

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](mailto:ruthmurphy@cdhn.org) and let us know what you are up to.

## Member News.....

Your news is important to us. Let us know what you have been up to and we can circulate it through the CDHN network ...



## Congratulations!!

We are delighted to announce that Sharon Bleakley, BCPP Programme Manager, won the Service to Pharmacy Award at the recent Pharmacy in Focus Awards.



Sharon has been instrumental in enhancing and developing stronger understanding and relationships between pharmacists and their local communities. Thanks to all the BCPP projects who nominated her.

## Joanne Morgan, Director update...

The end of a financial year always presents a unique challenge to community and voluntary sector groups—often we have the task of spending so called "slippage" money allocated to us at the last minute, whilst frantically trying to secure financial resource for the coming year.

This year is one of the worst yet—not only is every Department in the midst of making brutal cuts to community and voluntary sector organisations, our politicians still haven't got their act together in relation to Welfare reform and other key policy areas.

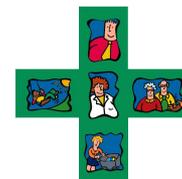
So what are WE, collectively going to do about it? Its hard to challenge the system, when often its our lifeline, but challenge we must!! CDHN would love to hear your story, so we can lobby our politicians to protect local communities and the great work that goes on within them.



COMMUNITY DEVELOPMENT  
AND HEALTH NETWORK

## BCPP update...

We funded 27 new Level 2 Projects with a wide variety of groups to cover a diverse range of topics. They are with The Aisling Centre, AMH, Ballycastle Camogie Club, Breakaway Blues, Fintona Medical Hall, Strandburn Pharmacy, Mount Merrion Parish Church, Newtownabbey Women's Group, NIAMH Aspen, Omagh Cardiac, Springhill Community House, WRDA, RAPID, Grange Cross & Hillstown, Irish Street CA, Autism Initiative, Ballysillan Community Forum, Windsor Women, Cancer Focus, Carers Trust, Glenravel Pharmacy, Kilcooley CA, Dunmore Pharmacy, Devenish Partnership, Women's Aid, Lilac Cancer Support and Newtownabbey Senior Citizens.



**Our next closing date for Level 2 applications is Thursday 16th April 2015 at 4pm.** Download your application form at [www.cdhn.org/bcpp/application](http://www.cdhn.org/bcpp/application) We are here to help you develop your ideas and application form so please contact us on 028 3026 4606 or email [sharonbleakley@cdhn.org](mailto:sharonbleakley@cdhn.org)

## Pathways to Health Update...

It has been a very busy couple of weeks for the Pathways to Health team.

We recently delivered our accredited **Group Work Skills Training**, over 4 sessions, to 55 NIAMH staff and volunteers. What a great bunch; we wish them continued success in their work.

**Community Health Champions** was completed in Belfast by 22 new Community Health Champions from across the voluntary, community and statutory sectors.

We have also partnered with **Volunteer Now** to develop a new one day accredited programme called **Skills for Volunteers– Improving Well-being!** Volunteer Now are currently recruiting for this course which will take place on the 12th May at their offices in Belfast.

View more information about this course on <http://www.volunteernow.co.uk/training-events/view/368>

For additional information on any of CDHN training contact Kathy Martin on email: [kathymartin@cdhn.org](mailto:kathymartin@cdhn.org) or tel: 028 3026 4606.





The Northern Ireland Assembly has created a new section on the website for EU Matters (<http://www.niassembly.gov.uk/assembly-business/eu-matters/>) where you will find a regular newsletter with a selection of topical EU issues.

Subscribe using the link and have the newsletter delivered directly to your inbox.

You can also follow @NIAEUMatters on twitter for news and updates on EU issues from the Northern Ireland Assembly.



*New Physiotherapy clinic donates all profits to charity...*

A new state-of-the-art physiotherapy clinic in Belfast will be ploughing all of its profits into a charity helping brain injury victims rebuild their lives. Rebound Physio is a social enterprise donating all of its profits to the charity Brain Injury Matters.

The charity helps people not only through physical support to get their strength and movement back, but also emotionally and socially. We feel it's essential that this vital service is maintained and so will be donating all of our profits to this charity," explained physiotherapist Katy Pedlow.

The clinic is being supported by rugby star Chris Henry who himself suffered from a Transient Ischaemic Attack (TIA), a temporary blockage of a small blood vessel in his brain. He said: "Being part of a professional rugby team I am well used to the physiotherapy couch. After my recent illness, I understand the importance of physiotherapy in rebuilding your health as well as your confidence in your own body."

For more information on ReBound Physio visit [www.reboundphysio.co.uk](http://www.reboundphysio.co.uk) or T: 028 9000 2444.

*Northern Ireland Chest Heart and Stroke - Health and Homeless Video and leaflet links*



There are over 200,000 people in Northern Ireland living with chest, heart or stroke illnesses.

Homeless people are more vulnerable to these illnesses and are often not registered with a GP.

The Health and Homeless service works with people living in hostels and assisted living accommodation and with the staff who have daily contact with them. The aim is to raise awareness of healthy living and reduce cardiovascular and respiratory risk and illness.

Please find links to a Health and Homeless Video and information leaflet:

<https://www.youtube.com/watch?v=2i9FlvSjL4M>

[http://www.nichs.org.uk/cmsfiles/whatwedo/healthpromotion/NICHS\\_Health--Homeless-leaflet\\_for-web.pdf](http://www.nichs.org.uk/cmsfiles/whatwedo/healthpromotion/NICHS_Health--Homeless-leaflet_for-web.pdf)

*Teach your child to be SHARE AWARE...*

The NSPCC has recently launched their new 'Share Aware' campaign. This campaign is for parents of children aged between 8 and 12 to help reassure and give you everything you need to keep your child safe online.

Parents tell us that they sometimes feel confused by the internet and what they should be letting their children do online. This campaign provides straightforward, no-nonsense advice about how to protect your children online. The internet is a great place for children to be. Being Share Aware makes it safer.

Click on the links below to access helpful resources and tools:

Share Aware: Parent's guide - <http://www.nspcc.org.uk/globalassets/documents/advice-and-info/share-aware.pdf>

If you're not sure where to start, download the NSPCC's guide of top tips on how to be share aware.

Talking tips - <http://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/talking-your-child-staying-safe-online/>  
Find out how to start the conversation with your child about staying safe online.

A guide to social networks - <http://www.net-aware.org.uk/>  
NetAware is a simple guide to the social networks, sites and apps that children use.

*Family Support Service Assistants needed!*



Could you help our Family Support Workers with projects to provide help and support to children and family members who are coping with a loved one's cancer diagnosis?

Are you 21 or over? Have experience of working with children?  
Can you use your initiative, be calm and dependable and adapt to changing situations? Are you able to play and have fun?  
Do you have excellent interpersonal skills and are able to work as part of a team?

If this is you, get in touch and sign up today – call or email us now!  
Contact Ruth or Morag on T: 028 9066 3281 or email  
E: [volunteer@cancerfocusni.org](mailto:volunteer@cancerfocusni.org)