



LiteBite



January
2017

Welcome to Lite Bite, the newsletter brought to you by the Community Development and Health Network (CDHN) through its Building the Community-Pharmacy Partnership (BCPP) Programme.

Congratulations!

Kathy Martin - CDHN Strategic Impact Manager

I am delighted to take up this new role within CDHN. We recognise the importance of building and sharing useable evidence to demonstrate the impact of community development on health and wellbeing. This is an exciting opportunity to build on the work we have done in recent years developing our Impact practice. CDHN's Impact HUB will be the perfect platform for us to collate, analyse and share this information with our members and engage with communities, policymakers and commissioners.



Kathy Martin

I manage the Building the Community-Pharmacy Partnership (BCPP) Programme at an operational level and ensure that the learning from this is shared strategically across Northern Ireland. I am delighted and excited to develop this area of work, BCPP is a well-established and successful programme, we have been collating impact information at project and programme level since 2009 so it makes perfect sense that BCPP will be at the heart of our Impact HUB.

There is an ever increasing interest in co-production; BCPP is a fantastic example of how pharmacists, as a front line health professionals, and communities can co-produce services. The emphasis is on the partnership approach, the importance of developing equal relationships and valuing the assets of both partners.

I am looking forward to meeting the BCPP funded projects and hearing all about the great work they are doing at a local level and together exploring new platforms where we can share these experiences to bring about and sustain change.



Positive Futures - Positive Achievers



Pictured here is the group enjoying a fun day out with Pharmacist Noelle

Positive Futures is a leading Northern Ireland charity for children, young people and adults with a learning disability. Positive futures group called Positive Achievers are an established mixed adults group who meet every Thursday at positive futures, who are all from the Newry & Mourne District area. Positive achievers partnership with the local Community Pharmacist Noelle Holmes, from Mc Nally's Pharmacy. The aim of the project is for the group to make new connections with their local community, while exploring ways of looking after their mental health and emotional well-being. The group designed the programme with Noelle and support from positive futures. They identified their two main areas as mental health and emotional well-being.

Noelle the pharmacist talked to the group on the first session about the support and services the local Pharmacy can provide. In session two Noelle lead this workshop on ways to look after mental health, which included the use of relaxation techniques. Shane Murphy from Pips presented a programme 'Be Positive', which is designed to increase awareness and understanding of issues affecting mental health. The last workshop was an art workshop led by Jim Russell at Sticky Fingers Art House, Newry. This involved everyone joining in and making a piece of art for the Positive Futures Office.



Pictured above is the group enjoying a craft day out at Sticky Fingers Newry

From the completion of the project it had an overall positive impact on the group as a whole and individually, as they have established a closer connection with each group member and with Noelle the pharmacist, the group as a whole have more confidence and self-esteem. The completion of the project had a positive reaction on the whole group and has made them more aware of their own mental health and emotional well-being. This demonstrates co-production working at ground level, showing a positive impact for all partners involved, using a community development approach.

"We are thrilled with the success of our BCPP level 1 project. It has been such an exciting, informative and creative experience for everyone involved. A heartfelt thank you goes to the Community Development Health Network for making it possible for us to experience and enjoy such a very special project".



The Hopefuls...a recipe for success



The Highway Inn in Lisburn seems like an unlikely place to find a group of 20 women on a cold Monday morning in October. But that is exactly where 'The Hopefuls' met for the celebration event of their BCPP project. The Highway Inn is one of a number of Social Enterprises run by Resurgam Trust and with its relaxed atmosphere and recently revamped interior it was the perfect location for the group to enjoy breakfast.

Resurgam partnered with Jayne Magee the pharmacist from Boots in Sprucefield. Jayne (a BCPP veteran!) worked with Gillian from Resurgam to support a group of women from the local community to address their health issues. The ages and background of the women varied greatly but the common theme for them all was living with chronic pain. Over an eight-week period they worked together to identify and try coping strategies including complementary therapies, yoga and physio. They had the opportunity to explore their health in its broadest sense and link in to other opportunities through the Health Living Centre. Jayne was able to share her expertise and introduce the group to a whole range of services that they didn't realise the pharmacy offered. She also made a fresh batch of scones for every session, which were, by all accounts delicious.

"I thoroughly enjoyed all my BCPP work and I am passionate about changing lives through increased health awareness and empowering people to make positive changes to their lifestyles and live happier lives !!"

- Jayne Magee



The groups introduce themselves as, 'The painfuls, The Hopalongs, The Pain Fighters, One day at time, Slow and Steady... we are the Hopefuls.' However, when I arrived at the Highway Inn the group that met me and warmly welcomed me to join them and share their celebration were far from slow and steady!

They were excited and animated; sharing stories, contact details and even recipes. Jayne facilitated the session, she naturally and confidently chatted about the programme, expertly drawing out feedback and gaining recommendations about what could have been better, ensuring everyone was involved. It was a pleasure to watch her engage with the group, for me it demonstrated exactly what BCPP has been designed to do – establish stronger partnerships between pharmacists and communities and address local health issues using a community development approach.

If only we had a recipe for Jayne that was as easy to share as the scones.

Coping strategies included complementary therapies, yoga and physio.

The project has broken down barriers enabling women to feel comfortable asking for help and support from medical professionals. Margaret said, "Waiting times for GP appointments can prevent some women from visiting their doctor, possibly prolonging any symptoms they may have and heightening their fears and stress levels. The opportunity to walk in to their local pharmacist to seek advice is a more accessible option and could be the first step in getting help for their health. This one to one discussion with the pharmacist can allay their fears and treat minor concerns but also encourage them to get further help from their GP as necessary."



Healthy Minds - Brain Injury Matters (NI)

Healthy Minds at Brain Injury Matters (NI) focuses on the mental wellbeing of those who have Acquired Brain Injuries. In partnership with Medicare Pharmacy, participants are learning how to prevent and manage mental health difficulties through a series of engaging workshops facilitated by pharmacist Rebecca Adair.

The prevalence of mental health difficulties in people with an Acquired Brain Injury is high due to the effects of the injury. Brain injury often leads to a change in personal circumstance such as loss of independence, loss of relationships or a loss of a role in the family or community.

The *Healthy Minds* project centres round activities that promote positive mental health, such as arts workshops, education, physical activity and a healthy lifestyle. It utilises partnerships with organisations across Belfast. The core message is delivered through supportive activities working with organisations such as HMS Caroline, Rebound Physio, Disability Sport NI, The Ulster Museum, The Belfast Health and Social Care Trust and The Crescent Arts Centre. Activities range from tailored exercise classes and boccia, all the way to pottery and museum education.

Music plays a vital role in the project. Community musician, Seonaid Murray, delivers bi-monthly music sessions to each group. These sessions encourage participants to explore the effects of music on positive wellbeing through expression and relaxation. The participants use percussion instruments to recreate well known and original music as a group. Acquired Brain Injuries can often cause communication difficulties. Music has the ability to assist with communication and allow participants to express themselves freely and creatively in a safe and relaxed environment.



"I've seen a change in participants over the space of the project, both in the awareness of their own mental health and their attitudes towards the pharmacist. Participants now look forward to seeing Rebecca every month. The Pharmacy Project has enabled them to build relationships and trust with her which in turn has supported the improvement of their own health."



Congratulations

Congratulations to BCPP current and past participants in their recent successes at the Pharmacy in Focus Awards ceremony in July.

Eoghan O'Brien, Bannside Pharmacy in Portglenone who won Community Pharmacy Team of the year and a Health Promotion award.
Loretto McManus from Erne Pharmacy, Enniskillen won the prestigious Outstanding Contribution to Pharmacy Award.
Well done from all the staff at CDHN.



*Community Pharmacy Team of the Year, supported by Teva UK
Winner: Bannside Pharmacy, Portglenone*



*Outstanding Contribution to Pharmacy, supported by EMIS Health
Winner: Loretto McManus, Erne Pharmacy*



Funding News

Funding now available!

Level 1 funding is for those interested in developing a community pharmacy partnership that will explore local issues. It consists of a maximum of £2000 for a project that can last up to 9 months.

The closing date for Level 1 funding is:

Thursday 9th February 2017 at 4pm

Level 2 funding is for those who have planned to work in partnership and are clear about what their project wants to achieve. It consists of a maximum of £10,000 for a project that can last up to 2 years.

The closing date for Level 2 funding is:

Thursday 6th April 2017 at 4pm

Application forms and guidance notes can be downloaded from www.cdhn.org/bcpp.

For further information call us on

T: 028 3026 4606.

We are here to help!

Save the date

Co-Production Conference

Wednesday 22nd February 2017

Mossley Mill, Newtownabbey

Hosted By

CDHN and Antrim Newtownabbey

Borough Council



Building the
Community-Pharmacy
Partnership



COMMUNITY DEVELOPMENT
AND HEALTH **NETWORK**

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