



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

## *Joanne Morgan, Director update...*

2014 has certainly been busy so far for CDHN.

We had a very successful 19th AGM and lively discussion at the accompanying workshop on Transforming Your Care.

We have just started a series of 'Community Conversations' for older people within the Southern Area. An initiative between local Government, the PHA and a range of other partners.

We are continuing to deliver the Health Plus, pharmacy training to Pharmacists and their wellbeing advisers across Northern Ireland.

Stay tuned for regular updates and please keep giving us your feedback.

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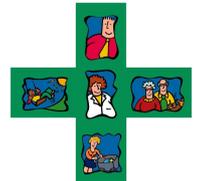
## *BCPP Update...*

We are pleased to announce that we have just funded another 16 level 2 projects.

The projects are with U3A Foyle, REACT Ltd, Clooney Rural Development Association, Hillstown and Grange Cross Community, Knockmore Pharmacy, Resurgam Community Development Trust, Women's Aid Ballymena, Mindwise Magherafelt, Bushmills and District Community Association, Link Women's Group, RAPID Derry, AMH Newry and Mourne, NICHS Lisbellaw, Madden Schoolhouse Heritage Committee, EBCDA and Hosford House.

Our next round of BCPP funding is now available and the closing date for **Level 2** applications is **Thursday 17th April 2014**. 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 now on 028 3026 4606 or email [sharonbleakley@cdhn.org](mailto:sharonbleakley@cdhn.org)



## *CDHN's 19th AGM & launch of 2012-2013 Annual Report*



CDHN recently held its 19<sup>th</sup> Annual General Meeting at Riddell Hall, Belfast. The AGM also saw the re-election of 6 Board Members and the election of 5 co-opted Board Members to CDHN Management Board for a further 3 years.

A copy of the CDHN Annual Report is available for download from [www.cdhn.org](http://www.cdhn.org) or email [ruthmurphy@cdhn.org](mailto:ruthmurphy@cdhn.org)

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## *Transforming Your Care Workshop...*

TYC workshop took place on 24th January. Workshop notes are available to download from [www.cdhn.org](http://www.cdhn.org)



Pictured above: Joanne Morgan, Director CDHN, Karen Collins, Chairperson CDHN & Pamela McCready, Director TYC.

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## *Pathways to Health Training Update...*

Applications for Pathways to Health Level 3 - 'Strategic Development and Leadership' Training are currently being accepted.

This series of 6 master classes, will run one a fortnight from 26th March to the 11th June.

The training, which will take place in the Market Place in Armagh, is open to those working at a strategic level from the community, voluntary and statutory sectors.

Applications forms can be downloaded from [www.cdhn.org](http://www.cdhn.org) or by emailing [carolinemcnulty@cdhn.org](mailto:carolinemcnulty@cdhn.org)

The full range of CDHN Factsheets have been recently redesigned and are available to download from the publications area of the CDHN website.



## Get Walking with WIYC!



### Walking In

Your Community has been going from strength to strength and now has over 130 Community Walk Leaders trained to date.

The initiative provides community group leaders and volunteers with free introductory walk leader training that will enable them to lead short, safe and accessible walks within their community.

Walking In Your Community has arranged a number of provisional Community Walk Leader courses throughout Northern Ireland for 2014.

If you are interested in attending a course, please email:

[Info@walkinginyourcommunity.com](mailto:Info@walkinginyourcommunity.com) or call 028 9030 3930.

## My Money!



Citizens Advice have

commenced an innovative new programme, My Money.

The aim is to empower individuals to budget, borrow and save with confidence! Having the financial skills to make informed decisions at key life events can mean the difference between a secure future and a desperate struggle.

CAB want everyone to have the knowledge, skills and confidence to make informed decisions around budgeting, borrowing, saving and banking. They can deliver direct to your clients and service users or run sessions for your staff to build their capability to support clients on money issues in the future.

Topics covered include:

- Money Management and Budgeting Skills
- Different Bank Accounts and Choosing Credit
- Dealing with Debts
- Money in the Workplace

Please contact My Money Financial Capability Officers Aileen Hutton & Nichola MacDougall for information or to book a session. T: 028 9023 1120 E: [huttona@citizensadvice.co.uk](mailto:huttona@citizensadvice.co.uk)



## Reminiscence, Life Story Work and Life Review: narrative methods, theory and application across the life cycle...

2014 Recruitment for this year's intake is now open

The approaches taught in this module are fundamental to person-centred and personalised care and will be beneficial in a diverse range of practice settings, including community, residential, domiciliary and day care services for adults; probation and after-care service; hospices and hospitals; and children's services.

Dates: The course will be taught in two 3 day blocks on 7th, 8th and 9th May and the 14th, 15th and 16th May. The three supporting seminars will be on the afternoons of 6th June, 5th September and 24th October.

Venue: NISCC, Belfast.

Applicants for this course should complete and return the application form before 14th April 2014. For further information on costs and an application form, visit <http://www.rnni.org/pages/training%20courses/> or email Daphne Stevenson at [daphnejd@gmail.com](mailto:daphnejd@gmail.com)



## Volunteers Needed!

Do you have experience in Health Promotion, Podiatry or Dentistry? Special Olympics Ulster Healthy Athlete Programme is now recruiting volunteers!

Special Olympics Ulster is a year round sports training and competition organisation for children and adults with an intellectual disability. In addition to our sports programme we offer a free health information and screening service for Special Olympics Athletes, which usually takes place at a Special Olympics Ulster competition or event.

The Healthy Athlete Programme currently offers athletes Health Promotion, Fit Feet and Special Smiles screenings. If you would like further information or would like to become involved, it would be great to hear from you! Please contact Emma Douglas on 028 9026 2774 or email [emma.douglas@specialolympics.ie](mailto:emma.douglas@specialolympics.ie) for further details.

## Sexual Orientation Awareness Training...

Here NI delivers Sexual Orientation Awareness training sessions for Community, Voluntary and Statutory service providers and policy makers.

Key aspects of training are:

- Understanding same-sex attraction and use of appropriate terminology
- Key health inequalities experienced by people who are same-sex attracted
- Forms of homophobia and heterosexism
- Barriers to accessing mainstream statutory/community/voluntary service provision
- Mental and Sexual Health Outcomes for people who are LGB
- Legislative and social policy context, Tips for improvement of practice

You can book a training session directly by contacting Cara McCann on 02890 249452 or via e-mail [cara.mccann@hereni.org](mailto:cara.mccann@hereni.org)



## PSORIASIS AWARENESS...

CLEAR Psoriasis is a new charity set up in Northern Ireland, working to support people whose lives are affected by psoriasis.



Psoriasis is an inflammatory and non-communicable skin disease that affects around 14 million Europeans. Despite this high prevalence, psoriasis is continuously under-diagnosed and under-treated. What is more, it is too often considered as a minor matter requiring little attention, but this condition has detrimental psychological effects on the person that go widely unnoticed.

**DON'T SUFFER IN SILENCE – VALUABLE INFORMATION MAY SUPPORT YOU!**

Please contact us on 07967522472

Facebook: [clear.psoriasis@facebook.com](https://www.facebook.com/clear.psoriasis)

Email: [clearpsoriasis@hotmail.co.uk](mailto:clearpsoriasis@hotmail.co.uk)



## Belfast Healthy Cities Launch European 'Explorer Award'...

As part of the celebrations to mark 25 years of Belfast as a designated World Health Organization (WHO) Healthy City, Belfast Healthy Cities has launched the new annual 'Explorer Award'. It will allow someone working in Belfast in the field of health and wellbeing, including healthy urban planning and design, to visit another WHO European Healthy City or National Network to study their approach to addressing a key issue relating to health inequalities.



There are almost 100 European Healthy Cities, including Udine, Italy; Rotterdam, Netherlands; and Stavropol, Russian Federation. National networks include Croatia, Denmark, Turkey and the United Kingdom.

Suggested topics for study could include early life; older people; health literacy; physical activity; nutrition and obesity; alcohol; tobacco; mental well-being; health and social services; public health capacity; healthy urban planning and design; transport; the health impacts of climate change and housing and regeneration.

The award is open to applicants from the community, voluntary, public and business sectors. Further information is available from [www.belfasthealthycities.com](http://www.belfasthealthycities.com) Applications close at 4.30pm on Wednesday 30 April 2014.

## Glamour Lipstick and Lashes...

Please find enclosed details of our **Glamour-Lipstick and Lashes** evening on Monday 7<sup>th</sup> April at the Seagoe Hotel in Portadown.

The evening will include a 1-1 body shape assessment from Style Guru Lynsey Hakin, style advice to suit your individual shape, a treatment of your choice and a light canapé supper with tea and coffee.

An ideal night out with the girls or a treat for mother's day.

To book log on to <https://glamour-lipstick-lashes.eventbrite.co.uk>  
Book early to avoid disappointment.



## Disability Exhibition 2014...

Northern Ireland's largest disability exhibition is back! This year it will take place on Friday 30 and Saturday 31 May 2014 at the new King's Hall Pavilions, Belfast.

Not only will the Disability Exhibition take place but Motability will also be hosting their first Northern Ireland show 'The Big Event' on the same dates.

The exhibition is a fantastic opportunity for people with disabilities, their families, carers and healthcare professionals to find out about the latest products and services for disabled people. These include transport, aids and equipment, sports activities, technology, benefits and much more. Entertainment will also be available for children, so the event promises to be not only informative but also a fun day out for all the family.

The exhibition is open from 10am – 4pm both days and free of charge to attend.

Visit [www.disabilityaction.org/2014](http://www.disabilityaction.org/2014) for more information.



## Struggling with Tax and Benefits Issues? Need Help?

### Tax and Benefits Service

Advice NI provide FREE, Confidential Advice on issues such as:- Tax Credits, Child Benefit, Childcare Costs, PAYE, Self Assessment, National Minimum Wage.

To speak to an adviser contact our FREEPHONE helpline on 0800 988 2377

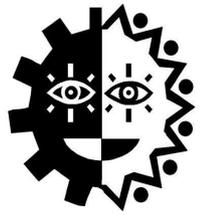
Monday, Wednesday, Friday 9am to 5pm. Tuesday & Thursday 9am to 7pm.

The service is also available face to face across Northern Ireland.

For further information E: [tax@adviceni.net](mailto:tax@adviceni.net) or visit [www.adviceni.net](http://www.adviceni.net)



# Brain Injury Matters



Member of the Month: Case Study

CDHN has been developing ways of recording the work that our members are involved in. We have encouraged members to reflect on work that they have been involved in. The format is a case study and we are continuing to work on a template for this, as this develops we feel that it is important to share learning and experience and explore what different organisations are doing.

“True community development is about process not product: the process is very long: and the important thing is not the measurement but values such as equality and anti-discrimination, social justice, collective action, community empowerment and working and learning together.” (Chanan and Millar 2013)

## Background

Brain Injury Matters is a local charity dedicated to supporting people affected by Acquired Brain Injury (ABI) to rebuild their lives and reach their full potential in the community. In Northern Ireland there are approximately 2000 new cases of brain injury every year. The services that Brain Injury Matters provide are available for anyone with an ABI aged over 16.

There are a wide variety of physical, psychological and emotional effects of an acquired brain injury. Some people experience low mood and self-esteem following an ABI. There are also high levels of depression and feelings of low confidence. This can lead to social isolation and additional health problems associated with unhealthy behaviours.

## INFORMATION GATHERING

Consultation was required with service users to identify the barriers they face when accessing exercise facilities. It was also important to ask what types of exercise people felt they wanted to engage in. This was done via group discussions and questionnaires. We also had to liaise with a number of leisure centres to find out what facilities they have for individuals with physical and cognitive difficulties.

## THE DOING

The Neurological Physiotherapist established a number of exercise groups for service users. Brain Injury Matters also brought in qualified Yoga, Pilates and Tai Chi instructors to provide a range of exercise-based groups. Supporting service users in this way meant that they felt empowered and able to participate in exercise regardless of their physical difficulties.

Brain Injury Matters  
Unit 5c Stirling House  
Castlereagh Business Park  
Castlereagh Road  
Belfast  
BT5 6BQ  
Tel. 028 9070 5125  
[www.braininjurymatters.org.uk](http://www.braininjurymatters.org.uk)

## LEARNING

We were able to learn that people with an ABI are highly susceptible to health issues related to lack of exercise e.g. High BP, becoming overweight and muscle weakness. This also led us to realise that following a Brain injury, individuals tend to find it difficult or lack the confidence to access the skills and advice of health professionals such as Physiotherapists, Dieticians and Pharmacists. As a result of this, we started to form links with professionals who offer information and advice workshops to service users.

## CHANGE

The BCPP has enabled Brain Injury Matters to educate and advise a large number of brain injury survivors with regards to health and medication.

Brain Injury Matters worked with BCPP. As part of BCPP, Brain Injury Matters worked alongside local community pharmacists to design and deliver a series of workshops to our various groups, covering a number of topics including Smoking Cessation, Diet and Exercise, Epilepsy & Depression. A number of these sessions included collaborative working with the Physiotherapist.

Through the use of internal questionnaires, one-to-one interviews and group discussions, it is evident that service users now feel more confident about participating in exercise alongside other survivors of brain injury. A number of individuals now have the confidence to attend their local leisure centres either with a family member or alone. Individuals have also reported a positive impact on their mood as a result of participating in exercise.