It provides the space for people to tell their stories and use this to influence change and build support within a community.

*“The idea of CHC is innovative and exciting and is the only way we can improve when those who are most in need of things to change are part of that very process.”*

#### CHC participant

We have had the opportunity to work with a number of other organisations on developing their own service delivery, including NIAMH, Public Health Agency and DHSPSS.

Co-production is an area of work that we have begun to develop and explore as an organisation and have begun to work with Antrim Council on a pilot project. Co-production is closely aligned to the process of community development and in its simplest definition it involves people in the delivery and design of public services instead of people being passive recipients of a service. This pilot will be developed over the next year as Antrim Council merges with Newtownabbey Borough Council.



# COMMUNICATIONS AND SOCIAL MEDIA

## FREE MEMBERSHIP



CDHN continue to offer free membership

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## E-ZINE



Our online version health bytes e-zine is sent out on a regular basis

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## SOCIAL MEDIA



Follow us

Facebook.com/cdhnni | Twitter @CDHNJoanne

## 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. We now have 1980 members.

## Health Bytes

Our newsletter Health Bytes is as popular as ever and is distributed 6 times per year to 2080 contacts. Health Bytes provides invaluable information on events, training, funding and other opportunities within the sector. Health Bytes also informs on consultations and policy updates. In addition, we now profile member's work through case studies which highlight the specific contribution to community development that their work makes.

## Health Bytes E-Zine

Our online version, Health Bytes E-zine, is sent out on a regular basis. To subscribe to the E-zine log on to [www.cdhn.org](http://www.cdhn.org) and enter your email address.

## 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.

## Website

Our website [www.cdhn.org](http://www.cdhn.org) continues to be a fantastic resource for members. It has continued to evolve and contains an up to date bank of fact sheets, presentations and reference lists. Our facebook page helps us connect better and share more information and resources with members.



[facebook.com/cdhnni](https://facebook.com/cdhnni)



[@CDHNJoanne](https://twitter.com/CDHNJoanne)



[www.cdhnn.org](http://www.cdhnn.org)

## **STRATEGIC AIM 2:**

### **INFLUENCING POLICY**

#### **Public Health Agency / Health and Social Care Board “Involving People” Programme**

CDHN continue to co deliver the Involving People Programme with Stellar Leadership This programme brings together participants from the community, 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.

#### **Public Health Agency Pilot Personal and Public Involvement Programme**

CDHN also co designed and delivered a Pilot Personal and Public Involvement (PPI) Training Programme with Stellar Leadership and Unicorn Consulting, on commission from the Public Health Agency, the lead agency for PPI in Health and Social Care.

#### **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 contributed to the CoE away day by facilitating a series of round table conversations on the new Public Health Framework “Making Life Better”.

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

#### **Integrated Care Partnerships**

CDHN was delighted to be invited to join a steering group looking at support structures for third sector representatives on Integrated Care Partnerships. Along with the Health and Social Care Board and other third sector organisations, this group is dedicated to supporting third sector representatives to make the best possible contribution to Integrated Care Partnerships.

#### **Inspiring Impact**

Inspiring Impact NI is a Building Change Trust initiative which supports voluntary, community and social enterprise organisations and their funders to better understand and embrace impact practice. Community Evaluation NI (CENI) manage the programme on behalf of Building Change Trust. CDHN were one of 13 community and voluntary sector organisations chosen to become Impact Champions for our membership. We are offering a mix of support, one to one and group meetings as well as phone and email support, to eight of our members until September 2015.

#### **Making Life Better**

Following our facilitation of a number of workshops on the new Public Health Framework, Making Life Better, CDHN was invited to be part of the Implementation Board for the strategy. This Board will be responsible for ensuring the implementation of the strategy across Northern Ireland, and our focus will remain on the proactive engagement of local communities as part of this plan.

## STRATEGIC AIM 3: CAMPAIGNING

### Good Neighbourhoods for Ageing Well

Following the completion of the Good Neighbourhoods for Ageing Well, CDHN was asked to present the findings of the engagement exercise with a number of interested parties in Portadown.

The community conversations sought the views of older people, and carers of older people. Community conversations was used to develop five local area action plans, focusing on older people, to improve neighbourhoods and their age-friendliness. The work was commissioned and led by the Southern Strategic Health Improvement Partnership and funded by the Public Health Agency. The SSHIP consists of representatives from the PHA; Armagh, Banbridge, Craigavon, Newry & Mourne and Dungannon & South Tyrone councils; the Southern Health and Social Care Trust; Southern Group Environmental Health Committee; the Health and Social Care Board Local Commissioning Group; and Housing Executive NI.

### Health + Pharmacy Training

CDHN are continuing to deliver day 1 of the 2 day Health Plus training programme and focus on developing the skills of community based pharmacists and their well-being advisors in understanding and reaching out into their communities. Health+ Pharmacy is a scheme which will accredit those pharmacies which can demonstrate they provide a consistent level of service in relation to health promotion, prevention and protection.

### Health and Social Care Board

CDHN made a presentation to the Board of the Health and Social Care Board regarding our work, focusing in particular on the work of the BCPP Programme. The presentation was very well received and there was some debate and discussion around how the BCPP model could be mainstreamed and incorporated into other areas of work.



*Joe Brogan HSCB, Joanne Morgan CDHN  
Brenda Bradley HSCB & Sharon Bleakley CDHN*

## TREASURER'S REPORT

I am pleased to present the Treasurers' report for the financial year ending March 2015. 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 2015 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 the Community Pharmacy Project), Big Lottery (Pathways to Health Project and Small Development Project), DHSSPS Revenue Grant, CDHN earned income and some smaller projects (funded by Queens Centre of Excellence, Inspiring Impact, PPI pilot training programme with Stellar Leadership, Newry and Mourne District Council (PPI rewrite), Health and Social Care Board ("health +" training workshops)).

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 2016

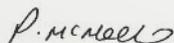
## BALANCE SHEET

Year ended 31 March 2015	Notes	2015 £	2014 £
<b>Fixed assets</b>			
Tangible assets	8	4,427	606
<b>Current assets</b>			
Debtors	9	19,551	203,936
Cash at bank & in hand		195,508	2,637
		<u>215,059</u>	<u>206,573</u>
<b>Creditors: amounts falling due within one year</b>	10	<u>(49,307)</u>	<u>(50,320)</u>
<b>Net current assets</b>		<u>165,752</u>	<u>156,253</u>
<b>Total assets less current liabilities</b>		<u>170,179</u>	<u>156,859</u>
<b>Net assets</b>		<u>170,179</u>	<u>156,859</u>
<b>Fund of the charity</b>	11		
Restricted revenue reserves		(2,484)	(1,973)
Unrestricted revenue reserves		172,663	158,832
		<u>170,179</u>	<u>156,859</u>

These financial statements have been prepared in accordance with the special provisions relating to small companies within Part 15 of the Companies Act 2006.

Approved by the board and authorised for issue on 25 September 2015 and signed on its behalf by:

Patrick McMeekin  
Director and Treasurer



Date 25 September 2015

## CDHN BOARD AND STAFF

### Board Members 2014 – 2015

Ms Karen Collins (*Chairperson*)  
Ms Elaine O'Doherty (*Vice Chairperson*)  
Mr Patrick McMeekin (*Treasurer*)  
Mr Martin O'Neill (*Resigned 11/12/2014*)  
Mr Arfawn Yasin  
Ms Ruth Fleming  
Mr Liam Hannaway  
Ms Caroline Bloomfield  
Ms Angela Denvir  
Ms Claire Higgins (*Resigned 25/02/2015*)  
Ms Jonna Monaghan  
Mr Sheelin McKeagney  
Ms Laura Feeney  
Mrs Joanne Morgan (*Secretary*)

### Staff Members at 31st December 2015

**Joanne Morgan** *Director*  
**Caroline McNulty** *CDHN Administrator*  
**Mary Jones** *Finance Manager*  
**Sharon Kennon** *Finance Officer*  
**Kathy Martin** *Training Manager*  
**Jenny Hanna** *Training Officer*  
**Mary O'Hagan** *BCPP Financial Monitoring Officer*  
**Laura Harper** *BCPP Evaluation & Support Officer (Job Share)*  
**Lorraine Fegan** *BCPP Evaluation & Support Officer (Job Share)*  
**Kerry Farrell** *BCPP Information Officer*  
**Theresa Rooney** *BCPP Administrator*  
**Meabh Poacher** *Policy & Project Officer*

### CDHN Volunteers

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

## CONTACT US

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**W** [www.cdhn.org](http://www.cdhn.org)

