



Health and Social Wellbeing Improvement Team (West)

2012 / 2013 Annual Report

An Insight into the work of the Western Health &
Social Wellbeing Improvement Team through
2012-2013

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Executive Summary

In 2012/13 the Western Health Improvement Team invested over £4 million in a range of initiatives to address health and social well-being improvement and target inequalities.

The range of initiatives access over 170 projects, which includes a mix of regular commissioning work and innovative development work testing new ideas. Over 250,000 individuals and groups were direct beneficiaries of the programmes; however, previous evaluations have demonstrated that the cascade effect of these initiatives was at least threefold.

One of the major challenges this year was addressing a fluent financial environment; in one hand having to yield baseline funding for efficiencies while on the other bidding for in-year non-recurrent funding from new funding earmarked under the Programme for Government for Public Health. Despite the uncertainty the teams achieved their financial targets and ensured they broke even, Table 1 summarises the financial allocation for the team.

There have been a number of key developments in terms of business processes and procurement. The findings from the 2011/12 internal audit focused the spotlight on the recording and monitoring processes; this added to the work burden of staff but was a critical lesson in project management, value for money and business case development which will benefit the team in the longer term.

Capacity within the team was also challenged with a number of key staff being absent due to long term sickness. In credit to the commitment from their colleagues the team pulled together to overcome the shortfall and ensure service delivery was sustained.

The City of Culture 2013 initiative acted as a springboard to look at some alternative and innovative solutions to addressing health and well-being, in particular addressing inequalities. Key developments in the past year include:

- Access and Inclusion officer
- Baby's Day Out book
- Velo Bikes Project
- Volunteer Project – Welcome Host training

One of the highlights of the year was the 10th Anniversary celebration of the WIFH Partnership. The event reflected on the success of the last 10 years and examined the opportunities for the future.

One of the longest running initiatives, Health Promoting Homes, continued to prove effective with over 100 families participating in the programme.

The Neighbourhood Renewal Health Improvement Programme reached over 21,000 beneficiaries alone with a range of training, information and support programmes. A further 3, 759 participated in the Green Gym initiative completing a staggering 6130 hours of voluntary work.

Drugs and alcohol remains a major challenge to our society and the PHA has continued to invest over £1 million in a range of initiatives at community level. Projects like the Lifeskills initiative by Action Mental Health in Fermanagh reached almost 700 beneficiaries while Foyle Haven facilitated an estimated 5000 drop-in sessions for those living with a chronic alcohol addiction.

The PHA remains fully committed to the implementation of the Mental Health Promotion and Suicide Prevention strategies. Through a small grants programme 465 people benefitted from a range of counselling, training and support programmes in their own locality outlining the link to alcohol and drugs and mental health.

In the wider mental health sector 82 organisations underwent a self-assessment process in terms of their corporate and client standards and 547 people underwent a range of training courses on suicide prevention. Over 5,400 individuals benefitted from 19 initiatives funded under the small grants programme.

Despite the body of evidence and legislation smoking remains a major challenge to the well-being of the local population. The PHA in the West has continued to address this challenge head on. Over 6460 children enrolled in the Smokebusters Club while 400 further education students participated in a range of education programmes.

The PHA remains concerned at the rising number of sexually transmitted infections (STI). To help address the issue, focus has been placed on awareness and referral initiatives. 150 third level students participated in an awareness programme and 1000 people engaged in a Health Fair event. Over 25,000 booklets and related materials were distributed over the past year.

The Healthy Living Centres have been key partners to the PHA in terms of reaching local communities, over 50,000 people use the facilities and their health and well-being projects. One of the most exciting developments in the past year had been the proposed development of a Health Village Centre for ARC HLC in Irvinestown and the PHA have provided non-recurrent investment to support the project.

Accidents remain a major cause of attendance at Emergency Departments and in particular for older people. Through the WHEAP Project over 2000 people have been provided with information and resources. Furthermore work has commenced on developing a Falls Prevention Strategy for the Western area in partnership with the LCG.

In addition to the local initiatives the Western team are also responsible for two major regional initiatives, the Lifeline Crisis Service and the rural isolation project MARA which have a combined budget of £3.9 million pa. The Lifeline contract is not reported on in this review while the MARA Project is subject to a separate evaluation process.

In conclusion this gives a flavour of the activity for the past year. The success in delivery has been down to the commitment of staff and the willing collaboration of so many partners from our colleagues in the Trust, Local Government, other agencies and the community and voluntary sector. Despite the challenges, the health improvement agenda continues to be championed and opportunities for future development and innovation will continue to be exploited.

Brendan Bonner
Head of Health & Social Wellbeing (West)
Public Health Agency

Table 1: Budget Breakdown 2012/2013

	Operational Budget
Drugs and Alcohol (Local)	£1,118,447.56
Healthy Living Centres	£288,787.00
Hidden Harm	£84,999.25
Accident Prevention	£73,713.76
Investing for Health	£522,607.14
Local Government Allocation	£92,480.07
Mental Health Promotion (Local)	£97,973.00
Obesity/Fit Futures (Local)	£423,777.27
One Stop Shop (Local)	£115,139.05
Smoking Cessation (Local)	£376,103.17
Suicide Prevention Strategy (Local)	£582,663.92
Teen Pregnancy/Sexual Health (Local)	£219,442.29
Workplace Health (Local)	£33,620.00
Local Total	£4,029,753.48
Lifeline (Regional)	£3,267,312.00
Mara (Regional)	£618,971.42
Overall Total	£7,916,037.20

Background to the Public Health Agency

The Public Health Agency (PHA) was established in April 2009 as part of the reforms to Health and Social Care (HSC) introduced by Health Minister Michael McGimpsey. It is the major regional organisation in Northern Ireland for health improvement and health protection.

Its purpose is:

- to protect public health and improve the health and social wellbeing of people in Northern Ireland;
- to reduce inequalities in health and social wellbeing through targeted, effective action;
- to build strong partnerships with individuals, communities and other key stakeholders to achieve tangible improvements in health and social wellbeing.

The PHA was set up to provide a renewed and enhanced focus on public health and wellbeing by bringing together a wide range of public health functions under one organisation. It is also required to create better inter-sectoral working, including enhanced partnership arrangements with local government, to tackle the underlying causes of poor health and reduce health inequalities.

There are five building blocks that underpin the Public Health Agency's Strategy, they are:

Building Blocks for a Happy Healthy Life



1. Give every child & young person the best start in life
2. Ensure a decent standard of living for all
3. Build sustainable communities
4. Make healthy choices easier
5. Ensure high quality care for all

Under the overarching themes of the Public Health Agency falls the Investing for Health Strategy and Health Improvement agenda.

Addressing Health Inequalities

Investing for Health was the first cross-departmental public health strategy, published back in 2002. It focuses on tackling the wide range of complex and inter-related factors that can impact on the health of the population. The Strategy is based upon the recognition that the inequalities, which exist in health between rich and poor are widening and argues that the wider determinants of health can be addressed by integrated interventions and a co-ordinated approach between all Sectors.

In terms of local implementation the Western Investing for Health Partnership was developed in 2002, and consists of 30 member organisations, in pursuit of the aims of improving health and reducing inequalities with seven main objectives in mind:

1. To reduce poverty in families with children
2. To enable all people and young people in particular to develop their skills and attitudes
3. To promote mental health and emotional wellbeing
4. To offer everyone the opportunity to live and work in a healthy environment
5. To improve our neighbourhoods and wider environment
6. To reduce accidental deaths and injuries in the home, workplace and collisions on the road
7. To enable people to make healthier choices

In addition there has been a major review of the strategy itself undertaken in early 2010 and work has begun on the establishment of Investing for Health Two.

New Public Health Framework

The future development of the strategic context for public health addresses a 3- Pronged approach, including:


- The recommendations of the outcome of the Review of Investing for Health (2002-2012) and this midterm review.
- Health Inequalities Agenda and the work that has been taken forward by the Public Health Agency, taking into account the findings of the Marmot Inequalities report in the UK.
- Review undertaken by the Northern Ireland Assembly's Health Care Committee into health inequalities.

The DHSSPS launched a draft consultation document 'Fit and Well – Changing Lives 2012-22' in July 2012 and this document outlined the strategic drivers and policy direction for the next ten years. The final report is due for publication in Autumn 2013 and it will set the strategic direction for addressing health inequalities for the next ten years.

WESTERN HEALTH IMPROVEMENT DIVISION

WESTERN INVESTING FOR HEALTH

Theme	Investing for Health – Corporate
Project	City of Culture Access & Inclusion Project
Strap-line	Making the UK City of Culture an exciting and welcoming prospect for people with disabilities; our work will make a difference in 2013.
Aim	To create and promote improved inclusion and accessibility to the City of Culture 2013 and the calendar of events. Leave a legacy whereby venues and production teams will embrace accessibility beyond the culture year - access to participation, access to a sustainable built environment, access to accessible information and access to events.
Activity	<p>The scope of the project is broad and covers a variety of elements eg:</p> <ul style="list-style-type: none"> • Reasonable adjustments for events; • Development of the Change a Little Change a Lot awards scheme; • Establishment of City of Culture working and access groups; • Feedback on events and reasonable adjustments requested and acted upon; including direct user input through the arrangement of venue site visits by access group members where possible; • Work with local arts for health project; • Work with local/regional disability organisations to engage, information share, encourage participation and act as the vital link between representatives and key persons in external bodies; • Encourage the development of accessible programme formats; • Distribution of information on accessibility.
Output	<p>The project continues until March 2014, however much has been achieved in the short time since the project began. Such as:</p> <ul style="list-style-type: none"> • Reasonable adjustments to events e.g. accessible viewing platforms, sign language interpretation, quiet spaces to support people with learning disabilities, captioning (assisted through partnership establishment) etc; • Development and launch of the CaLCaL awards scheme – target 30 host venues. Independent Advisory Panel established; • City of culture working and access groups meet monthly – a forum to discuss needs, concerns, feedback, share information; • Feedback on events and reasonable adjustments taken to venue management; • Input to improved accessibility provided where possible, including direct user feedback given by group members during venue site visits; • Helping to bring culture to people with high dependency needs and older persons; • Ongoing work with local disability organisations to engage, information share, encourage participation and to establish links that make specific projects happen on the ground e.g. Guide Dogs and NWVC have developed the My Guide service, ensuring that Culture Crew volunteers are trained to be sighted guides in the city

	<p>during 2013 and beyond;</p> <ul style="list-style-type: none"> • Through collaboration accessible programme formats introduced; • Information on accessibility distributed using a range of methods, including development of the city of culture website accessibility page.
Outcome	<ul style="list-style-type: none"> • Positive relationships and partnerships established; • Recognition is growing about the importance and benefit of reasonable adjustments in the event context; • Engagement of disabled people who may otherwise miss opportunities to participate or view/ attend performances; • Pro-active and ongoing information sharing and networking; • More accessible performances and improved venue accessibility. • Assist understanding of the need for accessible formats.
Link to IFH	<ul style="list-style-type: none"> • To enable all People to develop their skills and attitudes • To offer everyone the opportunity to live and work in a healthy environment • To improve our neighbourhoods and wider environment
Link to Pillars	<ul style="list-style-type: none"> • Ensure a decent standard of living for all • Build sustainable communities • Make healthier choices easier
Personal Comment	<p><i>“This is an exciting time for Derry-Londonderry. The access and inclusion project is an essential component in making City of Culture a success for the city’s local people and visitors”.</i></p>
Photograph	 <p><i>Stage Beyond Theatre Company - performers with learning disabilities participated in the CaLCaL launch in Cultúrlann Uí Chanáin</i></p>
Organisation Contact Details	<p>Aisling Irvine Access and Inclusion Coordinator - Culture Company/ Disability Action 58 Strand Road Derry ~Londonderry, BT48 7AJ</p> <p>Tel: 028 7136 0811 Email: Culture2013@disabilityaction.org</p>

Theme	Investing for Health - Corporate
Project	"Baby's Day Out" Baby Book
Strap-line	The most wonderful sound in the world to your baby is your voice. Cuddling up and sharing books will help you create a special bond with your baby.
Aim	Every child born in 2013 in the Western area is being gifted with the specially commissioned book to encourage parents and children to embrace books and reading together from day one. The book was designed and published in partnership with WHSCT, Dog Ears, Bang on the Door and the Culture Company.
Activity	4400 books to be distributed by midwives to all babies born in 2013 in the 2 hospitals in the Western area. Book Launched on Friday 8 th March 2013 during Rhyme Time at the Central Library, L'Derry, attended by over 60 mothers & babies.
Outcome	Baby's Day Out is part of the PHA's Extraordinary People's project committing to delivering on the legacy from the City of Culture initiative. It is an initiative that will develop a culture of reading and learning but also include issues such as parent and child bonding. It is anticipated these benefits will stretch beyond health to educational attainment, employment, and reducing numbers entering the criminal justice system.
Link to IFH	<ul style="list-style-type: none"> • To enable all people and young people in particular to develop their skills and attitudes • To promote mental health and emotional wellbeing • To offer everyone the opportunity to live and work in a healthy environment • To enable people to make healthier choices
Link to Pillars	<ul style="list-style-type: none"> • Give every child & young person the best start in life • Build sustainable communities • Make healthy choices easier
Personal Comment	<i>"The care provided by parents and the wider family circle gives young children the best possible foundation for a thriving future. What happens in the early stages of life, and in particular before a child enters school, will impact significantly on their growth and development throughout their school years and also their long term health, wellbeing and life chances.</i>

This book helps by ensuring that parents have the right advice and support to help give their babies the best start in life in a meaningful and innovative way. We hope the children and parents treasure the book but more importantly use it to trigger a culture of reading within the home that will lead to learning and enrichment in the future”.

Brendan Bonner, Head of Health & Social Wellbeing Improvement (West)

Photograph





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Theme	Investing for Health-Corporate
Project	Momentum Community Choir – Ballymagroarty and Hazelbank
Strap-line	Singing for Health
Aim	To set up a community choir in Ballymagroarty and Hazelbank area. To perform to a public audience on at least two occasions during the city of culture year.
Activity	Momentum Community Choir meets every two weeks in St.Eithne's Primary School. There are no auditions for the choir, everyone is welcome and a sense of community, belonging and fun is encouraged.
Output	<ul style="list-style-type: none"> • Recruitment of Choir Facilitator • Recruitment of accompanist and piano tuner • Recruitment of up to 40 choir members • Hire of local venue for choir sessions • Fortnightly choir sessions • Two public performances during 2013
Outcome	<ul style="list-style-type: none"> • Breakdown of barriers between choir participants • Attentiveness in Listening to others • Acceptance and belonging • Renewal and stress management • Strengthened trust • Increased confidence, self-belief and morale • Community capacity building • Improved breathing techniques
Link to IFH	<ul style="list-style-type: none"> • To promote mental health and emotional wellbeing • To enable people to make healthier choices • To enable all people and young people in particular to develop their skills and attitudes
Link to Pillars	<ul style="list-style-type: none"> • Build sustainable communities • Make healthy choices easier
Personal Comment	<i>"Participants love the choir. The choir's first public performance was in May 2013 and was a very uplifting and emotional experience for choir members. Choir sessions provide an opportunity for fun and laughter, a sense of achievement, building of new friendships, an opportunity to get out of the house, a chance to learn new songs and a chance for choir members to take time for themselves.</i>

	<p><i>The choir provides a very positive and uplifting experience and after the first public performance choir members are now much more aware of what they have achieved to date and of what they can continue to achieve. The sense of giving back to the community through performance has also been an important lesson to date”.</i></p>
<p>Photograph</p>	
<p>Organisation Contact Details</p>	<p>Geraldine Emsley BHCP 2 Dunluce Court Ballymagroarty Derry BT48 OPA</p> <p>Tel: 028 71271977 Email: geraldine.bhcp@btconnect.com</p>

Theme	Investing for Health - Corporate
Project	PALS Culture Project
Strap-line	Giving Looked After Children an input into the City of Culture 2013 through the medium of art.
Aim	To involve Looked After Children in using the arts to transform their living environment.
Activity	Through the facilitation of a qualified artist engage Looked After Children in the design, preparation and painting of a Graffiti art Wall at their premises in Chapel Road, Waterside, Derry/Londonderry.
Outcome	40 Looked After Children were involved in this project and successfully completed a graffiti art wall. This project has led on to further projects with the City of Culture team.
Link to IFH	<ul style="list-style-type: none"> • To enable all people and young people in particular to develop their skills and attitudes • To promote mental health and emotional wellbeing • To offer everyone the opportunity to live and work in a healthy environment
Link to Pillars	<ul style="list-style-type: none"> • Give every child & young person the best start in life • Build sustainable communities
Photograph	
Organisation Contact Details	<p>Malachy Daly, Participation And Lifeskills (PAL) Project Worker WHSCT, Robin Hill 103 Chapel Road, L'Derry, BT47 2BG Tel: (028) 71312044 Ex 224405 malachy.daly@westerntrust.hscni.net</p>

Theme	Investing for Health-Corporate
Project	Velo Bikes Project
Strap-line	To provide an outdoor/cycling activity for the first time in the city for people with physical disabilities.
Aim	To encourage individuals and their families/carers to engage with cycling as a pleasant past-time and to improve the quality of life for people with physical disabilities. We hope to promote the cycle lanes as a mode of access to natural social integration with the services that exist along these routes. People with physical disabilities are marginalized from services due to physical access issues, perceptions and lack of autonomy. We aim to increase inclusion and make physical disability more visible in the community and we hope to increase the confidence of our service users. A by-product of our project will be the increased levels of physical activity of pilot-cyclists.
Activity	Our activity this year was primarily researching the availability of outdoor activities for people with the most complex types of physical disabilities. Identifying a gap in services and then generating the project idea and developing it into a reality. Following successful application for funding we purchased two accessible bikes.
Output	<p>Two 'Velo' specialist bikes were purchased - the Velo Plus and the Velo O Pair.</p> <p>The Velo Plus accommodates a person in their own manual wheelchair and a pilot cyclist is required to operate the bike.</p> <p>The Velo O Pair accommodates a person who is able to transfer from their wheelchair or has low mobility. A pilot cyclist is required for this bike also.</p> <p>Both bikes can facilitate children as young as 4 and adults. There are restrictions for people who are excessively over weight.</p> <p>We have achieved partnership status with Shop Mobility Foyle who will generate membership cards and assist with delivering training for pilot cyclists. Shop Mobility Foyle will facilitate loaning of the bikes from their existing service in the Foyleside Shopping Centre. Storage of the bikes has been agreed with Derry City Council in their Templemore Sports Complex. We are in association with 'Far and Wild' who will provide pilot cyclists as and when required. We are also creatively thinking of future inclusive cycling activities that could be possible for service users.</p> <p>Promotional work is on-going to advise local community groups, social</p>

	services, schools and day care agencies of the existence of the bikes and the future plans for loaning the bikes.
Outcome	Momentum is gathering and there is a keen interest from individuals, families and agencies alike. Taster session/activity scheduled to take place in May. One person with a physical disability will participate in the City of Culture Event, the 'Wild Walls' cycle. The pilot cyclist will be provided by Far and Wild.
Link to IFH	<ul style="list-style-type: none"> • To enable all people and young people in particular to develop their skills and attitudes • To enable people to make healthier choices
Link to Pillars	<ul style="list-style-type: none"> • Give every child & young person the best start in life • Ensure a decent standard of living for all • Make healthy choices easier
Personal Comment	<i>"The project idea stemmed from liaising with an individual who had huge barriers to inclusion due to his complex physical disability. The concept of creating an outdoor activity that could be operated on a regular basis and not simply a one-off seemed remote. The fact that this idea has become a reality and we have acquired these amazing bikes is a great result for people with physical disabilities. Especially during this City of Culture year, it will ensure that more people with physical disabilities can feel a part of the excitement and be included".</i>
Photograph	 <p><i>Jonathon Hagon who was the inspiration for the project, with his brother Aaron (Pilot Cyclist) testing out the Velo Plus.</i></p>
Organisation Contact Details	<p>Lisa Blackery-Prince Access and Inclusion Officer, Disability Action 58 Strand Road, Derry/Londonderry</p> <p>Tel: 02871360811 Email: lisablackeryprince@disabilityaction.org</p>

Theme	Investing for Health - Corporate
Project	Nowadays Gays
Strap-line	A healthier sense of pride
Aim	To promote and enhance mental wellbeing through creativity.
Activity	Through a series of workshops and events, we have successfully provided a safe and productive presence of creativity with a therapeutic subtext. Classes were held in arts therapy, meditation, sexual health, appearance and regime with civic conversations held and family orientated events also. A showcase event was held in celebration of the arts and their importance as means of expression.
Output	Over 300 people came and participated in the first series of workshops and events held by Nowadays Gays. A body of facilitators have also increased knowledge of issues within the LGBT community which relates to mental health and have since pledged their support to on-going projects by Nowadays Gays and Foyle Pride.
Outcome	There is a strong visibility of mental health support for LGBT within Derry-Londonderry. A punctuated sense of pride runs throughout the year now as opposed to just one Festival held in Summer time.
Link to IFH	<ul style="list-style-type: none"> • To enable all people and young people in particular to develop their skills and attitudes • To promote mental health and emotional wellbeing • To enable people to make healthier choices
Link to Pillars	<ul style="list-style-type: none"> • Make healthier choice easier • To promote mental health and emotional wellbeing
Personal Comment	<i>“Nowadays Gays has given Foyle Pride the opportunity to showcase what our community has to offer on a more frequent basis which is vital as part of our aim for a stronger integration with wider communities. We get to be creative and we can learn to heal and take care of ourselves. Its art with a heart!” - Joe Carlin, Chairperson Foyle Pride.</i>

Theme	Investing for Health- Corporate
Project	City of Culture - Health and Cultural Project at Greater Top of the Hill area
Strap-line	Health and cultural programmes for women of the Greater Top of the Hill area
Aim	The aim is to deliver a number of health and cultural projects for women who live in the Top of the Hill area.
Activity	<p>'Girls Night In' - an evening of relaxation, health and culture awareness in Hillcrest House.</p> <p>Pamper and reminiscing event for Older Women – women from the area will take part in a relaxation and reminiscing event in Hillcrest House.</p> <p>Flower Arranging – women from the area will take part in a flower design and arrangement workshop and produce a piece each for Mother's Day.</p>
Output	<p>'Girls Night In' - 30 women aged between 18-50 years from attended an evening of relaxation, health and culture awareness in Hillcrest House. On offer was a range of relaxation and beauty therapies, healthy buffet, music and entertainment from local women, awareness sessions on breast, bowel and lung cancer, advice and signposting on agencies who provide services on mental health.</p> <p>Pamper and reminiscing event for Older Women – 25 older women from the area took part in a relaxation and reminiscing event in Hillcrest House. On offer was a range of relaxation therapies, healthy lunch and reminisce session.</p> <p>Flower Arranging – 2 sessions of 15 women from the area, one for younger women and another for older women took part in a flower design and arrangement workshop and produced a piece each for Mother's Day.</p>
Outcome	<ul style="list-style-type: none"> • Improved emotional health and wellbeing • Increased breast and cancer prevention awareness • Increased knowledge of mental health providers • Increased knowledge of programmes and services in the area
Link to IFH	<ul style="list-style-type: none"> • To promote mental health and emotional wellbeing • To improve our neighbourhoods and wider environment
Link to Pillars	<ul style="list-style-type: none"> • Build sustainable communities • Making healthier Choices
Personal Comment	This funding enabled Hillcrest House to engage with younger women in the area whom are disengaged, these programmes enabled staff to meet with the women in a welcoming environment and chat to them about programmes and services.

Photograph




Jon Paul, Florist and Tutor, pictured with ladies from Hillcrest House at their Flower Arranging Workshop on Wednesday last, funded by the Public Health Agency as part of the City of Culture. Included from left Molly Kelly, Kathleen McNaught, Sandra Sharkey and Margaret Hegarty. 1705JM41


**Organisation
Contact
Details**

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Theme	Investing for Health – Corporate
Project	Investing For Health 10th Anniversary Celebrations
Strap-line	Celebrating 10 years of partnership working in the West, improving health and reducing health inequalities.
Aim	Bringing together past and present IFH partnership members to showcase achievements made in health improvement with the rollout of the Investing for Health strategy in the West (2002-12).
Activity	A conference in Alley Theatre, Strabane on 7 September 2012.
Output	70 people attended the event which showcased; <ul style="list-style-type: none"> • The role of community • Joint working with local government.
Outcome	A celebration of joint working, demonstrating local government, community and voluntary sector and private sectors role in health improvement through membership on the Investing for Health Partnership.
Link to IFH	<ul style="list-style-type: none"> • To reduce poverty in families with children • To enable all people and young people in particular to develop their skills and attitudes • To promote mental health and emotional wellbeing • To offer everyone the opportunity to live and work in a healthy environment • To improve our neighbourhoods and wider environment • To reduce accidental deaths and injuries in the home, workplace and collisions on the road • To enable people to make healthier choices
Link to Pillars	<ul style="list-style-type: none"> • Give every child & young person the best start in life • Ensure a decent standard of living for all • Build sustainable communities • Make healthy choices easier • Ensure high quality care for all.

Personal Comment	<p><i>“Western IFH incorporates a range of organisations, who have translated ideals into reality: they are the ones who ‘got on with it’ despite external pressures and challenges”</i></p> <p>Mary McMahon, Chair Public Health Agency.</p>
Photograph	
Organisation Contact Details	<p>Public Health Agency (West) Health Improvement Gransha Park House Clooney Road Derry/ Londonderry BT47 6FN</p> <p>Tel: 028 7186 0086 www.westernifh.org</p>

Theme	Investing for Health – Corporate
Project	WIFH Co-chair Expenses
Strap-line	Engaging the Community and Voluntary Sector in key decision making in Health Improvement
Aim	C&V sector co chair representative – ensures C&V sector voice communicated at strategic level of public health.
Activity	<p>To engage with the community, to consult with its statutory, public and private sector partners.</p> <p>To contribute to IFH strategies at Management Board and sub group meetings.</p> <p>To chair alternative meetings of the board and full partnership.</p> <p>To ensure and encourage partnership contribution at all meetings.</p>
Output	Attend meetings and co-chair with Head of Health Improvement (West).
Outcome	<p>Embed health improvement in the work of Caw/ Nelson Drive Action group and associated fora, including;</p> <ul style="list-style-type: none"> • Waterside Area Partnership • Waterside Neighbourhood Renewal Partnership.
Link to IFH	<ol style="list-style-type: none"> 1. To reduce poverty in families with children 2. To enable all people and young people in particular to develop their skills and attitudes 3. To promote mental health and emotional wellbeing 4. To offer everyone the opportunity to live and work in a healthy environment 5. To improve our neighbourhoods and wider environment 6. To reduce accidental deaths and injuries in the home, workplace and collisions on the road 7. To enable people to make healthier choices.
Link to Pillars	<ul style="list-style-type: none"> • Build sustainable communities

	<ul style="list-style-type: none"> • Make healthy choices easier
Personal Comment	<p><i>“Co-Chair duties have helped Caw/ Nelson Drive Action Group connect with the wider Waterside in terms of relaying Health Improvement messages and the PHA direction”.</i></p> <p>Linda Watson, Manager, Caw/ Nelson Drive Action Group</p>
Photograph	
Organisation Contact Details	<p>Linda Watson Caw/ Nelson Drive Park 205-211 Sperrin Park Londonderry/ Derry BT47 6NQ</p>

Theme	Investing for Health – Corporate
Project	Student Media Awards
Strap-line	Embedding health improvement values positively in media students
Aim	Promoting positive reporting on health amongst media students across Northern Ireland
Activity	Liaising with Further and Higher Education and Universities across Northern Ireland to produce media submissions this year with an emphasis on using culture as a means of health improvement.
Output	Submissions from North West Regional College, South West Regional College and University of Ulster across 4 key areas; <ul style="list-style-type: none"> - Moving image - Written - Pictorial - Bogside & Brandywell’s Drink Think category <p>With an awards ceremony in March 2013.</p>
Outcome	The programme has become a part of the curriculum for some of the colleges, with a focus on working to a client brief. The winning entries are posted on www.westernifh.org
Link to IFH	<ul style="list-style-type: none"> • To enable all people and young people in particular to develop their skills and attitudes • To promote mental health and emotional wellbeing • To offer everyone the opportunity to live and work in a
Link to Pillars	Make healthy choices easier
Personal Comment	“The students get an opportunity to work for a real client and begin to understand the need to adhere to a client brief, produce an effective and creative piece, which is technically excellent” Faustina Starrett, Lecturer North West Regional College

Photograph




**Organisation
Contact Details**

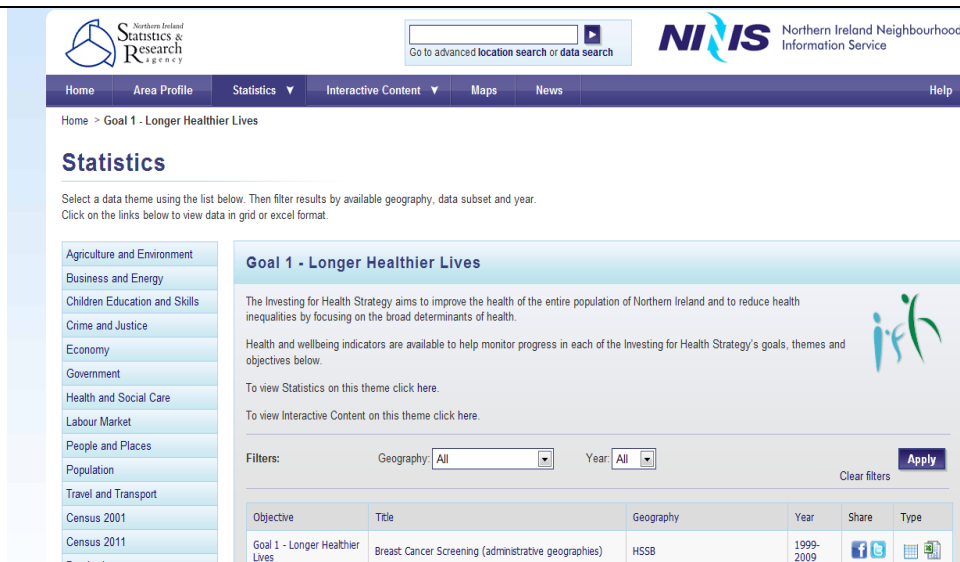
Joni Millar/ Adele Dunn
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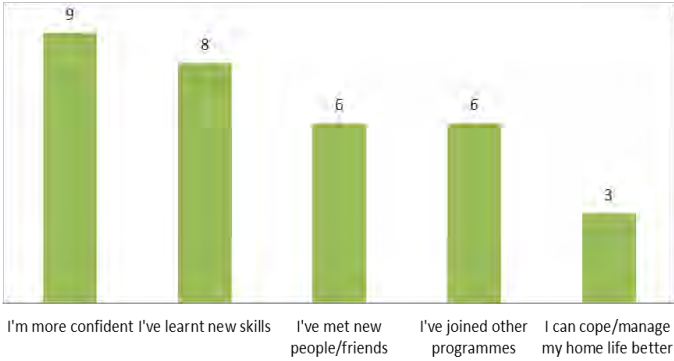
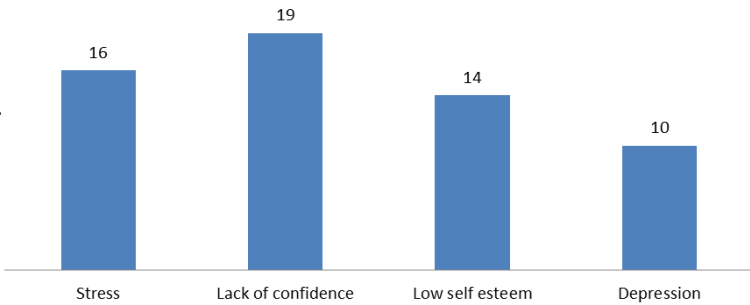
Theme	Investing for Health - Corporate
Project	World Host Training
Strap-line	WorldHost is designed to become the national standard for customer service training in the hospitality and tourism industry, and with the flexibility to provide solutions across a variety of industries.
Aim	<p>To provide World Host Training to 180 volunteers through the North West Volunteer Centre and 60 Health & Social Care Staff.</p> <p>The aim of the initiative was to up-skill staff and volunteers in such a manner that would demonstrate commitment to the cultural initiative but also to consider how the skills learnt in the host training could be transferred to supporting patient and client care within the health service, promoting volunteering and awareness of the cultural programme.</p>
Activity	<p>4 One Day Training Sessions for Health & Social Care Staff (60 Attendees)</p> <p>8 One Day Training Sessions for North West Volunteers (180 attendees)</p> <p>1 Two Day Level 2 Marshall training (10 Attendees)</p> <p>The training included a familiarisation tour of the Ebrington site and a tour of the walled city.</p>
Output	<p>240 individuals trained on providing information on the events, locations and other matters relating to the City of Derry, the City of Culture 2013 and beyond.</p> <p>In addition, 10 Volunteers were trained in Marshalling.</p>
Outcome	<p>This training provided a unique opportunity to build on participants' current strengths as a representative of where they work, volunteer and live. It equipped participants with the resources to interact and assist visitors to make their stay as enjoyable as possible and provide a detailed knowledge of the tourism product in their City and surrounding area.</p> <p>The training Increased the skills base of City of Culture and Civic Volunteers as well as promoting a sense of pride in the City of Derry and in the individuals trained.</p>
Link to IFH	<ul style="list-style-type: none"> • To enable all people and young people in particular to develop their skills and attitudes • To promote mental health and emotional wellbeing • To improve our neighbourhoods and wider environment • To enable people to make healthier choices

Link to Pillars	<ul style="list-style-type: none"> • Build sustainable communities • Make healthy choices easier
Personal Comment	<p><i>“Thank you so much to everyone at the PHA for the great support given to this initiative. Our volunteers can undertake their civic role with greater confidence thanks to the training that they received. Volunteering can be very rewarding and it most certainly promotes a sense of individual well being”</i></p> <p style="text-align: right;"><i>John McBride, North West Volunteer Centre</i></p>
Photograph	
Organisation Contact Details	<p>North West Volunteer Centre 22 Bishop Street Derry BT48 8RT</p> <p>Contact: Jacqueline Garnon / John McBride Tel: 028 7127 1017</p> <p>Contact for World Host Trainer: Deirdre King - Deirdreking@btinternet.com</p>

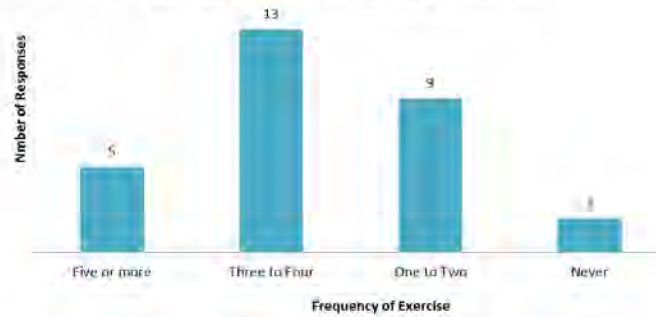
Theme	Investing for Health-Corporate
Project	Dove House – City of Culture Events
Strap-line	Engage residents in a range of events to raise awareness of the City of Culture and promote improved mental health and well-being.
Aim	To engage LGBT, older people, woman and young people in a range of arts-based activities to improve health and social well-being.
Activity	Dove House co-ordinated a range of events for the residents of Shantallow/Galliagh area to attend including information.
Output	<ul style="list-style-type: none"> • 76 attendees at the Big Gay breakfast • 17 Older People attended the Sing For Life Programme • 70 Woman attended the Health Fair • 37 young people were involved in the ‘Happy Never After’ Drama Production
Outcome	Residents in this multiply deprived area were given the opportunity to engage activities which promoted arts and culture as a tool to improve mental health and well-being.
Link to IFH	<ul style="list-style-type: none"> • To promote mental health and emotional wellbeing • To enable people to make healthier choices • To enable all people and young people in particular to develop their skills and attitudes
Link to Pillars	<ul style="list-style-type: none"> • Build sustainable communities • Make healthy choices easier
Organisation Contact Details	<p>Brónach McMonagle General Manager Dove House Community Trust 32 Meenan Square Derry BT48 9EX Tel: 028 7127 3976 Email: bronach@dovehousecommunitytrust.com</p>

Theme	Investing for Health
Project	NINIS Indicators for Investing for Health themes
Strapline	Health and wellbeing indicators are available to help monitor progress of the Investing for Health Strategy's goals, themes and objectives.
Aim	Provide statistics and interactive content for Northern Ireland, based on the goals and objectives of IFH and hosted by NISRA.
Activity	Annually updated information based on Health Intelligence and Health Information on health outcomes e.g. breast screening uptakes, child immunisation rates, PYLL (potential years of life lost) etc
Output	Multi- layered data available on localised health. Training for IFH partnerships in use of NINIS .
Outcome	Stronger evidence base for health assessment of needs available from organisations dealing with health inequalities.
Link to IFH	Demonstrates the impact of the Investing for Health strategy on the health outcomes of the population of Northern Ireland.
Personal Comment	<i>'NINIS provides a fantastic tool for obtaining statistics at a local level and designing programmes around evidence based need'.</i>
Photograph	
Organisation Contact Details	<p>Northern Ireland Statistics and Research Agency</p> <p>Tel: (+44)028-90348100</p> <p>Email: info.nisra@dfpni.gov.uk</p> <p>www.nisra.gov.uk</p>

Theme	Investing for Health - Corporate
Project	Dry Arch Children's Centres Ltd - Health Promoting Homes
Aim	To improve the health and wellbeing of and tackle obesity in children and families by delivery of Health Promoting Homes to approx 25-30 families from disadvantaged areas, including representation from Section 75 groups (7-10 families).
Activity	<p>2 x 18 session programmes were delivered. Sessions included Personal Development, Physical Activity and Nutrition.</p> <p>Personal Development The Personal Development sessions were each one hour long. Sessions covered included, inter alia, personal self-esteem, self-image, positive self-talk and sessions which encouraged the participants to think about their thoughts, feelings and behaviour, how these may be manipulated through practical techniques such as affirmations for improved emotional and mental wellbeing.</p> <p>Physical Activity Zumba and Walking sessions encouraged parents and their children to engage in physical exercise in a fun and relaxed social setting. The session also focused on increasing confidence and self-esteem and to increase general awareness of the health benefits linked to regular physical exercise.</p> <p>Cook It The nutritional sessions focused on healthy eating on a budget and how to improve nutritional intake. Participants discussed and were educated on how to interpret nutritional contents of food, healthy portion sizes, what food sources constitute carbohydrates, fats, proteins, vitamins and minerals and recommended intake of each.</p>
Output	The target group included families from disadvantaged areas and parents and children with a disability. 30 people successfully completed the HPH programme.
Outcome	<ul style="list-style-type: none"> • Increase in physical activity levels • Improvement in awareness of healthy eating habits • Enhanced lifestyle skills • Encourage a more positive attitude to breastfeeding • To work actively towards increasing dental registrations • Working actively to prevent home accidents • Improvement in mental health & emotional well-being

Link to IFH	<ul style="list-style-type: none"> • Give every child and Young Person the best start in life • Promote mental health and emotional well-being • To enable people to make healthier choices 																						
Link to Pillars	<ul style="list-style-type: none"> • Give every child and young person the best start in life • Make Healthy Choices easier 																						
Personal Comment	<p>Personal Comment/Evaluation Feedback</p> <p>Some Evaluation Findings</p> <p style="text-align: center;">Did you achieve what you had hoped to from participating in the programme?</p>  <table border="1"> <caption>Top 5 Participants Responses</caption> <thead> <tr> <th>Response Category</th> <th>Number of Responses</th> </tr> </thead> <tbody> <tr> <td>I'm more confident</td> <td>9</td> </tr> <tr> <td>I've learnt new skills</td> <td>8</td> </tr> <tr> <td>I've met new people/friends</td> <td>6</td> </tr> <tr> <td>I've joined other programmes</td> <td>6</td> </tr> <tr> <td>I can cope/manage my home life better</td> <td>3</td> </tr> </tbody> </table> <p style="text-align: center;">Has the programme helped to improve any of the following factors?</p>  <table border="1"> <caption>Top 4 Issues</caption> <thead> <tr> <th>Issue</th> <th>Number of Responses</th> </tr> </thead> <tbody> <tr> <td>Stress</td> <td>16</td> </tr> <tr> <td>Lack of confidence</td> <td>19</td> </tr> <tr> <td>Low self esteem</td> <td>14</td> </tr> <tr> <td>Depression</td> <td>10</td> </tr> </tbody> </table>	Response Category	Number of Responses	I'm more confident	9	I've learnt new skills	8	I've met new people/friends	6	I've joined other programmes	6	I can cope/manage my home life better	3	Issue	Number of Responses	Stress	16	Lack of confidence	19	Low self esteem	14	Depression	10
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Now having completed the programme, how often per week do you engage in physical exercise for 20 minutes or more?



How would you rate your understanding and awareness of a healthy diet / good nutrition?




Now having completed the programme, how would you rate your understanding and awareness of a healthy diet / good nutrition?



	<p><i>“The evaluation has highlighted that the HPH programme has again proved successful as all participants are now engaging in regular physical exercise, they are changing the foods they buy; to more healthy options; using healthier cooking methods and are eating a more varied diet. Overall most participants have improved mental and emotional well being. Participants have noted a positive change in relation to confidence and self esteem; with a notable reduction in stress levels. Many participants note that they have lost weight as a result of taking part in the HPH programme and feel a lot healthier as a result. The knowledge accrued through the programme in terms of healthy eating and regular physical exercise has been taken into the family setting.</i></p> <p><i>The programme has highlighted to the Dry Arch Centre and other local service providers, certain families that were previously ‘not on the radar’ meaning that they will be included in all future initiatives”.</i></p>
Organisation Contact Details	<p>Dry Arch Children’s Centres Ltd 50 Legavallon Road Dungiven BT47 4QL</p> <p>Tel: 028 777 42904</p>

Theme	Investing for Health – Corporate
Project	LAST Sure Start/ Health Promoting Homes
Aim	To provide a practical and innovative approach to tackling obesity levels in areas of particularly acute disadvantage.
Activity	Delivered three Personal Development programmes between April 2012- May 2013 with participants in the Fintona, Strule/Gorthrush and the Traveller Community.
Output	Over all 59 participants were recorded as attending one or more of the programmes. Group 1 (Fintona)Personal Development =10 Group 2 (Strule/ Gorthrush)Personal Development = 11 Group 3 (Travellers)Personal Development = 37
Outcome	Enhance Lifestyle Skills A key finding, from an evaluation carried out with 28 participants from the three groups, who completed the personal development component of the Health Promoting Homes Programme, was an increase in the quality of life outcomes. This finding is illustrated by the finding that overall, in the three groups, 68% of respondents indicated that they had gained more confidence and 57% noted that levels of self- esteem had improved after participation in the programme. A total of 61% of all participants reported a positive impact upon personal development through attending the programme i.e. self- esteem, self- confidence, anxiety, greater ability to handle stress. Many participants reported the positive impact that the programme had on both their families and with their children.
Link to IFH	<ul style="list-style-type: none"> • Give every child and Young Person the best start in life • Promote mental health and emotional well-being • To enable people to make healthier choices.
Link to Pillars	<ul style="list-style-type: none"> • Give every child and young person the best start in life • Make Healthy Choices easier.
Personal Comment	Some of the participant’s quotes are listed below. The comments show the effects that the programme had on their well -being and relationships. “I have made a few friends”

	<p>“Improved relations in the home”</p> <p>“Happier”</p> <p>“More confidence chatting with people”</p> <p>“Course helped confidence with socialising”</p> <p>“I liked the programme, and both my children and I gained a lot from the programme”</p> <p>“I became more confident with mixing with others”.</p>
<p>Photograph</p>	 <p><i>Personal Development Module</i></p>
<p>Contact Details</p>	<p>LAST Surestart Family Centre Gortin road Omagh</p>

Theme	Investing for Health – Corporate
Project	Bogside & Brandywell Health Promoting Homes
Aim	To provide a practical and innovative approach to tackling health inequalities in families by examining obesity levels, physical, mental & emotional well being, in areas of particular acute disadvantage in the West.
Activity	The delivery of the 18 week programme focuses on three core areas: <ol style="list-style-type: none"> 1. Personal development/mental & emotional wellbeing 2. Nutrition and oral health 3. Physical activity.
Output	Programme delivered to 32 families in 12/13. 17 Families from BME target group and 15 families signposted to us via the Extended Schools FACT programme.
Outcome	<ul style="list-style-type: none"> • 32 people participated in the Health Promoting Homes Initiatives • Increase in physical activity levels • Improvement in awareness of healthy eating habits • Enhanced lifestyle skills • Improvement in mental health & emotional well-being.
Link to IFH	<ul style="list-style-type: none"> • Give every child and Young Person the best start in life • Promote mental health and emotional well-being • To enable people to make healthier choices
Link to Pillars	<ul style="list-style-type: none"> • Give every child and young person the best start in life • Make Healthy Choices easier

Photographs



Contact Details

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Gasyard Centre
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Theme	Investing for Health
Project	Strabane Sure Start/ Health Promoting Homes
Aim	To provide a practical and innovative approach to tackling health inequalities in families by examining obesity levels, physical, mental & emotional well being, in areas of particular acute disadvantage in the West.
Activity	Core programme : 6 weeks x Personal Development 6 weeks x Cook It! 6 weeks x Physical Activity Home Safety Seminar Plus optional extras.
Output	Core Programme achieved for both groups. Plus for generic group, Feeding Under 5's seminar, dental hygiene advice and trip to Play stations (Children's activity centre). Target group – Boxercise, continuation at gym of own accord and social outings.
Outcome	<ul style="list-style-type: none"> • Increase in physical activity levels • Improvement in awareness of healthy eating habits • Enhanced lifestyle skills • Improvement in mental health & emotional well-being. • Decrease in dental caries • Decrease in obesity rates • Decrease in home accidents • Enhanced mental health and emotional well-being.
Link to IFH	<ul style="list-style-type: none"> • Give every child and Young Person the best start in life • Promote mental health and emotional well-being • To enable people to make healthier choices
Link to Pillars	<ul style="list-style-type: none"> • Give every child and young person the best start in life • Make Healthy Choices easier

Photograph



Contact Details

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Email: liz.kavanagh@barnardos.org.uk

Theme	Investing for Health- Children Young People
Project	Oak Healthy Living Centre - Health Promoting Homes
Aim	We provide a practical 18 week programme which aims to tackle health inequalities in families by examining obesity levels, physical, mental & emotional wellbeing, in areas of significant rurality and disadvantage in Fermanagh. We can accommodate up to 12- 13 participants per course and up to 13 children in the crèche. We have also an additional programme for BME families and last year we worked on an integrated programme.
Activity	The programme is 18 weeks with 9 weeks personal development provided by Women’s Aid, 6 weeks of Cook it! and a 6 week physical activity session which involves taster sessions in walking, gym induction, zumba, tai chai, swimming and yoga. We also provide Health Checks and information sessions on home safety, stress management and breast awareness.
Output	Targeted 24 – 30 families.
Outcome	To provide families with information and opportunities to take part in activities which will encourage them to make changes affecting their health and well-being in particular towards diet, nutrition, mental health and physical activity.
Link to IFH	<ul style="list-style-type: none"> • Give every child and Young Person the best start in life • Promote mental health and emotional well-being • To enable people to make healthier choices
Link to Pillars	<ul style="list-style-type: none"> • Give every child and young person the best start in life • Make Healthy Choices easier
Personal Comment	We receive referrals from Health Visitors and Family Support Workers within the area. They refer participants who they feel would benefit from involvement in the programme. We have referred and signposted many participants on to other support services as a result of their involvement in HPH.
Contact Details	Patricia Flanagan Oak Healthy Living Centre , Main Street Roslea , Co. Fermanagh , BT92 7PP Tel: 028 67751913 Email: Oakproject1@btconnect.com

Theme	Investing for Health – Children & Young People
Project	Infant Mental Health: Family Adventure Walk
Aim	<p>We want to give every child in the WHSCT area the best start in life so we have developed five key messages to support parents and families as they nurture their growing child. They have the potential to affect a profound impact on the development of the child and can make a real difference to their contribution to society. These are: No smoking or drinking alcohol during pregnancy; Breastfeed your baby; Read a story to your child every day; Give your child lots of love, affection and praise and lastly Have fun and play with your child.</p> <p>The family adventure walks were a mechanism to bring families together, create meaningful experiences in an outdoor setting to have shared experience with other families, and raise awareness of the WHSCT Infant Mental Health messages and other support services available to families in their local area.</p> <p>Playing outdoors promotes health and wellbeing for children and allows them to be active, enjoying the setting. We hope by opening up these opportunities to children and families at an early age, we can promote and instil the value of our natural environment.</p> <p>“A growing body of evidence has suggested that exposure to nature may directly benefit health. There is a strong body of evidence attributing health to physical activity, and recent studies suggest that children who spend time outdoors are more active.” Walking also provides many ways to boost emotional wellbeing through social connectedness and creating happy experiences.</p>
Activity	<p>The FAW were coordinated by colleagues working within Family Support Hubs, Surestart, Barnardos and Action for children. This affects 7 organisations working with disadvantaged families across WHSCT.</p> <p>Due to adverse weather conditions 3 of the 7 walks had to be cancelled but we were able to support 4 walks which were held the last 2 weeks of March 2013.</p>
Output	<ul style="list-style-type: none"> • Children: 158 • Males: 63 • Females: 95 • Disadvantaged families: 45 • BME (Black Minority Ethnic): 3 • Rurality (those from rural areas or who are socially isolated): 94

Outcome	<ul style="list-style-type: none"> • Raised the parents’ awareness of the benefits of engaging with their children in more outdoor activities and meeting other parents in similar situations. • Created shared experiences and family memories • Strengthen family connections • Increased levels of physical activity • Families participated in art and craft activities after the walks • Provided a networking opportunity for families and for staff between different organisations • Raised awareness of local family support services • Strengthened Hub partners relationships • Improved existing relationships between staff and also developed new relationships between staff from other organisations.
Link to IFH	<ul style="list-style-type: none"> • To promote mental health and emotional well-being at individual and community level • To enable people to make healthier choices
Link to Pillars	<ul style="list-style-type: none"> • Give Every Child and Young Person the Best start in Life • Make Healthy Choices Easier • Ensure high quality care for all
Personal Comment	<p><i>“We enjoyed the chance to spend quality time together in a secure and structured setting. We also enjoyed spending time with and meeting the other parents and children from the playgroup.”</i></p> <p style="text-align: right;">Parent</p> <p><i>“I feel that the experience has further raised the parents’ awareness of the benefits of engaging with their children in more outdoor activities and meeting other parents in similar situations. Some families may never have the opportunity to engage in similar experiences due to a number of factors such as isolation, distance or other factors. Having the funds to organise a Family Adventure Walk for parents and children meant that we were able to provide new, enjoyable, stress free and educational experiences to parents and children and hopefully planted the seed in terms of the benefits of walking not only to the physical but also mental health of parent and child and given them the opportunity to strengthen their relationships.”</i></p> <p style="text-align: right;">Coordinator Family Support Hub</p>

Photograph



Contact Details

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Theme	Investing for Health – Adulthood
Project	Fuel Poverty – Neighbourhood Health Improvement Programme (NHIP)
Aim	The aim of the project is to provide information, relief and assistance to older and more vulnerable residents in the Neighbourhood Renewal Areas across Limavady, Derry and Strabane areas during winter.
Activity	<ul style="list-style-type: none"> • Register volunteers • Meal provision • Information leaflets • Provision of winter health bags • Winter health information workshops • House visits and assistance • Home safety checks
Output	<ul style="list-style-type: none"> • 195 volunteers registered for the programme • 205 vulnerable residents received meal provisions during Christmas and poor weather • 847 house visits and assistance provided to elderly and vulnerable • 438 attendees at winter health information workshops • 18987 information leaflets delivered on winter health/fuel poverty advice • 111 home safety checks • 295 residents benefited from practical assistance during poor weather – clearing pathways etc <p>Additional resources totalling £4,450 provided to the programme from businesses/local people etc.</p>
Outcome	<ul style="list-style-type: none"> • Increased capacity within local NRA's through recruitment and training of volunteers • Joint planning and working within local and regional fuel poverty programmes • People living in NRAs have more awareness of practical changes to reduce fuel poverty • People living in NRA's feel less isolated through befriending of most vulnerable • NRA's have increased capacity to work in partnership with local businesses and in charity donation to help add to fuel poverty programme objectives.
Link to IFH	To improve neighbourhoods and the wider environment

Link to Pillars	Build sustainable communities
Personal Comment	<i>“The programme was offered across the 6 NRAs through the NHIP structures. The NHIP coordinator attended the planning meetings to help share learning of previous programmes and assist in coordinated planning. Feedback from participants is very good and the programme was a catalyst for wider fuel poverty initiatives in each area with businesses and philanthropists providing additional resources to help those most in need”.</i>
Contact Details	Seamus Ward Bogside and Brandywell Health Forum Gasyard Centre 128 Lecky Road Derry BT48 6NP Tel: 71365330

Theme	Investing for Health – Adulthood
Project	Western Green Gym
Aim	Pilot the Green Gym, as a socially inclusive alternative to conventional gyms, widely across the Western Green Gym. Use the Green Gym to promote direct involvement in community food growing and environmental projects as an innovative way to take the first steps to healthier lifestyles. Support local people to become more positive in sustaining their own health, their family and their community.
Activity	<p>The Green Gym is Conservation Volunteers vehicle for health promotion, providing a natural workout in the outdoors, increasing physical activity, promoting mental wellbeing and improving the local environment.</p> <p>Use public events and community taster session to promote the Green Gym, identify community groups and suitable sites to receive direct support. Tailor a structured timetable of practical tasks and training to establish community garden, increase skills and ownership towards community sustained activities.</p>
Output	<p>Delivered a total of 359 Green Gym sessions using a combination of public events, taster sessions, community food growing and environmentally focused sessions.</p> <p>The Green Gym engaged 3,759 individuals, who completed over 6,130 volunteers work days to improve and enhance 70 community outdoor spaces.</p> <p>273 people have been registered as regular GG volunteers, with 100 completing 12 or more GG sessions</p> <p>Sustained increase in physical activity levels, GG volunteers average 4.8 miles per session. 100 volunteers collectively walked 3,000 miles in quarter 4.</p> <p>Built a strong network of community, voluntary and statutory partners to identify and target those who will benefit most from participation in these projects. Including WHSCT, local Community Groups, Schools, Council Bio-diversity Officers, local and regional Charities.</p>
Outcome	<p>Improved physical, mental health & social well-being, and greater appreciation of the wider environment as a tool for improving health.</p> <p>Sustained healthier lifestyle choices across community groups, organisations, members of the public, clients from Health Trust settings and young people directly involved.</p>

	<p>Increased physical activity in areas of disadvantage with added positive mental health, environmental and community benefits</p> <p>Increased number of people sustaining levels of community involvement through uptake of further volunteering opportunities and training within Conservation Volunteers and other voluntary organisations.</p> <p>Green Gym project recognised widely as a positive health preventative project across Western locality</p> <p>Regardless of 2012 being a poor year weather-wise for growing, the demand from community groups and individuals to become involved in the Green Gym has been very high. One year on with increased basic growing skills, there is potential for massive demand going forward from new groups to become involved and for further training / skill development from existing groups.</p>
Link to IFH	<ul style="list-style-type: none"> • To promote mental health and emotional wellbeing at individual and community level • To improve neighbourhoods and wider environment.
Link to Pillars	<ul style="list-style-type: none"> • Build sustainable communities • Make healthy choices easier
Personal Comment	<p><i>“Our key strength is the fact that we are an environmental organisation, we are not perceived as the ‘therapy’ or ‘medicine’. The added value this offers is, we deliver a raft of positive health benefits, hitting a variety of policy goals and objectives. Our approach results not just in better public health but also improved local green spaces and stronger healthier communities as people act together in common cause, working to reduce health inequalities across Northern Ireland.</i></p> <p><i>The Green Gym works to reduce health inequalities, engagement in physical activity, healthy eating options, improved health and wellbeing using the natural environment, training and skills development, increase integration and co-ordination across sectors, and flexible delivery approach”.</i></p>

Photograph



Western Green Gym Project Officer Karley Kane, Karley.kane@bctcv.org.uk



Contact Details

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Theme	Investing for Health – Adulthood
Project	Keep Well & Warm Enniskillen
Aim	To ensure that both older people, those with young children, and residents who are most vulnerable in our society, from the Enniskillen Neighbourhood Renewal Area, keep warm and well over the Winter Months.
Activity	Neighbourhood Renewal Coordinator made contact with all the community groups across the NR area to make them aware of the project. Research from the previous year, when residents were asked which resources would help most, was used to prioritise the resources to purchase this year.
Output	Resources were sourced at best value with 3 quotes obtained from suppliers for each item listed. Items purchased this year included: <ul style="list-style-type: none"> • Men’s thermal socks 150 three packs of black socks (450 pairs) • Ladies thermal socks 63 four packs of patterned socks (252 pairs) • Fleece blankets 125 two packs of blankets (250 blankets) • Low energy sensor plug in night lights (284 lights)
Outcome	<p>The resources were distributed to those most in need through the community groups, at events such as Senior Citizens Clubs and through Devenish Investing in your Health project and related health projects with Solace clients.</p> <p>Feedback from recipients was excellent. This year, community group members were also asked to think of older or more vulnerable people in their community who do not come out to group sessions/are housebound. These people were visited by community members and offered the resources at home. This was also well received and ensured we reached the very hard to reach, but vulnerable community members who needed to keep warm and well over the Winter months.</p> <p>One local lady from the town centre who is housebound sent the community group a lovely card to thank them for the resources they brought to her door. She said <i>“thank you for the lights which are still going strong, I have the blanket on the bed and am wearing the socks....you are doing a great job, keep up the good work.... If there were more people in the world so caring it would be a better place”</i></p>
Link to IFH	<ul style="list-style-type: none"> • To improve neighbourhoods and the wider environment
Link to Pillars	<ul style="list-style-type: none"> • Build sustainable communities

<p>Personal Comment</p>	<p><i>“This scheme has provided much needed resources to the most vulnerable people across the Neighbourhood Renewal Area, to enable them to have a better quality of life in the cold Winter months. Thanks to this PHA money, residents have been able to reach out to those in need in their community with practical help/resources which will be of use in coming Winters. Community groups hope that this money will be available in future years”.</i></p>
<p>Photograph</p>	 <p><i>Members of Enniskillen Town centre Residents group, that meet monthly, and who distributed resources to the housebound in their area.</i></p>
<p>Contact Details</p>	<p>Louise McLaughlin Neighbourhood Renewal Coordinator Fermanagh District Council Enniskillen</p> <p>Tel: 028 66 325050 Email: louise.mclaughlin@fermanagh.gov.uk</p>

Theme	Investing for Health – Adulthood
Project	Keep Warm Packs
Aim	To help, protect and reduce the incidence of cold related illnesses for those most vulnerable to fuel poverty and/or the effects of cold weather through the provision of appropriate Keep Warm Packs.
Activity	<p>To develop, procure and distribute Keep Warm Packs, in partnership with Local Action Teams, across the 5 Council Districts, targeted to;</p> <ul style="list-style-type: none"> • Dependant children living in fuel poverty • Elderly people living alone and/or over 70 • Homeless people <p>Included in the adult older peoples’ packs was a corporate branded AGE NI leaflet entitled “<i>Winter Wrapped Up</i>” aimed at keeping well, warm, aware of insulation grants, other benefit entitlements and in touch.</p>
Output	<ul style="list-style-type: none"> • 663 children’s packs distributed via Home Assessment Officer visits and to Sure Start partners in all 5 Council Districts. • 728 older peoples’ packs distributed via Home Assessment Officers and older persons advocacy and support partnerships across the 5 Council Districts. Some packs held back for issue as part of ongoing visits to vulnerable clients. • 341 homeless packs distributed to First Housing Aid and Support using their support workers, for issue throughout the western area.
Outcome	Improved health and well being of the identified and recipient target groups through issue of the packs. All packs were of high quality materials and were of use during the winter and will continue to be used during periods of cold weather in the future.
Link to IFH	<ul style="list-style-type: none"> • To improve neighbourhoods and the wider environment
Link to Pillars	<ul style="list-style-type: none"> • Ensure high quality care for all
Personal Comment	<i>“Partnership working with our Local Action Teams ensured the maximum benefit across a wide geographic area. It allowed for the identification of the most vulnerable clients and delivery to a large number of people within a limited timescale. Sure Starts operate in areas of high social need. We were able to access the databases of our partner organisations. Client feedback was very positive. The provision of the bags with other supporting information allowed us to inform people of potential eligibility for energy grants which raises awareness</i>

	<p><i>and can help alleviate fuel poverty. Other key home safety (e.g. Falls Prevention and Carbon Monoxide Awareness) information leaflets were provided by WHEAP in the bags to raise awareness on home accident prevention. The bags have proved very popular and the quality was noted by clients, WHEAP staff and partner organisations.</i></p> <p>Two sample comments from clients were:</p> <p><i>“I love the keep warm pack. The jacket, the hat etc. were needed and my child loves cuddling in her snuggle blanket.”</i></p> <p><i>“Just what I needed for the cold nights” (Older client)</i></p>
<p>Contact Details</p>	<p>Kieran Cranny Acting Coordinator WHEAP Project Omagh District Council, Environmental Health Department Lisnamallard House, Old Mountfield Road, Omagh BT79 7EG</p>

Theme	Investing for Health – Adulthood
Project	Neighbourhood Health Improvement Project (NHIP) – WHSCT
Aim	The aim of the project is to develop an integrated and collaborative approach to addressing health improvement across all six Neighbourhood Renewal Areas (NRAs) in the geography covered by the North West Development Office (NWDO) The project aims to add value to existing work by addressing health improvement in NRAs through a collaborative and integrated approach.
Activity	Action plans developed for the 6 Neighbourhood Renewal Areas to deliver a range of health and wellbeing programmes according to local needs of the area. Co-ordinated plans developed and delivered targeting men’s health and wellbeing.
Output	<ul style="list-style-type: none"> • 6,035 people participating in health education/awareness initiatives. • Continued development of 6 existing health forums to support growth and learning and improved working relationships between neighbourhood renewal areas. • 30 training courses offered through ongoing delivery of a comprehensive health improvement training programmes.
Outcome	<ul style="list-style-type: none"> • Neighbourhood Partnerships work collaboratively to address the health needs of their communities, sharing good practice and working together to maximise opportunities to develop health improvement initiatives • People living in the NRAs have improved access to health services and benefits • The health awareness of people participating in the project is improved • The community in each NRA is better able to support planning, delivery and evaluation of health improvement initiatives, through the development of expertise in the community • Health improvement activities are undertaken in an equitable and coordinated manner by the six Neighbourhood Partnerships.
Link to IFH	To improve the health of our people and reduce inequalities in health

Link to Pillars	<ul style="list-style-type: none"> • Give every child & young person the best start in life • Ensure a decent standard of living for all • Build sustainable communities • Make Healthier choices easier • Ensure high quality care for all
Personal Comment	<p>“The NHIP Project will continue throughout 2013/14 to develop and deliver programmes/initiatives to enable residents in communities in each Neighbourhood Renewal area to improve their health and well-being”.</p>
Photograph	 <p><i>Quit and Get Fit - 12 people were referred through WHSCT smoking cessation classes to help maintain weight loss whilst quitting smoking. This 10week programme comprised of physical activity classes, healthy eating sessions and stress management. The photo captures a healthy eating session with qualified chef Seamus Martin educating participants about healthy eating on a budget.</i></p> 

Men's Health – A total of 42 men enrolled for the 'Men's New Start' programme which consisted of physical activity and health eating sessions. Health checks were carried out regularly throughout the programme to monitor weight loss and blood pressure. An overall weight loss of 83.2KG was obtained. Pictured are participants carrying out physical activity tests to assess their fitness levels.



Fundamentals of sport – 100 children from the Neighbourhood Renewal Area aged 4-8yrs took part in a 3day event to learn basic sporting skills within the ABC programme (agility, balance and coordination.) These skills have helped formed a basis for later development in a specific sport. As a result of this programme, a group has been formed for girls aged 4-10 to help maximise their skills in specific sports. Pictured are all children who took part in the programme.

Contact Details

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Theme	Investing for Health-Later Years																		
Project	Fuel Poverty Cascaded to Rural Areas																		
Strap-line	Fuel Poverty in rural areas																		
Aim	To share learning from NHIP winter health programme and to design and implement a fuel poverty programme in a rural area																		
Activity	<p>Workshops in two rural areas to present on learning from winter programme in the NHIP NRA urban areas.</p> <p>Development of a fuel poverty working group to lead and develop winter health strategies in the rural areas.</p> <p>Information workshops with advice and practical fuel poverty reduction tips and paraphernalia.</p>																		
Output	<p>2 operational working groups developed in Omagh and Enniskillen.</p> <p>5 winter health workshops offered with community partners providing fuel poverty advice and tips.</p>																		
Outcome	<p>Programmes offered in Fintona and Beragh</p> <table> <tr> <td>Total Numbers benefited from the programme</td> <td>307</td> </tr> <tr> <td>Number of Volunteers helped out in the programme</td> <td>25</td> </tr> <tr> <td>Number of recipients of winter health bags</td> <td>250</td> </tr> <tr> <td>Number of MARA enablers used in the programme</td> <td>4</td> </tr> </table> <p>Programmes offered in Derrygonnley and Lesbellew</p> <table> <tr> <td>Number of Volunteers registered for programme</td> <td>20</td> </tr> <tr> <td>Number of recipients of winter health bags</td> <td>150</td> </tr> <tr> <td>Numbers attending Information Fairs</td> <td>126</td> </tr> <tr> <td>Contact Database</td> <td>140</td> </tr> <tr> <td>Cooking Demonstrations</td> <td>137</td> </tr> </table>	Total Numbers benefited from the programme	307	Number of Volunteers helped out in the programme	25	Number of recipients of winter health bags	250	Number of MARA enablers used in the programme	4	Number of Volunteers registered for programme	20	Number of recipients of winter health bags	150	Numbers attending Information Fairs	126	Contact Database	140	Cooking Demonstrations	137
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Link to IFH	<ul style="list-style-type: none"> • To reduce poverty in families with children • To enable all people and young people in particular to develop their skills and attitudes • To offer everyone the opportunity to live and work in a healthy environment • To enable people to make healthier choices. 																		

Link to Pillars	<ul style="list-style-type: none"> • Ensure a decent standard of living for all • Build sustainable communities • Make Healthy Choices easier • Ensure high quality care for all
Personal Comment	<i>“Very useful cross community event where there was a lot of information available to all senior citizens”.</i>
Organisation Contact Details	<p>Seamus Ward Bogside and Brandywell Health Forum 128 Lecky Road Derry BT486NP</p> <p>Tel: 71365330</p>

Theme	Investing for Health- Later Years
Project	Caring for Carers Outings
Strap-line	To relieve carer stress by taking them on an outing
Aim	To provide carers with the chance to have a day out and some fun. To ensure that alternative care would be put in place for the carers who needed it therefore the carer can relax and take a break from everyday lives. Carers agreed the bus trip is a chance to catch up with other carers and relax and not to worry about the financial side of the trip because carers get paid little enough and find themselves often with money problems which affects their mental stress.
Activity	<ul style="list-style-type: none"> • Foyle Parents and Friends Association organised a bus trip to Belfast for carers on 7th December 2012; • FPFA organised volunteers to provide alternative care where needed to put children out to school and to be there when they came home until their carers/parents return; • A tour of City Hall and then time to shop; • On return stopped at The Elk for a meal and the carers really enjoyed this. As some carers were unable to make it on the day an alternative meal was organised for them and they went out for the night and again alternative care was put in place if needed.
Output	<p>31 Carers in total were able to make it on the day. 50 in total were invited to take part but due to sickness and other family reasons some carers were unable to take part. We organised a night out for those carers who were unable to attend so therefore 50 carers took part in the project.</p> <p>Carers were all given copies of the Carers Booklet which a lot of them had never seen before. Carer details were also gathered to put them on the WHSCT Carers database.</p>
Outcome	Christmas respite trip and meal for carers
Link to IFH	<ul style="list-style-type: none"> • To promote mental health and emotional wellbeing
Link to Pillars	<ul style="list-style-type: none"> • Ensure high quality care for all
Personal Comment	<i>“Carers told us how much they enjoyed the trip and a few of them said that they never get the chance to do anything for themselves and mostly they could not afford to do this outing under any other circumstances”.</i>

Photograph




**Organisation
Contact Details**

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Theme	Investing for Health - Later Years
Project	WHST Cook It delivery for Older People
Strap-line	Delivery of healthy cooking training for older people based in community settings.
Aim	Increase capacity of healthy food preparation for older people based in the community.
Activity	17 grants of £500 made to groups of older people across the west. Grants assessed by PHA staff, Cook It Dietician and IFH Later Years Chair.
Output	<ul style="list-style-type: none"> • 136 older people received Cook It training • 17 groups received tutor, equipment and ingredients costs to deliver the Cook It training • Cook It team also developed information leaflets to hand out at the training, including Cooking for One
Outcome	Increased cookery skills and motivation to prepare and consume healthy food amongst older people engaged in community activity.
Link to IFH	<ul style="list-style-type: none"> • Make Healthier choices
Link to Pillars	<ul style="list-style-type: none"> • Ensure a decent standard of living for all • Build sustainable communities • Ensure high quality care for all
Personal Comment	<p><i>"It was great to see such a useful programme offered in my local area"</i></p> <p style="text-align: right;">Eva, 72, Limavady</p>
Photograph	

**Organisation
Contact Details**

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Theme	Investing for Health - Later Years
Project	Arts Care Linking Creatively City of Culture Sculpture Project
Strap-line	A Day to remember: an Arts Care /Public Health Agency Health and Well-being Sculpture Initiative
Aim	To engage the community of Derry/Londonderry and across all five Health and Social Care Trusts areas in creating a large scale reflective, well-being sculpture that tells the positive stories of people's experience through the City of Culture Year
Activity	<p>Service users, health care staff, students and people throughout the community and province have the opportunity to join sculpture making workshops facilitated by Arts Care's 19 artists- in –residence during 2012/2013. The project is in its initial stages of implementation. The Arts Care artist in residence, Patricia Crossey has conceived the project and created an innovative template of 2013 figures that join together to create an artwork that will be 1.2 kilometres in length. The artwork will be installed on a prime site in the city of Derry/Londonderry.</p> <p>The sculpture figures represent unity, connectivity, and togetherness. The content that appears on the figures is a visual diary of each day of 2013 City of Culture using local papers and the Belfast Telegraph, which have been collected daily between 1st Jan 2013-31st Dec 2013. Estimated installation of the finished sculpture will be the end Jan 2014. The first group to take part and create a series of well-being sculptures has been a group of Arts in Health students from Florida University, USA who have been shadowing the work of Arts Care have been the first group to take part in the project. Other groups at this early stage of the process include participants living with the challenges of ill-mental health.</p>
Output	<p>The outreach to for the project is wide and involves all five Health and Social Care Trust areas</p> <p>There will be over 2013 participants involved on completion of the project. Most of those participants will be from the Western Health and Social Care Trust area in the City of Culture including outlying rural areas.</p>
Outcome	<p>2013 figure sculptures will be created and each one will tell individual stories of well-being.</p> <p>Although during early 2013 the Arts Care artist has been working on developing and planning the technical implementation of this unusual project, groups that have already taken part in the project have</p>

	<p>reported many benefits already such as :</p> <ul style="list-style-type: none"> • Increased opportunities for social inclusion and social interaction • Increased opportunity to focus on positive aspects of news reporting that enhances a sense of community and personal mental well being • A reported sense of a feel good factor from taking part in such a large-scale arts project that will be installed for the City of Derry Community and Visitors to see and reflect on • A sense of being listened to and mattering through engaging self expression as a tool to articulate the well-being of the individual and community
Link to IFH	<p>The Linking Creatively project will on completion improve Derry/Londonderry's environment and enhance community and individual well-being through creative skill-building that enables people of all ages, abilities, religious belief, gender and culture to better understand the meaning and value of good physical and emotional health and happiness.</p>
Link to Pillars	<p>To increase access to community engagement and to contribute to the universal right to a healthy life as accessed through creative expression and learning of new creative skills such as printing, painting, collage and photographic art-making</p>
Personal Comment	<p>This installation art project when completed and launched in 2013 /early 2014 will offer the City of Culture a stunning reflective arts legacy and statement on the health and well-being of its citizens and the wider community throughout Northern Ireland, UK, Ireland and internationally. By moulding the newspaper texts and the multiple personal expressions of the participants' art and positive experiences or otherwise, the 2013 sculpture figures will provide an arts-based archive for the city. The joining of hands as symbolised on the sculpture's final production phase and installation will stand as a testament to the participants' collaborative creativity as linked through a Public Health partnership initiative.</p>

Photograph



Arts in Health Students, University of Florida creating the well-being sculptures



Arts Care artist Patricia Crossey's Impression of Linking Creatively Sculpture Project before art work and creative text is applied

**Organisation
Contact Details**

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www.artscare.co.uk

Theme	Investing for Health – Later Years
Project	Carers Programme-Me Unltd
Strap-line	Supporting Carers to maintain good health to promote optimum caring
Aim	To provide support programmes for Carers throughout the West.
Activity	<p>Run 7 personal development 'It's about me' 10 week programmes for carers including individual mentoring.</p> <p>Provide Carers with Cash grants to facilitate alternate care arrangements to allow them to attend the programmes.</p> <p>Run Reach me programme for up to 10 carers.</p> <p>Run a celebration event</p>
Output	<p>66 through training programmes attended the Me Unltd training programme</p> <p>10 Carers Support groups received funding for running costs</p>
Outcome	<p>Key outcomes of the Me Unltd programme include participants reported becoming more confident, increasing self esteem, developing a positive attitude, managing time better, meeting new friends, relaxing and feeling less stressed and improved communication skills. The grant aid enabled continued support beyond the 8 week programme, for Carers throughout the West able to access a local Carers group.</p>
Link to IFH	<ul style="list-style-type: none"> • To promote mental health and emotional wellbeing • Reducing health inequalities • To enable people to make healthier choices
Link to Pillars	<ul style="list-style-type: none"> • Make Healthier Choices Easier • Building Sustainable Communities
Organisation Contact Details	<p>Cathy McGowan Carer Support Co-ordinator WH SCT</p> <p>Email: Cathy.magowan@westerntrust.hscni.net</p>

Theme	Investing for Health – Later Years
Project	Health & Wellbeing Plans – Derg Valley Care
Strap-line	Western Investing for Health partnership’s individualised wellbeing plans for older people.
Aim	Collaborate with other Healthy Living Centres in rolling out the Health & Wellbeing Plans for Older People through Derg Valley Care.
Activity	<p>The project commenced with a initial meeting were representatives from the five Healthy Living Centres came together to agree format for the programme and identify necessary training requirements for the volunteers assisting with the roll-out of the plans</p> <p>Three Awareness raising sessions delivered to groups attending Day Care and activity programmes in Derg Valley Care Healthy Living Centre 100 participants involved with the completion of health plans, action plans and weekly goals</p> <p>Baseline assessments carried out with each participants</p> <p>Five themed information and activity sessions rolled-out as part of the programme, these included sessions on:</p> <ul style="list-style-type: none"> • Stress Management and Mental Health • Physical Activity • Nutrition • Community Safety / Fall Prevention • Medication usage <p>Facilitated follow up session held with participants to gather their views.</p> <p>Programme evaluation report completed using standardised format agreed for all Healthy Living Centres.</p> <p>Ongoing communication with lead Healthy Living Centre throughout the programme</p>
Output	<ul style="list-style-type: none"> • 100 plans rolled out • Standardised approach adopted across five Healthy Living Centres • Volunteers involved in the roll-out of the programme
Outcome	<p>Increased collaboration between five Healthy Living Centres</p> <p>Participants reported that engagement in the programme had impacted positively on their health and well being, including</p> <ul style="list-style-type: none"> • How setting small goals has helped them to identify achievable

	<p>lifestyle changes</p> <ul style="list-style-type: none"> • Assisting with increased mobility <p>A number of participants have also started to use our in house gym and continue to take regular exercise.</p> <p>As a direct follow up to the nutrition session six of the participants took part in a custom designed Cook-It programme. Feedback from the cook-it programme has been very positive and a number of other Day care clients have expressed an interest in completing a programme.</p> <p>As part of the falls management element in the plan we undertook a foot measurement scheme which showed that a high number of people were wearing the wrong shoe size. While some of this was due to medical conditions the majority was not. Evidence suggests that wearing the wrong size of shoe/slipper is contributory factor in falls for older people.</p> <p>Strabane Community Safety Partnership was invited to deliver the community safety information sessions. They used a DVD to highlight the importance of home security, particularly in relation to callers to the door and how to deal with them safely & effectively. As part of this session a number home safety devices were distributed. These included disguised money-boxes, doors & windows locks/bolts/chains, timers for electrical devices, mirrors to see the front door etc. Due to the high demand for the safety devices more had to be ordered and distributed to participants at a later stage.</p> <p>At the follow up session a number of participants indicated that they have used the safety devices and took onboard the information on callers, as a result they now feel safer in their homes</p>
Link to IFH	<ul style="list-style-type: none"> • To enable all people and young people in particular to develop their skills and attitudes • To promote mental health and emotional wellbeing • To enable people to make healthier choices.
Link to Pillars	<ul style="list-style-type: none"> • Ensure a decent standard of living for all • Build sustainable communities • Make healthy choices easier.
Personal Comment	<p>A thoroughly rewarding exercise from a staff perspective, with many positives for all participants.</p>

Photograph




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Theme	Investing for Health – Later Years
Project	Health & Wellbeing Plans – Old Library Trust
Strap-line	“Planning For the Future”
Aim	To assist older people in the planning and preparation for future wellbeing and independent living
Activity	<p>OLT worked in partnership with a number of groups across the city providing support for older people to complete the IHWP Programme.</p> <p>The groups included: Strathfoyle Women’s Group, Gasyard Monday Club, Bogside & Brandywell Health Forum, Health For Life Project OLT, Rath Mor 50+ Group, Galligh women’s group, Alley Foyle, Hillcrest House, Pink Ladies Group, Long Tower Older Peoples group, Pilots Row and The Fountain Older People’s Group. Individual clients had the choice to consult with either the IHWP enablers at any of the sessions or bring concerns/ideas regarding the programme via the organisations supporting them.</p> <p>Information sessions were held at each stage of the programme delivered by key speakers including e..g. Managing Medication, Sweeney’s Pharmacy Diet and Nutrition and Healthy Cooking by Sha Martin and Stress Management facilitated by Calms and The Samaritans. These key information sessions linked into relevant sections of the IHWP’s enabling older people to think about how they would complete their own plans.</p>
Output	200 completed IHWP’s
Outcome	<ul style="list-style-type: none"> • 200 completed IHWP’s • Increased engagement with older residents throughout the community • Improved self care and management and increased awareness of responsibly for health and wellbeing • Increased awareness of what’s available for older people in their area • Increased access to health improvement clinics and services.
Link to IFH	<ul style="list-style-type: none"> • To promote mental health and emotional wellbeing • To enable people to make healthier choices
Link to Pillars	<ul style="list-style-type: none"> • Ensure a decent standard of living for all • Build sustainable communities

	<ul style="list-style-type: none"> • Make Healthy Choices easier.
Personal Comment	<p><i>“The Old Library Trust developed the IHWP model in consultation with residents, support organisations and the PHA. The plans capture key information that identify current social and health needs and the kinds of supports available to assist them achieve improved quality of life through set-life goals agreed with each individual client”.</i></p>
Photograph	 <p>The top photograph shows a staff member with short dark hair, wearing a purple t-shirt with the 'Health for Life' logo, sitting at a table and talking to an older woman with short grey hair. The staff member is holding a pen and a clipboard. The bottom photograph shows three women sitting on a blue sofa. The woman in the middle is wearing a purple 'Health for Life' t-shirt. The woman on the left is wearing a white top with a dark necklace, and the woman on the right is wearing a light-colored blouse.</p>
Contact Details	<p>Séamas Heaney The Old Library Trust Central Drive Creggan Derry Tel: 028 7137 3870 Facebook: The Old Library Trust, Healthy Living Centre</p>

Theme	Investing for Health - Later Years
Project	Bogside and Brandywell Health Forum - Age of Change Conference
Strap-line	Bringing Together Multi –Sectoral Older Peoples Delivery
Aim	<p>The main aims of the conference were to:</p> <ol style="list-style-type: none"> 1. Promote and inform the conference about the strategic direction of Government. 2. Provide a forum for service providers to engage and find out the full spectrum of positive change taking place in our increasingly ageing society. 3. Connect the work of local projects to the needs of the elderly. 4. Review the value of the event and agree how best that any gain can be built on.
Activity	Bogside and Brandywell Health Forum, in partnership with the Later Years Group of the Investing for Health Partnership, hosted 'The Age of Change' Conference, promoting partnership and innovation in supporting older people in health improvement, in The City Hotel, Derry on 12th March 2013.
Output	<ul style="list-style-type: none"> • 1 Day Conference • 165 delegates • 8 Main Speakers • 7 workshops, 14 presentations • 1 Conference Brochure • 1 Conference Report.
Outcome	<p>The conference took account of recent strategic developments in the Western Trust region, inside and outside the health service, demonstrating how we must innovate to respond to the needs of the increasing older population. The conference provided an opportunity for Older People service providers, as well as older people, to come together to discuss the development of services and strategies and how these met the needs of older people. The evaluation overwhelmingly demonstrates that the conference achieved its desired outcomes.</p> <p>Claire Keatings, Commissioner for Older People, delivered the keynote address and set out the strategic development of services for older people over the next 3-5 years. Deputy First Minister Martin McGuinness and Health Minister Edwin Poots addressed the conference via a video link. Other speakers included Kevin Campbell, Mayor, Derry City Council; Sue Ramsay, Chairperson, Committee for Health and Social Services; Joanne McDowell, Chief Executive, Big Lottery; and Mary Black, Assistant Director of Health and Social Wellbeing Improvement, PHA, also delivered presentations providing examples as to why innovation is necessary in coming to terms with the growing needs of older people.</p>

Link to IFH	The Conference was organised in partnership with IFH, Later Years Sub Group. A conference working group was established that guided the organisation of the conference. PHA and IFH also had a significant role in the conference itself.
Link to Pillars	<ul style="list-style-type: none"> • Ensure a decent standard of living for all • Build sustainable communities • Ensure high quality care for all
Personal Comment	<p>From Delegates:</p> <ul style="list-style-type: none"> • <i>An excellent day overall</i> • <i>The day proved invaluable for networking with various sectors</i> • <i>The workshops provided a good insight into the views of others</i>
Photograph	 
Organisation Contact Details	<p>Bogside Brandywell Health Forum 128 Lecky Rd Londonderry County Londonderry, BT48 6NP</p> <p>Tel: 028 7136 5330 Email: www.bbhealthforum.org</p>

Theme	Investing for Health – Later Years
Project	Health & Well-being Plans – Dennett Interchange
Strap-line	To improve the overall health and wellbeing of older people.
Aim	The aim of the project will encourage older people to think about positive aspects of their life, difficulties addressing these concerns and will also identify measures and supports needed to improve their personal health & wellbeing.
Activity	The project worked in partnership with age sector community based organisations who are delivering services at grass roots level throughout the Western Trust area.
Output	<ul style="list-style-type: none"> • 12 enablers, recruited and trained to deliver individual health & wellbeing plans • 320 health & wellbeing plans completed • 100+ older people attended health & wellbeing events.
Outcome	<ul style="list-style-type: none"> • 75 people referred to organisations providing older people’s services • Older people taking a more pro-active approach to their health & wellbeing • Increased communication & networking amongst groups providing older people’s services.
Link to IFH	<ul style="list-style-type: none"> • Promoting health choices through improved diet • Increased physical activity • Improving emotional well-being.
Link to Pillars	The project links to the following: <ul style="list-style-type: none"> • Build sustainable communities • Improve health & wellbeing and tackling health inequalities • Make healthier choices easier.
Personal Comment	The participants involved both men and women identified by community organisations who operate at local level throughout the WHSCT area. The evaluation results showed that involvement in the project has enhanced the lives of our older people, with many now making lifestyle choices that will further promote independent living.

Photograph



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DRUGS & ALCOHOL

Theme	Drugs & Alcohol
Project	Chronic Drinkers Support – SOLACE Project
Aim	To provide an effective service to help individuals, families and communities reduce the harm caused to them through the misuse of alcohol and drugs, and promote a better quality of life for all.
Activity	Using a harm reduction approach that is focused on reducing the problems caused by alcohol and drug misuse, in a person centred, non-judgmental manner.
Output	<p>Befriending and Support- Resource Centre and outreach through floating support workers. Maintain a Resource centre from Monday to Friday 9-5pm, provide food at set times and tea/coffee/sandwiches throughout the day on a need basis,;</p> <p>Outreach centre provision – Two days per week in Enniskillen from 10am -3pm, provide food at set times and tea/coffee/sandwiches throughout the day on a need basis.</p> <p>Client Care – Complete and record comprehensive assessments of every client using or in contact with the resource centre, Initiate, agree and quarterly review care plans with every client, Initiate appropriate referrals to other agencies on a need basis;</p> <p>Family Support- Initiate contact with client families where appropriate and provide support based on specific needs;</p> <p>Skills Development - Essential Skills- Facilitate the following skills on a need basis, Literacy, Numeracy, IT, Financial Management;</p> <p>Complementary Activities- Facilitate a process for clients to plan their own menu of activities and monitor this through client representative/ staff meeting and bi monthly budget meeting;</p> <p>Advocacy and Education- Working with mainstream Media, Schools Education, Community Education and Referral Agencies;</p> <p>Staff and Volunteer Development- By Staff/Volunteer Appraisal and Training;</p> <p>Networking- Attending meetings, Health Fairs;</p> <p>Need Assessment -Monitoring and Evaluation and Reflection.</p>
Outcome	Improved access to relevant services for the chronic long term drinker and reduction of alcohol related harm.
Link to IFH	<ul style="list-style-type: none"> • Addressing poverty • Improving emotional well-being • Improving neighbourhoods and communities • Promoting Healthier choices

<p>Personal Comment</p>	<p><i>“Clients have shown how important to their lives the SOLACE project is by their continued use of the service. The referral agencies also show their support by the continued referral. However the extended use of the project has been putting severe pressure on the budget which we continually keep under review”.</i></p>
<p>Photograph</p>	 <p>The photograph section contains four images: <ul style="list-style-type: none"> Top-left: A group of people in a room with a cow sculpture, dated 04/04/2013. Top-right: People standing next to a large, colorful bear sculpture, dated 04/04/2013. Bottom-left: Three people standing together indoors, dated 12/03/2013. Bottom-right: Two people standing by a sign for 'Lough Neagh Discovery Centre' near a body of water, dated 12/03/2013. </p>
<p>Contact Details</p>	<p>SOLACE ARC Healthy Living Centre 44 Mill Street Irvinestown BT94 1GR</p> <p>Tel: 028 6862 8737 mannix.magee@archlc.com</p>


Theme	Drugs & Alcohol
Project	Drug and Alcohol Training Programme WHSCT
Aim	To support the development of a workforce (tiers 1 to 3) competent to respond effectively to alcohol and drug related harm within the Western area.
Activity	Development and delivery of competency based training to individuals living/working within the Western Trust area. This training is delivered to multidisciplinary groups to encourage the development of working partnerships between Community/Voluntary, Health, Social Care, Housing, Youth, Education and Criminal Justice organisations.
Output	<ul style="list-style-type: none"> • 4 x 10 modular DAIT Programmes • 3 Foetal Alcohol Awareness courses for Tiers 1 • 1 Alcohol and Pregnancy course for Midwives and Health Visitors • 1 Alcohol and Drugs and Looked After Child for residential social care workers • 1 You, Your Client and Blood Borne Viruses training • 3 Hidden Harm courses for Tiers 1-2 • 1 Alcohol and the Older person for tier 1-2 organisations working with older clients • 1 Hidden Harm training for Early Years Workers • 1 Alcohol Awareness for first time offenders (drunk and disorderly) • 1 Motivational Interviewing for Probation Board • 2 x 2 days Motivational Interviewing: Introductory level • 1 x 2 days Motivational Interviewing: Intermediate level. • 1 Brief Interventions Training course • 1 Hidden Harm and FASD for Primary School staff • 2 New Drugs in Your Community courses for tiers 1- 2 • 1 Lay Magistrate FASD update course. • 1 Regional Initial Assessment Tool (RIAT) course for Child care and LAC social workers • Mentoring service for all DAIT students • Advice and support for organisations developing training for staff or clients (Omagh Integrated Primary School, PSNI, Easilift Rural Transport, Probation Board for Northern Ireland, University of Ulster and Northwest Regional College) • The development of University of Ulster’s validated Foundation Degree on Alcohol and Drug Interventions using DAIT expertise and approved trainers.
Outcome	New Courses Developed and evaluated <ul style="list-style-type: none"> • Alcohol Awareness for first time offenders • Alcohol and the Older person

Link to IFH	<ul style="list-style-type: none"> • To promote mental and Emotional well-being • To enable people to make healthier choices
Link to Pillars	<ul style="list-style-type: none"> • Build sustainable communities • Make healthy choices easier • Ensure high quality care for all
Contact Details	<p>Fionnuala McKinney DATP Manager WH SCT Oak Villa Gransha Park Clooney Road L'Derry BT47 6PH</p> <p>Tel: 028 7186 5236 Email: Da.tp@westerntrust.hscni.net</p>

Theme	Drugs & Alcohol
Project	Lifeskills Project - AMH New Horizons Fermanagh
Aim	The aim of this programme is to provide a range of programmes to adults 18 to 65 who are recovering from significant mental health and /or drug and alcohol addictions in order to help promote positive emotional and physical wellbeing, and to enhance healthy life style choices.
Activity	<p>Provision of a range of accredited personal development programmes, designed to meet identified client need, including drug and alcohol awareness, and combating obesity.</p> <p>To complement this with a range of non-accredited personal development programmes which provide the additional required support to help the individual make a full recovery.</p> <p>Provision of a range of physical activities to cater for all level of fitness to enable clients who become actively involved in physical fitness make healthier lifestyle choices, in all areas of their lives. Provide a range of social and Recreational activities including trips and outings to promote social inclusiveness, emotional resilience and positive interaction within the community</p>
Output	<ul style="list-style-type: none"> • Against a target of 100 accredited training outcomes AMH achieved 191. • Against a target of 100 non accredited training outcomes AMH achieved 234. • Against a target of 85 participants in regular physical activity AMH achieved 146 • Against a target of 60 community and outreach participants we achieved 112
Outcome	<ul style="list-style-type: none"> • Increased social inclusiveness • Improved emotional resilience and positive interaction within the community • Enhanced lifestyle skills • Improvement in mental health & emotional well-being.
Link to IFH	<ul style="list-style-type: none"> • To promote mental health and emotional wellbeing • To enable people to make healthier choices.
Link to Pillars	<ul style="list-style-type: none"> • Ensure a decent standard of living for all • Make healthy choices easier


	<ul style="list-style-type: none"> • Ensure high quality care for all
Personal Comment	<p><i>“I really enjoyed the personal training and know that it will do me the world of good, in health and mind”. Shaun</i></p> <p><i>“The support and friendship offered to me within these walls gives me a new belief in life and my future that had all but been eroded. I now hunger for Thursday mornings/afternoons with the mental health awareness and reading group. Your support is beyond words”. Vinney</i></p> <p><i>“I felt my life was destroyed finished why would I get out of bed? Now I see light at the end of a tunnel” Norah</i></p> <p><i>“Anti-bullying OCN has helped me not only achieve another qualification but is has helped and made me understand bullying in a different light”. Eliz</i></p> <p><i>“The courses here are brilliant the alcohol support group on Monday’s and Thursdays are invaluable. New Horizons has been a life saving haven for me. Best decision I ever made to come here” Rita</i></p> <p><i>“I really enjoyed the talk about drugs I seen drugs that I never seen before” K Mc Manus</i></p> <p><i>“We all had a very enlightening lesson about drugs and their dangers, with Leslie Ward this morning. I thoroughly enjoyed the class and certainly learned a lot about the different classes of drugs. I will now know what to be aware of if I come across situations where I am in doubt”. Thank you. D Glass</i></p> <p><i>The talk from drugs was very interesting and informative, worthwhile. Fascinating how such dangerous substances appear to be so available in NI. However a community consensus on reporting it all to the PSNI is a good idea”. N Conway</i></p> <p><i>“Stress Management with Mary Elliot is a very worthwhile informative course” R Breen</i></p>
Contact Details	<p>Caroline Ferguson Centre Manager Fermanagh New Horizons Drumcoo Enniskillen, BT74 4FY</p> <p>Tel 028 6632 3630 Email cferguson@amh.org.uk</p>

Theme	Drugs + Alcohol
Project	Breakthru
Strap-line	“Reducing the Impact of Substance Misuse”
Aim	Deliver Drug & Alcohol Education and Prevention Service in Omagh & Fermanagh LDC on behalf of the PHA.
Activity	<ol style="list-style-type: none"> 1. YMAX Programme aims to maximise young peoples potential providing alternatives to substance use. It is a multi-component personal and social development programme incorporating skill development and education on the inter-related aspects of substance use 2. 1:1 Interventions using motivational interviewing techniques is for young people struggling with or on the margins of substance use 3. Parent Awareness Programmes including Talking About Tough Issues and Bespoke sessions gives information and awareness sessions for parents and explores preventative strategies using risk and protective factors model 4. Detached work engages and builds relationships with young people on the street in their own territory and on their terms. Outreach involves signposting to local provision, provision of diversionary activities and provision of alcohol and drug education 5. Bespoke programmes are delivered usually on one off basis where youth and community groups identify a particular issue in relation drugs and alcohol that they feel is pertinent to address 6. School Programmes/Teacher Support is new target introduced this year in an attempt to reach vulnerable or hard to reach young people not engaged in existing youth and community provision
Output	<ul style="list-style-type: none"> • YMAX Programmes – 24 Programmes/174 Sessions • 1:1 Interventions – 73 Sessions • Parent Programmes – 31 Programmes/179 Sessions • Outreach and Detached Youth Work – 158 Sessions • Bespoke Programmes – 79 Sessions • School Programmes and Teacher Support – 74 Sessions
Outcome	<ul style="list-style-type: none"> • Reduction in number of adults who binge drink • Reduction in number of young people who drink and report getting drunk • Reduction in the proportion of young adults using illegal drugs • Reduction in the number of children at risk from parental substance dependency • Provide programmes at appropriate times and places for young people

	<ul style="list-style-type: none"> • Ensure equitable distribution of services on both geographic and religious mix • Complete monitoring and evaluation data
Link to IFH	<ul style="list-style-type: none"> • To enable all people and young people in particular to develop their skills and attitudes • To promote mental health and emotional wellbeing • To offer everyone the opportunity to live and work in a healthy environment • To improve our neighbourhoods and wider environment • To reduce accidental deaths and injuries in the home, workplace and collisions on the road • To enable people to make healthier choices
Link to Pillars	<ul style="list-style-type: none"> • Prevention and Early Intervention • Support • Harm Reduction • Monitoring, Evaluation and Research
Personal Comment	<p><i>“The service provided by Breakthru continues to meet all targets agreed with the PHA. We have found that communities in Omagh and Fermanagh recognise that we deliver a quality service and demand for it has steadily increased year on year. This year demand for 1:1 interventions has increased particularly. We continue to work closely with local communities and organisations to identify need and deliver education and interventions to suit”.</i></p>
Photograph	
Organisation Contact Details	<p>Breakthru Centre 18 Kiilymeal Road Dungannon, BT71 6LJ Tel: 028 8775 3228</p>
Theme	Drugs & Alcohol

Project	Community Support Services for Drugs and Alcohol. - WHSCT
Aim	To enable local communities to respond effectively to alcohol and drug related harm.
Activity	<p>Administration of the Fermanagh, Foyle and Omagh Alcohol and Drugs Forums.</p> <p>The Community Support Services works with a number of communities (both geographical and communities-of-kind) to support them identify the harms affecting their population and put together /implement action plans to decrease the effect of harm.</p>
Output	<ul style="list-style-type: none"> • 1 new community group formed and constituted (Coolnagard Omagh) with action plan to target impact of substance use on the wellbeing of the community • 1 support group for the dependents/carers of drinkers initiated in Omagh, Ramona House • Draft development of an Alcohol Awareness Bingo resource for work with older people. • Development of a standard Unit message for all Foyle Forum members to use • Design and translation alcohol awareness leaflet into four Eastern European Languages • New alcohol awareness leaflet : ‘stages of drunkenness’ developed and delivered in support of Omagh Forum’s St. Patrick’s day campaign • New alcohol awareness leaflet identifying units produced in support of Alcohol Awareness Week • Delivery of 1 Programme for First Time offenders (Drunk and Disorderly Charges) in Omagh: 4 people attended pilot • Design and Delivery of 1 programme on the Impact of alcohol and other substance use on driving in the rural areas. 100 people trained: 1 programme highlighting alcohol and impact on driving designed and delivered to 6 male members of the travelling community • 3 Newsletters were produced and disseminated to over 600 organisations/individuals. • Delivery of 1 local alcohol awareness campaign delivered throughout the West through the Forums and local workplaces highlighting safer drinking and drinking at home. • Members of all three Forums trained in techniques to raise awareness of home drinking and measurement of units using unit measures and the unit calculator wheel (through workshops delivered to support Alcohol Awareness Week.) • Delivery of 3 IMPACT of Alcohol campaigns run in

	<p>Lettershandoney. Newbuildings and Habinteg Housing association. (42 people completed 10 week course and associated weekly alcohol diaries.)</p> <ul style="list-style-type: none"> • 1 training day developing skills in promoting community alcohol awareness delivered to 8 volunteers in Lettershandoney/ Newbuildings. • The Lark in the Park, (3,500 attendees in Omagh), and Picnic at the Pool- (200 with 80 making direct contact in Limavady) • Delivery of three fundraising training programmes with 33 people attending. • 1 true Spirit of Sport Seminar delivered in Castledearg. • 2 consultation workshops facilitated identifying the needs of tier two service providers in preparation for implementation of TYC.-
<p>Outcome</p>	<p>Forums - Co-ordinated by the CSS, 3 Forums developed the Alcohol Awareness Week campaign (How do you measure up at home?) which ran throughout the West (26th to 30th November 2012). The purpose of the campaign was to raise awareness of recommended safe drinking patterns and the impact of excessive drinking on the individual and the workplace. 30 Organisations throughout the West delivered an alcohol awareness session in situ.</p> <p>The initiation of the First Time Offenders – Drunk and Disorderly programme as alternative to criminal record by the Omagh district.</p> <p>Coolnagard (community with population of approx. 770) constituted and delivering on its action plan.</p> <p>3 new programmes (Substance use and Rural driving, Alcohol and First Time Offenders – drunk and disorderly, and Planning community alcohol awareness training designed and piloted.</p> <p>Increased awareness of Hidden Harm and support agencies throughout the Omagh rural areas via the MARA project.</p> <p>Outcomes of Tier two consultations – programmes in Supervision for Mangers of tier two service providers, and homeless organisations, Extended alcohol brief interventions and preventing/ responding to challenging behaviours are under development.</p>
<p>Link to IFH</p>	<ul style="list-style-type: none"> • To promote mental and Emotional well-being • To enable people to make healthier choices • To improve neighbourhoods and Wider environment
<p>Link to Pillars</p>	<ul style="list-style-type: none"> • Build sustainable communities • Make healthy choices easier • Ensure high quality care for all

<p>Personal Comment</p>	<p><i>“We are deeply appreciative of the advice and assistance of the Community Support Services in helping us to develop our Association. I feel that we are now in a better position to deal with the issues in our community”.</i></p> <p style="text-align: right;">Peter O’Hanlon, Chairperson of the Coolnagard Community Association</p> <p><i>“The Community Support Service has been invaluable to the operation of the Omagh Drug and Alcohol Forum. The CSS provide a vital administration role and the support and cohesion that allow the Forum to carry out its work. In addition, without the input of the CSS the Ramona House Support Group would not have been able to provide this vital this service to our community. As Manager of Ramona House and Chairperson of the Omagh Drug and Alcohol Forum, I am indebted to the CSS and their excellent work”.</i></p> <p style="text-align: right;">Frances McElroy</p>
<p>Photograph</p>	 <p style="text-align: center;"><i>Coolnagard Resident’s meeting</i></p>



Fermanagh Forum Action planning day.



The Fermanagh Alcohol and Drug's task group – working with young people.

Pictured: Oliver McCaffery (OAK HLC), Brenda Burns (The EDGE Project), Berni Carlton(DAISY), Rory McDonald (FADF Chairperson) Breakthru

Contact Details

Fionnuala McKinney
 DATP/CSS Manager, WHSCT, Oak Villa
 Gransha Park, Clooney Road, L'Derry, BT47 6WJ
 Tel: 028 7186 5236
 Email: Fionnuala.mckiney@westerntrust.hscni.net

Omagh Contact : Health Improvement Office
 Tyrone and Fermanagh Hospital, 028 8224 0855

Theme	Drugs & Alcohol
Project	Support Legacy Project – ARC The Edge
Aim	Helping people to help themselves
Activity	To increase the awareness of the impact of substance misuse on the child and family in an effort to improve parenting skills, thus helping parents to educate their children, supporting families to stay together and breaking the cycle of problems being transferred between generations.
Output	<ul style="list-style-type: none"> • Summer Diversion Scheme • Be spoke and accredited customised training and workshops to answer identified need • Targeted individual and group work with referrals from partnership organisations • Support and training for families
Outcome	<ul style="list-style-type: none"> • To educate and improve social and cognitive development and to encourage positive behaviour • To develop key “life skills” to promote personal health, resilience and Employability • To encourage and direct families to a healthier and more efficient lifestyle • To create a multi-dimensional social process that helps people gain control over their own lives
Link to IFH	<ul style="list-style-type: none"> • Increased resilience and coping strategies • Better Communication • Increase awareness of health and social issues • Increased self esteem and self confidence • Greater Aspirations and positive outlook on the future
Link to Pillars	<ul style="list-style-type: none"> • To promote mental health and emotional well-being at

	<p>individual and community level</p> <ul style="list-style-type: none"> • To enable people to make healthier choices
Personal Comment	<ul style="list-style-type: none"> • Give Every Child and Young Person the Best start in Life • Make Healthy Choices Easier • Ensure high quality care for all
Contact Details	<p>Brenda Burns ARC Healthy Living Centre 116-122 Sallyswood Irvinestown Co-Fermanagh BT94 1 HQ</p> <p>Email: brenda.burns@archlc.com</p>

Theme	Drugs & Alcohol		
Project	CAMHS Service - WHSCT		
Aim	WDACT operates a 5-18 year service and provides assessment, intervention and consultation as well as education and awareness on drugs and alcohol to the CAMHS team.		
Activity	1 WTE Clinician (Band 6) Woodlea 0.5 WTEC Clinician (Band 6) Rivendell		
Output	The clinical caseload of the Drugs and Alcohol is determined by the CAMHS Team Manager and Clinical Lead(up to 30 clients per year).		
Outcome	<ul style="list-style-type: none"> • Enable people to make informed choices about their drug and alcohol consumption and health and social circumstances. • Actively influence and support client motivation to stop using drugs and alcohol. • Address the needs of children born to, and living with parental substance misuse, who access the service. • Guide 30 clients towards complete recovery and facilitate their re-integration into society. • CAMHS Head of Service and Clinical staff are represented on the WDACT steering group 		
Link to IFH	<ul style="list-style-type: none"> • Make Healthy Choices Easier • Every Child and Young Person can reach their full potential 		
Link to Pillars	<ul style="list-style-type: none"> • Give Every Child and Young Person the Best start in Life • Make Healthy Choices Easier • Ensure high quality care for all 		
Personal Comment	<i>“Drugs and Alcohol intervention are an integral part of the CAMHS service for young people. Drugs and Alcohol are recognised as a major challenge for young people and are closely linked to mental health. The current provision is a limited resource and this is a service which requires ongoing development and resourcing”.</i>		
Contact Details	Deirdre McGrenaghan Head of Service, CAMHS 2 Coleshill Road Enniskillen BT74 7HG	Paul Devlin Team Manager, CAMHS Woodlea House Gransha Park Derry BT47 6TF	Karen Clarke Senior Social Worker, CAMHS Woodlea House Gransha Park Derry BT47 6TF

Theme	Drugs & Alcohol
Project	DePaul Ireland—Foyle Haven
Aim	Support for Chronic Drinkers
Activity	Provision of a drop-in day centre for street drinkers with chronic alcohol misuse issues, providing alcohol harm reduction and management support, basic food, care and hygiene services and support with health, housing and wellbeing programmes and activities.
Output	1250 visits to drop-in centre per quarter.
Outcome	<ul style="list-style-type: none"> ● Befriending, Harm Reduction and Support- to help people with alcohol and drug misuse issues to manage their addiction and move toward recovery. ● Skills Development- Essential skills provide an opportunity to develop skills, to promote personal health and employability. The complimentary activities help increase the quality of life and clients self esteem. ● Advocacy and Education- to educate society, both locally and nationally, in order to positively influence attitudes, behaviours and policies. ● Staff and Volunteer Development- To enable staff and volunteers to provide the best possible service, and to develop their professional skills and flourish as employees and volunteers ● Networking- To promote better practise by sharing experiences with and learning from other organisations working in related fields. ● Need Assessment, Monitoring and Evaluation and Reflection- to regularly assess client need and provide clear evidence of how effectively and efficiently, needs are being met.
Link to IFH	<ul style="list-style-type: none"> ● Addressing poverty ● Improving emotional well-being ● Improving neighbourhoods and communities ● Promoting Healthier choices
Link to Pillars	<ul style="list-style-type: none"> ● To make Healthier choices easier ● To contribute towards a decent standard of living for all
Personal Comment	<i>“This project provides improved access to relevant services for the chronic long term drinker and reduction of alcohol related harm”.</i>
Contact Details	Foyle Haven, 23A John Street L'Derry, BT48 6JY Tel: 028 7136 5259

Theme	Drugs and Alcohol
Project	CLEAR Project + Small Grants
Strap-line	Collaboration — Co-ordination—Quality
Aim	To forge strong and sustainable links between community and statutory sector service providers.
Activity	<ul style="list-style-type: none"> • Conduct a Training Needs Analysis of relevant organisations to establish mental health and suicide knowledge gaps in frontline staff. • Develop a programme of training to meet identified need • Promote CLEAR Standards to relevant drugs and alcohol related projects. • Administration of a small grants scheme on behalf of the PHA.
Output	<p><u>Training</u></p> <ul style="list-style-type: none"> • Focus group and audit identified health gaps relating to training and a training plan was devised to meet these gaps. Training focused on safeTALK, impact of alcohol on self-harm; crisis intervention training and Mental Health First Aid. • 112 frontline staff within alcohol related / PHA funded projects availed of relevant training <p><u>Small grants fund</u></p> <ul style="list-style-type: none"> • 7 organisations received small non-recurring grants to address chaotic / complex and broken relationships, including but not restricted to those who have suffered bereavement and loss including but not limited to through suicide. • Additional capacity was provided for these groups with additional funding levied through funding from other PHA departments and the WHSCT (additional £5,964 received). • Total of 465 beneficiaries • 73 individuals availed of 480 sessions of counselling (65 aged from 6 -25); • 56 individuals availed of group support (23), group coaching (28) or 1-1 coaching (5) • 78 young people availed of bereavement support • 200 young people participated in workshops addressing self-harm, suicide drug and alcohol abuse. • 12 young people in supported living who are NEET availed of group training; • 10 young men with severe and enduring mental health availed of group support sessions. • 36 volunteers availed of training (Anger Management, Deaf awareness & working with clients with a learning disability)

	<p>Standards</p> <ul style="list-style-type: none"> • Of the 11 organisations specified 5 have self-assessed their organisation against the clear standards and 5 have had an independent assessment carried out. A further 5 non specified organisations that received funding through the small grants programme have completed a self-assessment.
Outcome	<ul style="list-style-type: none"> • Increased knowledge and awareness of issues pertaining to suicide, self-harm, mental health and emotional wellbeing among front line drug and alcohol / PHA funded support workers including the knowledge of how to access relevant support for services users. • Other outcomes for service users included increased compliance with medication; relationship building within families and with service providers; ability to use the processes and skills learned to support family and friends deal with stress and crisis in life; increase awareness of local services; improved awareness of help seeking behaviours; increased understanding of issues that occur within families and ability to deal with these; improved mental, emotional and social health of clients and their families as difficulties are discussed and coping mechanisms developed. • Improved referral process and continuity of service provision through the development of links with other CVS organisations and multi forms of service provision within the one organisation funded. • Continuity and clear strategic linkages through co-ordinated activities e.g. training, promotion of standards and administration of funding for the small grants scheme has ensured a cohesive link between not only these elements but also different strategies. I.e. by administering the small grants under Protect life, NSD drugs & alcohol and money provided by the WHSCT through protect life there is less risk of duplication of funding similar project though different funding streams. • Support of best practice through provisions for supervision for counsellors and training. • Through the success of 2 of these programmes funding has been secured for their continuation through other sources.
Link to IFH	<ul style="list-style-type: none"> • Promote mental health and emotional well-being • To enable people to make healthier choices
Link to Pillars	<ul style="list-style-type: none"> • Ensure higher quality care for all by improving access to information to knowledge • Building Sustainable Communities • Make healthier choices easier.
Personal	<i>“By CLEAR co-ordinating a range of activities e.g. training, promotion</i>

Comment	<i>of standards and administration of funding for both the small grants scheme and the programmes funded under community development initiatives this has ensured a cohesive link between not only these elements but also different strategies. E.g. by administering the small grants under Protect life, NSD drugs & alcohol and the money provided to the WHSCT through protect life there is less risk of duplication of funding similar project though different funding streams”.</i>
Contact Details	<p>Shauna Houston CLEAR Project Manager Unit 13 Strabane Enterprise Agency Orchard Road Industrial Estate Strabane BT82 9FR</p> <p>Tel: 028 7138 3386 Email: Shauna@derryhc.com</p>

Theme	Drugs & Alcohol
Project	Divert Project
Aim	<p>The aim of Divert is to provide alcohol and drug education, prevention and early intervention services across the Northern sector of the Western Board which includes Derry, Strabane and Limavady and all surrounding rural areas.</p> <p>Divert uses various mediums to support and reach young people such as one to one support sessions, group work, diversionary activities, art, role play and music.</p>
Activity	<p>Our services are categorised into four main areas:</p> <ul style="list-style-type: none"> • Vulnerable Young Persons Project • Children of Substance Users Project – Hidden Harm • Education and Support for Parents and Carers • Outdoor / Indoor diversionary activities
Output	<p>Hidden Harm</p> <ul style="list-style-type: none"> • Deliver weekly open sessions within the Derry, Strabane & Limavady areas - 72 sessions per year • Provide each child with a one to one structured care plan consisting of an initial planning session, a minimum of 6 support sessions & thereafter 3 month reviews continuously until disengagement - 216 per year • Deliver Life Skills programme to children and young people taking on a caring role as a result of Parental Substance Misuse - 1 per year • Provide each young person on Life Skills with 2 mentoring support sessions - 16 support sessions per year • Provide each parent / carer and child with an initial assessment to determine need - 60 per year • Provide Hidden Harm awareness raising programmes for professionals - 4 per year <p>Vulnerable Young Persons Project</p> <ul style="list-style-type: none"> • Deliver Path 1 programme with equitable geographic distribution - 6 per year • Deliver Path 2 programme to those identified vulnerable and ‘at risk’ groups - 12 per year • Provide Path 3 (x 16 sessions) programmes incorporating a residential element - 2 per year • Path 2 participants to be provided with individual mentoring/support session - 72 per year • Path 3 participants to receive a minimum of 2 mentoring/support sessions - 24 per year

	<ul style="list-style-type: none"> • Provide CHATS programme to parents/carers - 6 per year <p>Drug and Alcohol Outreach Project</p> <ul style="list-style-type: none"> • Plan and Implement a public awareness conference/event • Deliver education programmes throughout the calendar year • Deliver high impact campaigns aimed at targeting current issues relating to substance misuse on seasonal or topical basis (with the support of a steering group) • Upkeep of Diverts website's and social networking sites to ensure information is up to date and relevant for service users. • Provide support and advice for adults and parents as identified by need through various means of communication <p>Outdoor/indoor Activities Project</p> <ul style="list-style-type: none"> • This project helps to improve the physical and mental health and well being of participants engaged within Divert through the provision of high quality indoor / outdoor activities - 126 activities per year • Provide activity-based overnight survivals with young people - 3 per year • Organise an activity camp for children of substance users – 1 per year • Provide 6 groups of unattached young people with 2 diversionary activities solely based of diversion and harm reduction – 6 per year • Provide high quality indoor/outdoor activity sessions to families involved with the Hidden Harm project – 9 per year.
<p>Outcome</p>	<p>We have had a number of great interventions this year such as our summer programme and a vast number of public awareness campaigns that have been revamped as well as new innovative ones. We continually make new links/ partnerships with other organisations which again enhance the service that we can provide to not just individuals but to families also.</p> <p>Divert launched our website in February this year and has been a vital tool to not just our service users but to the general public and schools across the area.</p>
<p>Link to IFH</p>	<ul style="list-style-type: none"> • Addressing poverty • Improving emotional well-being • Improving neighbourhoods and communities • Promoting Healthier choices

Link to Pillars	<ul style="list-style-type: none"> • Give Every Child and Young Person the Best start in Life • Make Healthy Choices Easier • Ensure high quality care for all
Personal Comment	<p><i>'When I started using it made me feel great, that only lasted a while. Now I feel like the drugs are using me. I really put my family through hell. I couldn't see the damage until it was too late. Divert didn't pass judgement or tell me what I should or shouldn't do, I felt like I was being listened to for the first time' Male aged 24 years''.</i></p>
Photograph	
Contact Details	<p>Divert Project Dove House Community Trust 32 Meenan Square Derry, BT48 9EX</p> <p>Tel: 028 71269327 Email: divert@dovehousecommunitytrust.com Web: www.divertproject.com</p>

Theme	Drugs and Alcohol
Project	Community Mobilisation/ Time 2 Change - Spirit of Sport Toolkit
Aim	<p>The aim of the Toolkit is to provide information on the issue of alcohol and sport. The Toolkit consists of two booklets, namely 'The True Spirit of Sport' and 'Building the Spirit of Sport'.</p> <p>'The True Spirit of Sport', primarily aimed at sports players, outlines the negative impact of alcohol misuse on sporting performance and general health. It also explores the concept of athletic identify and how players should be supported during times of injury or under performance so that alcohol is not used as a coping mechanism.</p> <p>'Building the Spirit of Sport', aimed at sports coaches and clubs, outlines the role that sports clubs can play in promoting positive approaches to alcohol in the community through the adoption of appropriate policies as well as the provision of alcohol awareness/education initiatives. Both the booklets provide contact details for alcohol support agencies.</p>
Activity	<p>1000 copies of each booklet have been printed using money from PHA. These will be distributed to sports club and other community agencies throughout the WHSCT area.</p> <p>In order to build the profile of the Toolkit, Time2Change project in partnership with other agencies are delivering a series of Spirit of Sport seminars in the WHSCT area. The seminars will include high profile guest speakers speaking on the issues covered in the Toolkit as well as the relationship between alcohol, sport and community more generally.</p>
Output	1000 copies of each booklet produced
Outcome	These booklets will provide an invaluable resource to those concerned with the relationship between sport, alcohol and the community. They will increase the knowledge of those who use them regarding the dangers of alcohol misuse, the importance of having a sensible approach to alcohol and how sporting/community groups can play a role in promoting a positive relationship with alcohol, both at an individual and wider community level.
Contact Details	<p>Adrian Loughrey Time2Change Community Mobilisation Project Derry Healthy Cities</p> <p>Tel: 028 7138 4568</p>

Theme	Drugs & Alcohol
Project	Daisy West Under 18 Drug and Alcohol Treatment Service
Strap-line	Drug and Alcohol Intervention Service for Youths (Aged 17 and Under)
Aim	Daisy West is a partnership between Opportunity Youth and ASCERT which delivers a comprehensive tier 2/3 Treatment, Counselling and Support Services on a WDACT wide basis. The service provides a multi – component approach for young people and their families affected by substance misuse.
Activity	<p>Daisy West aims to support young people who are at risk of using or have been impacted by the use of drugs and or alcohol. There are strong family intervention and support aspects to this service allowing interventions to be designed specifically to the young person and also take cognisance of the family’s needs. Interventions include:</p> <ul style="list-style-type: none"> • One to One Work • Mentoring • Group Mentoring • Counselling • Therapeutic Groupwork • Family Support • Crisis Support
Output	The Daisy West service has been extremely successful and productive since its inception in April 2009. Five competent and skilled staff are employed, two Counsellors and three Key Workers. All staff continue to extensively market the service. The Daisy West Service has embedded its self across the WDACT locality and referrals to all services offered by this multi-component model have increased significantly month on month. From April 2012 to March 2013 the Daisy West staff supported 494 young people and 139 families exceeding targets by 73% and 102% retrospectively. It also important to note that staff also supported and lead groups within the Strengthening Families Programmes in the West, 4 staff in Omagh and 3 staff in Derry.
Outcome	The Daisy West Service has been highly successful in addressing the needs of those at risk due to substance misuse across the WDACT area. Internal monitoring and evaluation of Daisy West to date has identified major positive outcomes for young people and families involved. These outcomes include:

ASI Outcomes 2012-2013

- 20% decrease in young people's severity rating relating to medical conditions and physical ailments due to substance misuse issues.
- 50% decrease in young people's severity rating relating to problem behaviours and personal barriers associated with substance misuse issues.
- 64% decrease in young people's severity rating relating to their substance abuse history including current and lifetime substance abuse, consequences of abuse, periods of abstinence, treatment episodes, and financial burden of substance abuse or support in this area.
- 72% decrease in young people's severity rating relating to individual charges, convictions, incarcerations or detainments, and illegal activities.
- 96% decrease in young people's severity rating relating to individual family/ and or social problems including living arrangements, relationship problems, peer influences and recent serious conflicts.
- 42% decrease in young people's severity rating relating to emotional well being issues such as the amount of times the client has been treated in a hospital for any psychological or emotional problems, significant periods of serious depression, anxiety or tension, hallucinations, trouble understanding, concentrating or remembering, trouble controlling violent behaviour, serious thoughts of suicide or attempted suicide or been prescribed medication for any psychological/ emotional problem..

Baseline Outcomes 2012 - 2013:

- 96% of young people identified a reduction in negative and destructive behaviours as a result of alcohol/drugs or solvents.
- 82% of young people involved in Daisy West reported an increase in self image/confidence.
- 72% of young people involved in Daisy West reduced the number of days drinking alcohol.
- 52% of young people involved in Daisy West reduced the number of days spent taking drugs.
- 82% of young people involved in Daisy West service stated the service had a positive impact on their life in general.
- 78% of young people involved in Daisy West service stated the service had a positive impact on their ability to work or study.
- 96% of young people involved in Daisy West service stated the service had a positive impact on family relationships.

Link to IFH	<ul style="list-style-type: none"> • To promote mental health and emotional well-being at individual and community level • To enable people to make healthier choices
Link to Pillars	<ul style="list-style-type: none"> • Give Every Child and Young Person the Best start in Life • Make Healthy Choices Easier • Ensure high quality care for all
Contact Details	<p>Opportunity Youth/ASCERT – Kathleen Grego/John Hunsdale Daisy West 11 - 17 7A Dublin Road Omagh BT78 1ES Tel. 028 82241525</p> <p>Unit 3B Ballinska Business Park Derry BT48 ONA Tel: 028 71371162</p> <p>Email: Kathleen.grego@opportunity-youth.org</p>

Theme	Drugs & Alcohol
Project	Daisy West 18 – 25 Drug and Alcohol Treatment Service
Strap-line	Drug and Alcohol Intervention Service for Youth (aged 18 – 25 years)
Aim	Daisy West is a partnership between Opportunity Youth and ASCERT which delivers a comprehensive tier 2/3 Treatment, Counselling and Support Services on a WDACT wide basis. The service provides a multi – component approach for young people and their families affected by substance misuse.
Activity	<p>Daisy aims to support young people who are at risk of using or have been impacted by the use of drugs and or alcohol. There are strong family intervention and support aspects to this service allowing interventions to be designed specifically to the young person and also take cognisance of the family’s needs. Interventions include:</p> <ul style="list-style-type: none"> • One to One Work • Mentoring • Group Mentoring • Counselling • Therapeutic Group work • Family Support • Crisis Support
Output	The Daisy West over 18 services has been extremely successful and productive since its inception in September 2009. Three competent and skilled staff are employed and continue to extensively marketed the service, which is well embedded in the Western locality. Referrals to all services offered by this multi-component model have increased significantly month on month. In the period April 2012 to March 2013 the service staff supported 192 young people and 84 families exceeding targets by 85% overall. It also important to note that staff also supported and lead groups within the Strengthening Families Programmes in the West, 4 staff in Omagh and 3 staff in Derry.
Outcome	<p>The Daisy West (Over 18) Service has been highly successful in addressing the needs of those at risk due to substance misuse across the WDACT area. Internal monitoring and evaluation of Daisy West to date has identified major positive outcomes for young people and families involved. These outcomes include:</p> <p><u>ASI Outcomes 2012-2013</u></p> <ul style="list-style-type: none"> • 36% decrease in young people’s severity rating relating to medical conditions and physical ailments due to substance


	<p>misuse issues.</p> <ul style="list-style-type: none"> • 36% decrease in young people’s severity rating relating to problem behaviours and personal barriers associated with substance misuse issues. • 88% decrease in young people’s severity rating relating to their substance abuse history including current and lifetime substance abuse, consequences of abuse, periods of abstinence, treatment episodes, and financial burden of substance abuse or support in this area. • 32% decrease in young people’s severity rating relating to individual charges, convictions, incarcerations or detainments, and illegal activities. • 68% decrease in young people’s severity rating relating to individual family/ and or social problems including living arrangements, relationship problems, peer influences and recent serious conflicts. • 68% decrease in young people’s severity rating relating to emotional well being issues such as the amount of times the client has been treated in a hospital for any psychological or emotional problems, significant periods of serious depression, anxiety or tension, hallucinations, trouble understanding, concentrating or remembering, trouble controlling violent behaviour, serious thoughts of suicide or attempted suicide or been prescribed medication for any psychological/ emotional problem.. <p><u>Baseline Outcomes 2012 - 2013:</u></p> <ul style="list-style-type: none"> • 92% of young people identified a reduction in negative and destructive behaviours as a result of alcohol/drugs or solvents. • 78% of young people involved in Daisy West reported an increase in self image/confidence. • 72% of young people involved in Daisy West reduced the number of days drinking alcohol. • 52% of young people involved in Daisy West reduced the number of days spent taking drugs. • 86% of young people involved in Daisy West service stated the service had a positive impact on their life in general. • 68% of young people involved in Daisy West service stated the service had a positive impact on their ability to work or study. • 75% of young people involved in Daisy West service stated the service had a positive impact on family relationships.
<p>Link to IFH</p>	<ul style="list-style-type: none"> • To promote mental health and emotional well-being at individual and community level • To enable people to make healthier choices

Link to Pillars	<ul style="list-style-type: none"> • Give Every Child and Young Person the Best start in Life • Make Healthy Choices Easier • Ensure high quality care for all
Contact Details	<p>Opportunity Youth/ASCERT – Kathleen Grego/John Hunsdale Daisy West 7A Dublin Road Omagh BT78 1ES Tel. 028 82241525</p> <p>Unit 3B Ballinska Business Park Derry BT48 ONA Tel: 028 71371162</p> <p>Email: Kathleen.grego@opportunity-youth.org</p>

HEALTHY LIVING CENTRES

Theme	Healthy Living Centres
Project	Arc Healthy Living Centre
Strap-line	Helping people to help themselves
Aim	The ARC Healthy Living Centre aims to actively address health inequality and increase wellbeing of local people by bringing together a partnership of community health activities and services.
Activity	<ul style="list-style-type: none"> • Cherish Sure Start (operating in 10 wards) • EDGE - Youth and Family Support / Seasonal Diversionary Activities; life skills for young people (4-14) • SOLACE - Supportive Opportunities for Living with Addiction in a Community Environment • ACTIVE ALLSORTS Childcare Centre, self-financing and linking with SURESTART in pre-school provision, registered by Western Health and Social Care Trust • CHAP Community Pharmacy Project funded through CDHN from DHPSS • SSAVI – Shared Services Added Value Initiative, supporting the sustainability of Non Profit Childcare Providers, funded through DARD initially, self-financing in the year 2011-2012 • Community Forums. Irvinestown Community Partnership, the Quarterly Round table consultation between FDC, DOE, PSNI, NIHE and the local community. (Costs absorbed by ARC) • ACCESS ARC Child Contact Emotional Support Service, establishment of Child Contact Service for Fermanagh funded by Sward under RDP Measure 3.4 • In addition the centre acts as a conduit for the delivery of additional services into the area, i.e. CAB, Relate, Carers Support, Breath Easy Pulmonary Support Group and CPN services are delivered from the ARC.
Output	<ul style="list-style-type: none"> • 13,806 service beneficiaries engaged with the ARC Centre • Future Search strategic planning event took place on 29th and 30th May • A large strategic project has been successfully submitted to SWARD • Planning permission achieved September 2012 • Inclusion funding secured / DFA funding secured • Solace expansion secured (Big Lottery) • Staffing levels increased • Participated in a successful Consortia Application submitted to DETI re Social Enterprise Work Programme • Completed successful 6 week resiliency building summer

	<p>programme for 190 children. Securing Department Foreign Affairs funding, WELB, and Trust house Foundation in addition to PHA.</p> <ul style="list-style-type: none"> • Secured Impact of alcohol project, enabling the employment of 3 additional floating support staff with the SOLACE project (September 2012). • Margaret Wilson voluntary awards celebration Friday 23rd November 2012, special Guest Dr Eddie Rooney (press cuttings forwarded to PHA) • Hidden Harm tender submitted (successful) • Social Enterprise Mentor Qualification achieved.(February 2013) • Social Enterprise Mark achieved (February 2013) • Successful Health Fair March (2013)
<p>Outcome</p>	<p><i>Give every child & young person the best start in life</i> -. Cherish Surestart is a core project of ARC and works with parents and children to promote physical, social and emotional development of pre-school children over 10 wards in Fermanagh. ARC Promotes resilience building, parenting and family support, self-esteem and mental health promotion initiatives through the EDGE project EDGE provides support, training and resources to enable local people to develop, manage, deliver and own youth activity programmes.</p> <p>ARC is registered as associate members of the National Association of Child Contact Centres and is working to best practice having secured enhanced accreditation for the provision of supported and supervised child contact.</p> <p><i>Ensure a decent standard of living for all</i> - ARC provides a broad range of skills development programmes. ACTIVE ALLSORTS Childcare centre provides service for parents wishing to return to employment or training. The Centre provides drop in crèche, 2 year old programme, after school service. Full day care (out of term time). ARC established the SSAVI Project which established a “bank” of trained, vetted childcare staff that can provide relief cover in non-profit childcare centres throughout Fermanagh. ARC promotes access to services and benefits advice, community advocacy. ARC provides serviced space at no cost to CAB, and offers specialist advice, services, befriending and support to vulnerable groups through the SOLACE project.</p> <p><i>Build sustainable communities</i> ARC has been nationally recognised as benefiting people and planet. ARC has been successful in satisfying key criteria to be awarded the Social Enterprise Mark, which identifies us as trading for social and environmental purposes. ARC provides shared space basing a range of health and well-being services within the Centre. The ARC actively promotes community participation and volunteering – services are run for local people, by local people.</p> <p><i>Make healthy choices easier</i> - A range of early and upstream interventions are delivered through the ARC. Currently we deliver community pharmacy service, smoking cessation, sexual health services, drug and alcohol education and treatment services. ARC core</p>

	<p>projects also deliver and support nutritional programmes, and cancer early detection and prevention initiatives. In the year 2012- 2013 ARC provided support to a range of people with long term conditions, services included pulmonary rehabilitation, pain management, arthritis care, and living with diabetes.</p> <p>Ensure high quality care for all - ARC adheres too and has been measured against CLEAR standards in quality assuring services to users.</p>
<p>Link to IFH</p>	<ul style="list-style-type: none"> • 1.To reduce poverty in families with children • 2. To enable all people and young people in particular to develop their skills and attitudes • To promote mental health and emotional wellbeing • To offer everyone the opportunity to live and work in a healthy environment • To improve our neighbourhoods and wider environment • To enable people to make healthier choices
<p>Link to Pillars</p>	<ul style="list-style-type: none"> • Give every child & young person the best start in life • Ensure a decent standard of living for all • Build sustainable communities • Make healthy choices easier • Ensure high quality care for all
<p>Personal Comment</p>	<p><i>“2012-2013 has been an exceptionally busy year at the ARC, we took time to actively engage with our stakeholders and came together to participate in a future search process, we engaged in more celebrative working than ever before and saw a significant increase in staff and beneficiaries. We believe passionately in our core mission to help people and communities to help themselves. We seek at local level to implement PHA strategy and this has been greatly assisted by the supportive engagement of PHA staff in our Future Search planning and Volunteer celebration awards”.</i></p>
<p>Photograph</p>	



**Organisation
Contact Details**



Jenny Irvine
Arc Healthy Living Centre
116-122 Sallywood
Irvinestown
BT94 1HQ

Tel: 028 686 28741

Theme	Healthy Living Centres
Project	ARC Healthy Villages Project
Strap-line	Helping people to help themselves
Aim	The ARC Healthy Living Centre aims to actively address health inequality and increase wellbeing of local people by bringing together a partnership of community health activities and services.
Activity	Pre Development support for the delivery of the ARC-ITEC Health & Care village
Output	<p>During the course of the period very significant progress has been achieved, following on from the Irvinestown Integrated plan, which outlined community priorities. A 2 day future search planning event was held (May 2012) and the ARC –ITEC Health and Care Village moved from concept stage to implementation plan.</p> <p>Initially an outline planning application was designed developed and submitted to DOE planning. The Application was approved</p> <p>The project was subjected to a robust external economic appraisal to Green Book Standard, which demonstrated the financial viability of each option identified (an essential requirement of RPD strategic project funding criteria) this ultimately provided the financial assurances required by the strategic project selection panel and funding was awarded to progress phase 1.</p> <p>Full planning permission for the entire scheme was approved on 29th March 2013.</p>
Outcome	The ARC is now in a position to commence the capital construction of a purpose built community health and wellbeing centre, that in the future aims to be part of an integrated health and care village collating a range of services on a shred site. Promoting the implementation of the Transforming your Care strategy at community level and pioneering a social enterprise model for the creation of future Primary Care infrastructure.
Link to IFH	<ul style="list-style-type: none"> • To reduce poverty in families with children • To enable all people and young people in particular to develop their skills and attitudes • To promote mental health and emotional wellbeing • To offer everyone the opportunity to live and work in a healthy environment • To improve our neighbourhoods and wider environment • To enable people to make healthier choices

Link to Pillars	<ul style="list-style-type: none"> • Give every child & young person the best start in life • Ensure a decent standard of living for all • Build sustainable communities • Make healthy choices easier • Ensure high quality care for all
Personal Comment	<p>Extract from Letter of support: “In 2001 Irvinestown set the scene by opening the ARC, Northern Ireland’s first Healthy Living Centre. With their excellent track record for delivering high quality projects over the past 11 years we have every faith that the proposed ARC-ITEC Health & Care Village will set the scene for a new era of primary and community care infrastructure in Northern Ireland”.</p> <p>Yours faithfully,</p> <p>DR COLIN MCCAWE DR EUGENE HAIGNEY DR CONOR SPRICE DR LAURA MCDONNELL</p>
Photograph	 <p style="text-align: center;">SOUTH ELEVATION</p> <p style="text-align: center;">EAST ELEVATION</p> <p style="text-align: right;">KEYS AND MONAGHAN ARCHITECTS</p> <p style="font-size: small;">PROPOSED HEALTH & CARE VILLAGE, INCLUDING HEALTH CENTRE, WITH ASSOCIATED NON-RESIDENTIAL HEALTH & WELL-BEING ACCOMMODATION & ASSOCIATED SERVICES AT CASTLE ST. IRVINESTOWN, Co FERMANAGH 12 Main St, Irvinestown Co Fermanagh BT94 1LJ Tel: 028 686 28741 Fax: 028 686 28 505 email: adam@keysandmonaghan.com</p>
Organisation Contact Details	<p>Jenny Irvine Arc Healthy Living Centre 116-122 Sallywood Irvinestown BT94 1HQ</p> <p>Tel: 028 686 28741</p>

Theme	Healthy Living Centres
Project	Bogside and Brandywell Health Forum
Strap-line	Providing Health Improvement Programmes in the Bogside Brandywell
Aim	To enhance the health and well-being of the people in the Bogside and Brandywell community.
Activity	The Health Forum coordinates a rolling programme of health promotion and development in various community venues throughout the Bogside and Brandywell community.
Output	Over 15,000 attendees at over 600 programmes, events and interventions organised by Bogside and Brandywell Health Forum.
Outcome	<ul style="list-style-type: none"> • Early Intervention - the Health Forum and other local partners have continued to discuss how EI can be introduced to workers within the area, promoting partnership working in terms of bringing about better outcomes for residents and their families. A strategic plan has been progressed. • Health Promoting Homes - both HPH programmes were very successful with one programme taking referrals from our School Cluster Families Achieving Change programme and the other targeting BME community • Physical Activity – A packed timetable of programmes, broadly self sustaining, and designed to able beginners to start and increase their ability levels in a range of programmes. The Born to Run beginners running club has enrolled 100 local residents to increase physical activity. • NHIP - A Best Practice Workshop was held at the end of February 2013 and the NHIP approach received a ringing endorsement from WHSCT and PHA. We are again coordinating this regional health programme within NRA's in Limavady, Derry and Strabane for 13/14. • The Getting On Well - The 0.5 million project was funded by Big Lottery Fund and commence in June 12. Programme targets isolated and vulnerable older people within TRIAX area.
Link to IFH	<ul style="list-style-type: none"> • To reduce poverty in families with children • To enable all people and young people in particular to develop their skills and attitudes • To promote mental health and emotional wellbeing • To offer everyone the opportunity to live and work in a healthy environment • To improve our neighbourhoods and wider environment


	<ul style="list-style-type: none"> To enable people to make healthier choices
Link to Pillars	<ul style="list-style-type: none"> Give every child and young person the best start in life Ensure a decent standard of living for all Build sustainable communities Make Healthy Choices easier Ensure high quality care for all
Personal Comment	<p><i>“A participant that started with our GP Referral programme and continued onto our Born to Run programme “I have over a stone of me which is just amazing. Ive tried so many times to lose weight the quick way and always get so upset and give up. I have had to buy a new pair of tracksuit bottoms as the pair I had before I came to the Health Forum are far too big on me”.</i></p>
Photograph	 
Organisation Contact Details	<p>Tony Doherty Bogside and Brandywell Health Forum 128 Lecky Road Derry/ Londonderry, BT48 6NP</p> <p>Tel: 02871365330</p>

Theme	Healthy Living Centres
Project	Derg Valley Care Core Costs
Strap-line	Making Castledearg a healthy place for healthy people.
Aim	The aim is to bring about meaningful improvement in population health and wellbeing in the Castledearg area.
Activity	DVHLC continues to focus on improving the overall health and wellbeing of the population in our catchment area, providing a broad range of programmes and outreach events in the HLC.
Output	<p>Facilitate the implementation of specific programmes and interventions to address the needs of the local community, especially specific target groups.</p> <p>In the year 2012/13 we recorded 17,158 attendances at the various programmes which included:</p> <ul style="list-style-type: none"> • 2540 attendances in our Gym & Integrated Play Area. (including Families and parents with young children) , • 7676 attendances at our Weight Management Group • 172 attendances at our Yoga • 86 attendances at our Cardiac/Respiratory Group • 337 attendances at our Bosom Buddies/breastfeeding] Group • 44 attendances at our Alzheimer’s & Dementia support Group • 138 attendances at our MS support Group • 47 attendances at our Hearing Loss Clinics • 2603 attendances at our Spiritual Group • 521 attendances at our Crafts Group • 229 attendances at our Women’s Group • 180 attendances at our Floral Art Classes • 216 attendances at our Operation Transformation Group • 25 regular attendees at our 3 Cook-It Courses • 8 regular weekly attendees at our IT Course for Mental Health clients • 49 attendees received certification at our 3 First Aid Courses • 37 attendees were successful in gaining their certification at our two Food Safety in Catering Courses • 25 attendees at our non-certified First Aid Workshop • 25 attendees at our Heartstart First Aid Course • 392 carers attended regular update training sessions • 27 attendees at our Safetalk Course • 15 attendees at our ‘Health, Hope & Healing’ Wellbeing Course • 34 attendees at our 2 ‘Healthy Living’ talks to specialised groups

	<ul style="list-style-type: none"> • 7 regular weekly attendees at our Citizen’s Advice Outreach Service • 25 regular attendees at our Drama & Reminiscence Course <p>In addition to the above also facilitated a number of other one-off events including, Disability Awareness Day, Nutrition Talk, Home Safety Event and Grant information Seminar.</p> <p>DVC have also been an active partner in the Healthy Towns initiative which is being lead by Strabane District Council.</p> <p>DVC have also successfully participated in the PHA’s ‘Choose to Live Better’ campaign where fifty three Carer’s and twenty five residents took part the programme</p> <p>Partnership work remains a priority for the healthy living centre with a number of key staffing representing the HLC on various steering groups, partnership boards and committees.</p>
Outcome	<p>DVC sees the establishment of self-help groups as a key factor in helping to assist people with taking responsibility for their own health. We have been successful in establishing a number of self-help support</p> <p>Our tailored in-house gym has helped us to increase the number of parents attending the gym with their children. This should help to embed the habit of physical activity in the children from a young age.</p> <p>The Weight Management group continues to be successful with an increasing number of clients and constant success stories. A number of people have cited how participation on the programme has helped not only to change their lives but that of their family.</p> <p>Our accredited courses have provided an opportunity for people to increase their own skills as well as building community capacity in areas such as First Aid, Food Safety, IT, and Suicide Awareness.</p> <p>Social exclusion has been addressed through our Floral Art, Health, Hope & Healing, and Castle Crafts initiatives. These have also helped to ensure that the mental and emotional aspect of healthy living has also been nurtured.</p>
Link to IFH	<ul style="list-style-type: none"> • 1.To reduce poverty in families with children • 2. To enable all people and young people in particular to develop their skills and attitudes • To promote mental health and emotional wellbeing • To offer everyone the opportunity to live and work in a healthy environment • To improve our neighbourhoods and wider environment

	<ul style="list-style-type: none"> • 6. To enable people to make healthier choices
Link to Pillars	<ul style="list-style-type: none"> • Give every child & young person the best start in life • Ensure a decent standard of living for all • Build sustainable communities • Make healthy choices easier • Ensure high quality care for all
Personal Comment	<p><i>“The delightful tale which was told at our Mental Health Group 15th birthday celebration when one of their clients spoke of her battle with bullying, her consequent depression and how Prospects had put her back on the right track. She paid particular homage to their encouragement to avail of our gym and how she had to find so much courage to try it. She made reference to the professional and welcoming service provided at the initial induction and the support provided on a weekly basis. She has gone onto lose 3 stone as a result of her twice weekly visits and feels like a “new person in terms of confidence and enjoyment of life”.</i></p>
Photographs	 <p>The photograph shows the exterior of the Derrig Valley Healthy Living Centre. It is a two-story building with a light-colored facade and multiple windows. A sign above the entrance reads "DERRIG VALLEY healthy living centre". There is a dark car parked on the street in front of the building, and a yellow traffic cone is visible on the sidewalk.</p>
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Theme	Healthy Living Centres
Project	Oak Healthy Living Centre Core Costs
Strap-line	Improving Geographic Access to Health
Aim	To address health inequalities in the Erne East area.
Activity	Facilitate specific programme and activities to address health inequalities and social needs of local communities including specific target groups of youth, older people, children and childcare ,physical and mental health and disability.
Output	<p>11,925 beneficiaries were recorded to all activities during period.</p> <p>Highlights</p> <ul style="list-style-type: none"> • Established Drop-Inn Centre for heavy drinkers/people suffering from depression with 30 benefiting • Established youth diversionary project with 33 benefiting • Ran 4 secondary school health fairs with 577 attending • Ran farm family health fair with 38 attending • 44 attended community pharmacy health fair • 74 attended workshop on dangers of prescription medicine • Ran 5 Safetalk suicide prevention courses 82 attended • Social Car Scheme had 88 clients and 1218 runs. • 1447 people attended 60 physical activities • 29 courses on mental health /relaxation with 510 attending • 7 chronic disease self –management courses, 76 participating • 10 availed of a befriending service for isolated older people • 24 attend Health Promotion Homes/ ethnic minorities • 204 older people attended 8 courses/events under flexicare 2 • On 199 occasions people were referred for basic footcare • 73 older and vulnerable people assist with grants and benefits • 36 people/ 5 activities integrating people with disabilities • 94 availed of Body Mass Index measurement and advice • 16 attended 2 parenting courses (TATI) • 58 attended 2 peer led drug awareness workshops • 16 attended Impact of Alcohol on Self Harm Crisis Intervention • 60 attend 5 courses on Cook it/165 for 4 nutrition workshops • Organic Gardening courses were ran at 5 locations with 61 attending • Heart Start was run 2 with 24 attending • 6 attended a smoking cessation course • 70 attended 7 stress and depression awareness workshops • 158 children were helped in 3 afterschools, 1 playgroup,1 crèche by payroll and grant management, dental health and care in the sun, nutrition courses

	<ul style="list-style-type: none"> • Access to counselling through Aisling Centre and Nexus for 17 local people • 6 people from ethnic minorities attended English Language
Outcome	Access to courses for improving physical and mental health for residents in geographically isolated area. Specific actions this year to tackle alcohol addiction and diversionary work with youth. Continued work to aid independent living for older people. Work to sustain existing childcare provision in area of weak infrastructure and continued with parenting courses.
Link to IFH	<ul style="list-style-type: none"> • To reduce poverty in families with children • To enable all people and young people in particular to develop their skills and attitudes • To promote mental health and emotional wellbeing • To offer everyone the opportunity to live and work in a healthy environment • To improve our neighbourhoods and wider environment • To enable people to make healthier choices
Link to Pillars	<ul style="list-style-type: none"> • Give every child & young person the best start in life • Ensure a decent standard of living for all • Build sustainable communities • Make healthy choices easier • Ensure high quality care for all
Personal Comment	<i>"Specific actions were taken within year to tackle alcohol abuse and links to risky behaviour and self- harm".</i>
Photograph	
Organisation Contact Details	Micheál Mowen Oak Healthy Living Centre 1 Main Street, Roslea Co. Fermanagh, BT92 6BF

Theme	Healthy Living Centre
Project	Old Library Trust Core Costs
Strap-line	Achieving Health & Wellbeing in the Community
Aim	To address health inequalities of the residents of Creggan, Triax, Derry City Council and regional areas of disadvantage
Activity	<p>OLT contributes to the strategic development and delivery of actions to improve health and wellbeing throughout the community through the delivery of a wide range of programmes , interventions and services addressing the social and health needs of local people, including a number of specific targeted groups.</p> <p>The key areas of delivery have been identified as:</p> <ol style="list-style-type: none"> 1. Promoting Health & Wellbeing in the Community 2. Providing access to Primary Care Services at the neighbourhood level 3. Promoting physical activity & healthier lifestyles 4. Improved wellbeing through delivery of health professional referral programmes for people with long term and life limiting conditions 5. Improving the health and wellbeing of older people 6. Improving men’s health 7. Providing access to dental health 8. Improving mental health and wellbeing and supporting people with addictions <p>The key areas of delivery are achieved under 5 main project headings within the HLC:</p> <ol style="list-style-type: none"> 1. SWEET - Obesity project focusing on diet/nutrition, physical activity & mental health) 2. Exercise for All - walk in exercise and wellbeing programmes 3. Health Professional Referral programmes for people suffering a wide ranges of conditions 4. Health For Life – tailored programmes and interventions for people aged 60+ 5. Access - providing access to a range of health clinics including diabetes, foot care, dental health & smoking cessation; also provides access for delivery of SureStart Edenballymore and Rosconnor Dentist
Output	<p>3,939 participants accessed programmes within the HLC , under the 5 key projects:</p> <ul style="list-style-type: none"> • SWEET: 340

	<ul style="list-style-type: none"> • Exercise for all: 2169 • Exercise Referral: 58 • Health For Life: 871 • Derry Breathe Easy: 157 • Access: 335
Outcome	<ul style="list-style-type: none"> • Increased engagement with residents throughout the community • Improved self care and management and increased awareness of responsibly for health and wellbeing • Increased opportunities for people to make healthier lifestyles choices • Increased number of people becoming physically active and taking part in exercise and fitness programmes • Increased awareness of mental health and addictions • Increased access to health improvement clinics and services
Link to IFH	<ul style="list-style-type: none"> • To reduce poverty in families with children • To enable all people and young people in particular to develop their skills and attitudes • To promote mental health and emotional wellbeing • To offer everyone the opportunity to live and work in a healthy environment • To improve our neighbourhoods and wider environment • To enable people to make healthier choices
Link to Pillars	<ul style="list-style-type: none"> • Give every child and young person the best start in life • Ensure a decent standard of living for all • Build sustainable communities • Make Healthy Choices easier • Ensure high quality care for all
Personal Comment	<p><i>“The Old Library Trust has been delivering improvements in health and wellbeing for more than a decade through the development of the Healthy Living Centre by engaging residents through a community development process aimed at reducing inequalities in health by tackling the root causes of ill health”.</i></p>

Photograph



Contact Details

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HIDDEN HARM

Theme	Hidden Harm
Project	Hidden Harm Service – Action for Children
Strap-line	Action for Children supports and speaks out for the UK's most vulnerable and neglected children and young people, for as long as it takes to make a difference in their lives.
Aim	To provide support and build resilience and strengths in children and young people affected by parental drug or alcohol abuse.
Activity	<p>Family support intervention provided to a total of 68 children affected by Hidden harm supported in the last year. We have run one “Strengthening Families Programme” (Oxford Brookes Model) with 7 families successfully completing the programme. The Majority of children were supported for up to six months. Further support was provided by one member of the team directly supporting CAWT in the delivery of a further Strengthening Families Programme in the Omagh area (Luthra Model).</p> <p>Due to the often rural nature of the 21 electoral wards in the Omagh locality much of the work was delivered on an individual basis in either the family home or local community. The referral base spanned all professional sectors; gateway team, Education, health, community paediatrics and parental self-referrals’.</p>
Output	Services delivered to 68 families.
Outcome	<p>All children had individual assessments of need using Action for Children’s “Aspire” assessment tool. The outcomes are directly linked to the six high level outcomes in “Our Children and Young People, our pledge” (OFMDFM 10 year strategy).</p> <p>Outcomes;</p> <ol style="list-style-type: none"> 1. “The Use of Harmful Substances By Parents or carers is reduced and concerns about neglect or abuse of a child are reduced.” 2. “The use of harmful Substances by a child or young person is reduced” 3. “Child or young person lives safely in family or family network” 4. “There is an improvement in a child or young person’s emotional or mental wellbeing” <p>Overall statistics from our “e-aspire system” indicate that 78% of cases achieved all or part of the selected outcomes as listed above, (Fully met 58% Met in Part 20%) 13% of cases remained open to our services beyond the remit of the funding, this includes follow up sessions to the</p>

	<p>“Strengthening families” programme. Many of these families presented with multiple and complex difficulties and will require continuing support. The remaining 8% of cases had not met the selected outcomes at the end of the reporting period. Again these families will require on-going support.</p>
Link to IFH	<ul style="list-style-type: none"> • To enable all people and young people in particular to develop their skills and attitudes • To promote mental and emotional well-being • To enable people to make healthier choices
Link to Pillars	<ul style="list-style-type: none"> • Give Every Child and Young Person the Best start in Life • Make Healthy Choices Easier • Ensure high quality care for all
Personal Comment	<p><i>“The funding received from the PHA has allowed the service to prioritise families who have been affected by the misuse of alcohol or drugs”.</i></p>
Contact Details	<p>Action For Children. Early intervention Family support service 14 Darling Street Enniskillen BT 74 7EW</p> <p>Tel: Enniskillen office: 02866324181 Omagh office: 02882259495</p>

Theme	Hidden Harm
Project	Strengthening Families Programme
Strap-line	Whole Family Intervention
Aim	<p>The Strengthening Families Programme (SFP) is a 14-session, evidence-based parenting skills, children's life skills, and family life skills training program specifically designed for high-risk families. Parents and children participate in SFP, both separately in children/ teen and parent sessions and together in the family sessions. The programme emphasises the critical role of families in prevention and reducing risk to children.</p> <p>SFP builds on protective factors by improving family relationships, parental bonds, parenting skills and improving young people's social and life skills. It also reduces the risk factors for behavioural, emotional, academic and social problems and focuses on developing resilience, which has been proven to mitigate against risk factors for children and families in Hidden Harm and other contexts. This programme is for all families and can be the most helpful for families experiencing a range of difficulties including behavioural, emotional, academic and social problems.</p>
Activity	Delivery of 14 week family skills programme
Output	<p>Since April 2011 Six programmes have run successfully in the WHSCT area, with a seventh currently in progress.</p> <p>40 Families have graduated from the Strengthening Families Programme to date. This is 175 people in total.</p> <p>10 families (42 people) are currently engaged with the present programme and will graduate in September 2013.</p> <p>The current facilitators are from a range of agencies including Creggan Hub, Shantallow Hub, WELB, EXTERN, Opportunity Youth, DAISY and Lifestart.</p> <p>In February 2013 a programme ran for the first time on the Omagh area, with referrals and facilitators from a number of the local agencies such as Opportunity youth, DAISY, PSNI, ASCERT and Action for Children.</p> <p>Strengthening Families Programme training took place in September 2012, November 2012 and February 2013 with a further training booked for September 2013. To date 94 people from 45 different</p>

	agencies have been involved in training.
Outcome	<p>SFP has been evaluated many times by independent researchers in randomized control trials or health services research with very positive results in reducing substance abuse and delinquency risk factors by improving family relationships.</p> <p>Outcomes include increased family strengths and resilience and reduced risk factors for problem behaviours in high risk children, including behavioural problems, emotional, academic and social problems.</p> <p>Post Programme the levels of interventions required by agencies has been reduced. Families are able to solve problems by themselves as opposed to falling into crisis and less assistance is needed from supporting agencies. Increased communication of expectation from parents around behaviours and family rules.</p> <p>Teenagers are able to express their feelings more clearly and parents ability to listen and offer support improved. Families have reported increased time spent as a family, and increased family positive rituals.</p> <p>Families post programme reported regularly enjoy meal times together and talking as a family and parents have reported found increased marital support and communication, often with parents working together for solutions and providing leadership in families.</p> <p>Increased social rewards for children, for example thank-you, instead of financial rewards.</p>
Link to IFH	<ul style="list-style-type: none"> • To reduce poverty in families with children • To enable all people and young people in particular to develop their skills and attitudes • To promote mental health and emotional wellbeing • To offer everyone the opportunity to live and work in a healthy environment • To improve our neighbourhoods and wider environment • To enable people to make healthier choices
Link to Pillars	<ul style="list-style-type: none"> • Give every child & young person the best start in life • Ensure a decent standard of living for all • Build sustainable communities • Make healthy choices easier • Ensure high quality care for all.

**Personal
Comment**

"It's not about behaviour management; it's about giving parents skills. The message to the parents was always about the importance of their relationships and how the quality of those relationships can change behaviour, and we know that all higher level outcomes are based on positive relationships"

The programme allowed parents to gain insight to their teens lives. By displaying teens posters it was a safe way for teens to share their experiences and feelings and parents weren't under pressure to say or do something straight away"

"The programme has allowed the parents to exercise parental responsibility and seek appropriate help at a much earlier stage now. This is due to the teens improved ability to communicate and feel it's safe to share with their parents". "That child is 100 times safer now than she was before. Her long term outcome is much better, she is now asking her mammy to spend time with her". "It opened up areas for discussion not normally on the family agenda and offered the family the space to get alternative support when the programme ended"

"This programme really is unique; it is the whole family working together on issues"

"The fact that it's the whole family approach is very important – it's fun as well as serious, it's intended in a holistic way to meet the families' needs"

"Using role plays allowed them to try strategies and to realise things weren't as hard to put in place"

"Parents previously resisted change because it was easier to blame everything on their child, it was always his(the teens) fault and he lived up to that label"

"Another strength is the multi-agency working. We had to find common ground in our way of working. The emphasis needed to be cooperation as opposed to sticking to familiar paths (comfort zone). It was interesting to see co-facilitators in a different role from how I would normally engage with them. I now would have increased respect for their role"

"I can see the strength of the referral agent actually being present to facilitate -eyes on interaction. Insightful learning to see family in more 'real' situation as opposed to planned home visit"

Photograph



Contact Details

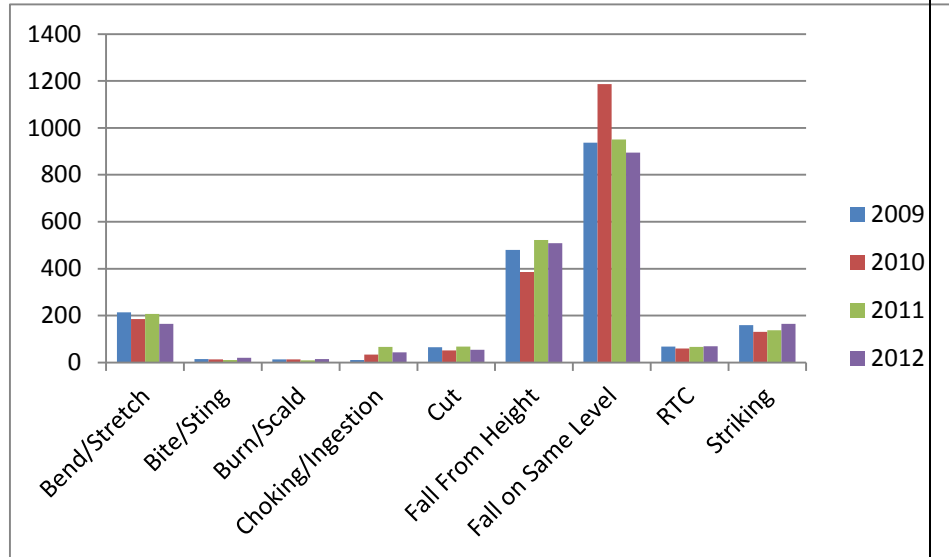
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ACCIDENT PREVENTION

Theme	Accident Prevention
Project	Accident Prevention Health Improvement Activities - WHSCT
Strap-line	To improve access to information and services re accident prevention
Aim	<p>To improve access to information and services re accident prevention in under 5's and over 65's.</p> <p><i>To support the community, statutory and voluntary sectors implement effective, evidence-based interventions to reduce accidental injury and death (primarily in the home setting) within the WHSCT. This involves the collation, interpretation and circulation of data collected by Altnagelvin A&E Department to inform and support the development, monitoring and evaluation of local accident prevention initiatives.</i></p>
Activity	<p>The production of information, resources and awareness raising activities.</p> <p>Falls Prevention Initiatives and collaboration between A&E Department; HI and key stakeholders including voluntary and community sectors.</p> <p>Representing WHSCT on the Department of Health writing group for the 2014 Home Accident Prevention Strategy and two sub groups (Falls and Statistics/Information).</p> <p>Development of a minimum data set of information and a structure for dissemination of such data to monitor injuries, inform preventative initiatives and identify any research needs.</p>
Output	<p>Development of a single message agreement for Accident Prevention in the WHSCT for Older People – “If you get up at night turn on the light – When darkness Falls so could you”.</p> <p>Production and distribution of statistically based resources based on the Falls Prevention theme including fact sheets, posters, and Thermos Mugs.</p>
Outcome	<p>Improved awareness of accident prevention.</p> <p>Statistical reduction in Falls on the Same Level by Older People attending A&E Altnagelvin from 2009 to 2012 by 4.5%. This has been enhanced by the significant reduction in the number of falls from a Height. As a result there has been an overall reduction in attendance by Older People aged 65 or more where a fall – from a height or on</p>

same level was the mechanism of injury. This 11% reduction in attendance overall resulted in a **minimum cost saving of £20280** to A&E department. **(Based on the cost for a paying patient attendance to A&E at the rate of £120 per attendance)**



The mechanism of Injury section of my dataset has been adopted by Eastern Group Environmental Committee for their Northern Ireland wide Digital Pen Project.

Link to IFH	<ul style="list-style-type: none"> • Reduce accidents
Link to Pillars	<ul style="list-style-type: none"> • Give every child and young person the best start in life • Make Healthy Choices easier • Ensure high quality care for all
Contact Details	<p>Joanne Doherty Injury Prevention Officer A&E Department Altnagelvin Hospital WHST</p> <p>Sandra Semple Healthy Settings and Accident Prevention Coordinator Health Improvement Department Western Health and Social Care Trust</p>

Theme	Accident Prevention
Project	Accident Prevention Health Improvement Activities - WHSCT
Strap-line	To improve access to information and services re accident prevention
Aim	To improve access to information and services re accident prevention in under 5's and over 65's.
Activity	The production of information, resources and awareness raising activities.
Output	Production and distribution through Surestarts of Thermos mugs; Baby changing mats; Puzzle coasters; Falls Awareness Fact sheet; Room temp cards and choke testers.
Outcome	Improved awareness of accident prevention.
Link to IFH	<ul style="list-style-type: none"> • Reduce accidents
Link to Pillars	<ul style="list-style-type: none"> • Give every child and young person the best start in life • Make Healthy Choices easier • Ensure high quality care for all
Contact Details	Joanne O Doherty/ Sandra Semple Health Improvement Team WHSCT

Theme	Accident Prevention
Project	Falls Prevention Health Improvement Activities - WHSCT
Strap-line	To improve access to information and services re falls prevention
Aim	To improve access to information and services re falls prevention in the over 65's.
Activity	<p>Falls prevention information and resources were delivered to over 2,000 elderly people in the WHSCT area. This was delivered through local communities groups, NR areas, councils Health & Safety Officers, the WHEAP project, Health Forums, Community Safety Partnership events in rural areas and Health Events targeting the over 65s.</p> <p>Set up The Western Falls Prevention Group for the over 65s and chaired 5 meetings. Small grants of £875.00 were given to group members to purchase resources such as nonslip mats, nonslip webbing for the back of mats, alarm devices, non slip socks, night lights, caddy trays and thermos mugs with the message for elderly people 'if you get up at night, turn on the light', to assist with falls prevention in the home within local communities.</p>
Output	Delivered on the falls prevention/accident prevention agenda as commissioned by the PHA for 2012/13 to over 2,000 elderly people in the WHSCT.
Outcome	Improved awareness of falls prevention.
Link to IFH	<ul style="list-style-type: none"> • Reducing Accidents in the home, workplaces and roads
Link to Pillars	<ul style="list-style-type: none"> • Ensure a decent standard of living for all • Ensure high quality care for all • Build Sustainable communities • Make Healthy choices easier
Contact Details	<p>Sandra Semple Health Improvement Officer Health Improvement Department WHSCT</p>

Theme	Accident Prevention
Project	Western Home Environmental Assessment Project (WHEAP)
Strap-line	“Warm Safe Healthy Homes for the West”
Aim	Reduce home accidents, fuel poverty and fear of crime as well as to improve physical and mental health and well being of residents in the community.
Activity	<p>Target 8000 homes across the west over a 5 year period (1600 per annum)</p> <p>Provide these homes with assessments and practical advice around the issues of home safety, security and energy</p> <p>Provide Safety and Security Equipment to reduce the possibility of an accident and to reduce the fear of crime</p> <p>Assist residents with benefit checks, to maximise their income, helping to combat fuel poverty whilst also referring clients into a range of energy grants, which is targeted at 80 grants per year.</p> <p>Link residents to a range of services available in their local communities which will improve the health and well being of those who avail of the assessment. Provided residents with local menus of services.</p> <p>Recruit and train volunteers across the 5 council areas to carry out home safety checks with the aim of building capacity in the community and securing a long term legacy through participative and shared learning by the end of year 5</p>
Output	<p>Targets met and exceeded for 2012/13. Key highlights were:</p> <p>1700 home assessment visits were completed. Including MARA Home Safety advice visits and Affordable Warmth surveys.</p> <p>204 Home Security advice visits carried out</p> <p>87 information talks and events completed</p> <p>597 onward referrals made to other agencies</p> <p>79 Energy grants were secured</p> <p>All homes in receipt of a home safety visit received safety equipment</p> <p>Recruited 9 Volunteers who carried out 64 home safety visits</p> <p>58 homes of older clients and those in Affordable Warmth areas received reflective radiator panels</p>
Outcome	Improved Health and Well being of identified target groups through the provision of information to households and security equipment to


	<p>30% of these households</p> <p>Improved mental health and well being of the target population by the facilitation of access to a range of services, via locality specific menu of services.</p> <p>Increased awareness of energy efficiency measures and benefit maximisation in the West by provision of information and secured energy grants. WHEAP notified clients across both target age groups of the new DSD funded boiler replacement scheme.</p> <p>Households received home safety information and advice, 100% of these homes received safety equipment, contributing to the prevention of accidents.</p>
Link to IFH	<ul style="list-style-type: none"> • Reducing Accidents in the home, workplace and roads
Link to Pillars	<ul style="list-style-type: none"> • Ensure a decent standard of living for all • Ensure high quality care for all • Build Sustainable communities • Make Healthy choices easier
Personal Comment	<p>Annual questionnaires and client case studies demonstrate the identifiable positive impact the project has on the residents availing of a WHEAP home assessment.</p> <p>Client comment on radiator panels: “we are very pleased with the work carried out on the radiators...and we have noticed an improvement in the heating.”</p> <p>The partnership approach of the project allows for a wide skill base to deliver targeted campaigns. The ongoing carbon monoxide campaign highlighted very successfully the dangers of carbon monoxide and increase awareness amongst our local communities. This was delivered in partnership with the HSENI and local community / voluntary groups to provide this message to large audiences..</p> <p>WHEAP also delivered a blind cord safety campaign in partnership with RoSPA, HAPNI, NICMA and all local nursery and parent & toddler groups.</p>

	<p>This is supported by the PHA and Big Lottery.</p> <p>An additional blind cord campaign targeted towards professionals working with children will take place early in the next financial year.</p>
Contact Details	<p>Kieran Cranny Acting Co-ordinator WHEAP Project Omagh District Council Environmental Health Department Lisnamallard House Omagh BT79 7EG</p> <p>Email: Kieran.cranny@omagh.gov.uk</p>

LOCAL GOVERNMENT


Theme	Local Government Joint Working
Project	Derry Healthy Cities Core Management Costs
Strap-line	Building an interagency approach to health and well-being in the Derry City Council area.
Aim	To have a World Health Organisation 'healthy city' that is continually creating and improving those physical and social environments and expanding those community resources which enable people to mutually support each other in performing all the functions of life and in developing to their maximum potential.
Activity	<p>DHC continue with PHA support to build their role as a strategic co-ordination body supporting community development approaches through collaborative action and the management of innovative programmes and services. They continue as Catalyst lead for two strategic programmes in the One Regeneration for Derry ~Londonderry (Health for All and Early Intervention City) to develop, promote and support action that seeks to bring about long term health gain. They also oversee a number of local and regional health and well-being niche processes in the fields of alcohol, mental health and well-being, workplace health and family support.</p> <p>The work on the One Plan is a key social pillar of the Council areas regeneration process underpinned by membership of the World Health Organisation Healthy Cities approach. The Early Intervention City is focussed on early intervention in the areas of educational attainment, family support and nurturing and child rights. The aim is to give all children the best start in life, to make them school ready and to ensure adequate and timely support to families and children in times of need up to age 18.</p> <p>The Health For All approach is focussed initially on work to make Derry an Active City and an Age Friendly City and to address the Culture of Alcohol. Work is also ongoing on the reorganisation of DHC and the finalisation of a City Health Implementation plan.</p>
Output	<ul style="list-style-type: none"> • The Early Intervention Strategic Partnership (EISP) has been consolidated and is developing a series of action plans for the attainment of Early Intervention City. It has also hosted a number of best practice and masterclass workshops. A model for Early Intervention in Derry has also been submitted to the Social Investment Fund for consideration. • A Health for All steering group has been established to guide and oversee attainment of the health and well-being priorities in the One Regeneration Plan

	<ul style="list-style-type: none"> • An Age Friendly City process has been established and the first Age Friendly City charter was launched as part of the PHA funded Age of Change conference in March 2012. • Derry City Council has signed the EU Declaration on Active Ageing to coincide with the Age Friendly City process. • An Active City steering group has been initiated as a precursor to the development of an Active City Partnership and Active City Implementation plan • The Culture of Alcohol agenda continues to be supported through the Civic Alcohol Forum which is currently formulating a Culture of Alcohol action plan for the Council area. • The Civic Alcohol Forum Community Underage Drinking project won a local government award for Derry City Council. • A Festival Care Charter and Handbook was developed with PHA funding to support the City of Culture year. • A Civic Drug and Alcohol Forum has been established in Strabane District Council and in its first year has delivered a number of awareness campaigns and responsible server training for bar staff, • Funding secured from Lottery was used to support physical activity programmes for people with a Disability. • The Strengthening Families Programme pilot ran 4 X 14 week family support programmes and is now working on a model for regional delivery. • A new community Alcohol Project (Time 2 Change) has been initiated with primary focus in the Omagh/Fermanagh areas with funding from Lottery through the WHSCT Western Region Alcohol Programme. • A new contract has been secured to host facilitation of the Family Voices Forum, an advocacy group for families bereaved by suicide. • Over 40 coaches were trained in Safetalk under the PHA funded Gatekeeper initiative in the West. • DHC also continue to facilitate the management and development of the Foyle Health @ Work Project, The CLEAR Project, the Time IVa Change Border Region Alcohol Project and the Strengthening Families Programme all of which are reported on separately.
<p>Outcome</p>	<ul style="list-style-type: none"> • Frameworks and plans are coming together for long-term collaborative approaches that will seek to address improvements in Health for All and Early Intervention in Derry. • Family skills and children’s outcomes have been enhanced • The culture of alcohol is being challenged and changed • Strategic approaches to health and well-being are influencing service delivery and beneficiary experience • Settings approaches such as Foyle Health @ Work are extending the impact of health and well-being intervention • Workforce and community capacity in mental health and well-being

	<p>are being extended through the Clear project</p> <ul style="list-style-type: none"> • A process for older people engagement, feedback and design in Derry has been created that will influence the future shape of an ageing community.
Link to IFH	<ul style="list-style-type: none"> • To reduce poverty in families with children • To enable all people and young people in particular to develop their skills and attitudes • To promote mental health and emotional wellbeing • To offer everyone the opportunity to live and work in a healthy environment • To improve our neighbourhoods and wider environment • To enable people to make healthier choices
Link to Pillars	<ul style="list-style-type: none"> • Give every child & young person the best start in life • Ensure a decent standard of living for all • Build sustainable communities • Make healthy choices easier • Ensure high quality care for all.
Personal Comment	<p><i>“This has been a busy and strategically challenging year for DHC and has laid a good foundation for the progression of the One Regeneration Plan. It has also seen the beginning of a process of extended learning with many of our strategic projects enhancing their regional and national impact”.</i></p>
Photograph	 <p><i>NI Commissioner for Older People being presented with the Age Friendly City Charter</i></p>
Organisation Contact Details	<p>Eamon O’Kane, Director Derry Healthy Cities Altnagelvin Hospital 24 Glenshane Road Derry~Londonderry</p> <p>Tel: 028 7161 1384 Email: eamon@derryhc.com</p>


Theme	Local Government
Project	Festival Care Guide
Strap-line	Adding safety to the City of Culture 2013
Aim	To support a culture of responsibility towards alcohol through the provision of guidelines and resources to help the management of alcohol at community events.
Activity	The project sought to utilise the reproduction of an Alcohol Forum Ireland resource that has been adopted by other regions of Ireland to ensure the safe and responsible management of alcohol related issues at community events and festivals.
Output	<ul style="list-style-type: none"> • A Handbook for Festival/Event Organisers with information on briefing of key services & agencies, briefing of Festival Staff & Organisers, legal responsibilities in relation to the sale of alcohol, communication plans to publicise events, Alcohol Policy Templates and Festival Charter Template • Promotional Posters for Event Organisers • Promotional Charters for Events • Workshop support for groups utilising the handbook.
Outcome	A lasting resource for any organisation working to deliver community events at which alcohol may be present.
Link to IFH	Currently sit on the IFH Partnership Board and The Children and Young People's Sub group.
Link to Pillars	<ul style="list-style-type: none"> • Build sustainable communities • Make healthier choices easier • Promote Mental Health and Emotional Well-being.
Organisation Contact Details	<p>Eamon O'Kane, Director Derry Healthy Cities Altnagelvin Hospital 24 Glenshane Road Derry~Londonderry</p> <p>Tel: 028 7161 1384 Email: eamon@derryhc.com</p>

Theme	Local Government Joint Working
Project	Local Council Fuel Poverty Initiatives
Aim	To reduce fuel poverty in the local council areas of Omagh, Limavady, Derry/Londonderry, Strabane and Fermanagh.
Activity	To work with the local councils. To put in place initiatives to address the issue of fuel poverty locally.
Output	<p>Omagh District Council provided and fitted reflective radiator panels in the homes of 60 older WHEAP clients and to the homes of older people identified through the Department for Social Development Affordable Warmth surveys which were carried out by the Council.</p> <p>The radiator panels were installed by a specialist contractor procured in accordance with the council's policies. This was the second year that this type of work was undertaken in the Omagh area. It was decided to undertake the work due to the very positive feedback received from recipients in 2011/12.</p> <p>Follow up telephone surveys were conducted on completion of the works by the Council. Feedback was again very positive. A sample of properties were post inspected by the Home Assessment Officer, who had identified the proposed recipients. This was to ensure the quality of the work carried out. The post inspections highlighted that the work was carried out to a high standard which gave the council confidence that funding had been used appropriately. Value for money was achieved. For some clients this work was carried out in conjunction with other insulation measures with both combined to make a considerable difference to their comfort and to a reduction in overall fuel costs. The Home Assessment officer had also identified the other insulation measures for which people were eligible and had made referrals to the appropriate partner agencies.</p> <p><u>Additional summary information is provided below for the other council members of the WHEAP project</u></p> <p>Derry City Council reviewed existing fuel poverty initiatives within the council area to consider how a Fuel Stamps scheme would contribute to existing initiatives. It is planned to introduce a Fuel Stamps scheme.</p> <p>Limavady Borough Council, which had established a Fuel Stamps scheme in 2011/12 developed and marketed the scheme more widely throughout the Borough. It targeted assistance to 400 families through the purchase of over £25,000 of fuel stamps.</p>

	<p>Strabane District Council introduced a pilot Fuel Stamps scheme targeted towards the smokeless zone areas of Strabane, Newtownstewart and Castlederg near the end of the financial year. It is hoped that from the success of the pilot that it can be extended throughout the District in the coming year.</p> <p>Fermanagh District Council purchased 242 domestic energy monitors for issue to clients of the WHEAP project to assist clients to review their energy consumption and to assist their budgeting for power consumption.</p>
Outcome	<p>Reflective radiator panels fitted to 60 homes in the Omagh area. Over 85% of those who received radiator panels advised that they noticed the level of heat in their rooms improve following the work.</p>
Link to IFH	<p>Each Local Authority has a representative on the WIFH partnership</p>
Link to Pillars	<ul style="list-style-type: none"> • Ensure a decent standard of living for all • Make healthier choices easier
Photograph	
Organisation Contact Details	<p>Joni Millar Public Health Agency Gransha Park House 15 Gransha Park, L'Derry, BT47 6FN</p> <p>Email: joni.millar@hscni.net</p>

MENTAL HEALTH PROMOTION

Theme	Mental Health & Investing for Health Adulthood
Project	Mood Matters & Living Life to the Full Programme Delivery
Aim	<p>The aims of the Mood Matters programme are to:</p> <p>Raise awareness of the importance of looking after our mental health. Highlight the risk factors for, and symptoms of, stress and depression. Help to reduce stigma by conveying the message that depression is an illness and not a sign of weakness.</p> <p>Provide information about treatments available and promote self help strategies for regaining and / or maintaining good mental health.</p> <p>Provide participants with relevant literature to reinforce learning and provide a future point of reference.</p> <p>Signpost participants to sources of support</p> <p>The aim of the Living Life to the Full Programme:</p> <p>CBT is a talking therapy which, research shows, is an effective treatment for low mood and mild to moderate depression/anxiety. It focuses on our thinking (cognitive) and what we do (behaviour) as often when we are feeling low we tend to think and behave in unhelpful ways. Making changes in these areas, however, can help improve how we feel and also reduce some of the physical symptoms of low mood.</p> <p>Our Life Skills programme can make a big difference to your life! It can help you sleep better, feel happier, have more energy, gain confidence, get out more and enjoy better relationships.</p>
Activity	<p>61 Mood Matters in Young people Programmes</p> <p>10 Mood Matters in Adults Programmes</p> <p>5 Living Life to the full programmes.</p>
Output	<p>Mood Matters focuses on positive mental health and aims to improve emotional resilience. This is our most popular presentation and is delivered mainly in secondary schools. However, being mindful that this information is important to all young people, we are increasingly delivering sessions in training schemes, youth clubs, sports clubs and other appropriate settings. Our training can be adapted to the needs of a particular group to ensure maximum benefit to participants.</p> <p>The presentation offered to 16/17 year olds includes a component dealing specifically with stress, as this is particularly relevant to students dealing with the pressure of A Level exams and the worries and concerns that may appear through the transitional period from school to university/college or work.</p>

	<p>Participating schools are supplied with optional pre and post visit activities which may be delivered by teachers. Also, follow-up cards are distributed to all schools six months after our visit to reinforce learning and encourage continued self awareness. Information booklets are provided to all students, teachers and guardians as part of the programme.</p> <p>All our Mood Matters programmes are aimed at specific target groups and the content is regularly reviewed and revised in light of new research, best practice and experience of delivery.</p> <ul style="list-style-type: none"> • Research shows that depression is often a significant contributing factor in self-harm and suicide. • Right now, 1 in 4 adults is experiencing depression, anxiety or stress and costing the UK economy £26 billion each year. <p>Living Life to the full programme</p>  <p>Each week the course will cover the above topics and each participant will receive the above booklets.</p> <p>The Life Skills programme can make a big difference to participant's lives. It can help them sleep better, feel happier, have more energy, gain confidence, get out more and enjoy better relationships</p>
<p>Outcome</p>	<p>The Mood Matters Programmes</p> <p>As well as the obvious benefit in terms of personal development, the programme when delivered in secondary schools also supports some areas of the school curriculum:</p> <ul style="list-style-type: none"> ✓ GCSE Learning for Life and Work: Personal Social and Health Education ✓ A Level Home Economics: Module 3: Stress, Depression and Anxiety. ✓ A Level PE: Development of pupils as individuals. <ul style="list-style-type: none"> • Helps you recognise the signs and symptoms of stress/depression early both in you and others around you • Helps you develop the tools to look after your own mental health

	<p>The Living Life to the full programme</p> <p>The Life Skills programme can make a big difference to participant's lives. It can help them sleep better, feel happier, have more energy, gain confidence, get out more and enjoy better relationships.</p>
<p>Link to IFH</p>	<ul style="list-style-type: none"> • Promote mental health & emotional well-being • To enable people to make healthier choices
<p>Link to Pillars</p>	<ul style="list-style-type: none"> • Ensure higher quality care for all by improving access to information/knowledge • Building Sustainable communities
<p>Personal Comment</p>	<p>The Mood Matters Programme is an essential part of the emotional building for young and adults alike. It is the only programme of its kind within schools across schools and youth clubs in Northern Ireland. The programmes helps young people and adults identify an understanding of mental health and as important recognise signs within themselves and their peers if they are experiencing poor mental health.</p> <p>The programme people how to look after themselves and the importance of exercise and healthy eating and the science behind this recovery to help overcome the illness of depression</p> <p>The Living Life to the full programme has been developed by Dr Chris Williams, Professor of Psychological Medicine, University of Glasgow, a recognised expert and trainer in cognitive behavioural therapy, who has many years experience of developing self-help resources.</p>
<p>Contact Details</p>	<p>Ms Andrea Kearns Aware Defeat Depression 40-44 Duncairn Gardens Belfast BT15 2GG</p>

Theme	Mental Health
Project	Gatekeepers Sport Club Training
Aim	<p>This programme aimed to raise awareness of suicide with sports coaches and leaders in the local communities of Limavady, Strabane and Fermanagh. Participant coaches learned four basic steps to recognise persons with thoughts of suicide and connect them with help.</p> <p>SafeTALK training prepares you to help by identifying when someone has thoughts of suicide and directing those to further help.</p>
Activity	<p>Worked with coaches from local clubs in Limavady, Strabane and Fermanagh to deliver SafeTALK training.</p> <p>Worked with local Councils and Governing bodies of Sport to provide coaching credits as part of the continuous professional development in coaching qualifications.</p>
Output	<ul style="list-style-type: none"> • 50 Community Gatekeepers participated in SafeTALK training. Participants were Active Community Sports Coaches from a range of disciplines working with members of local communities. • Participants attained coaching credits towards recognised coaching qualifications.
Outcome	Increased knowledge, awareness and confidence among local sports coaches, of how to recognise signs of suicide and refer on to sources of help.
Link to IFH	<ul style="list-style-type: none"> • To enable all people and young people in particular to develop their skills and attitudes • To promote mental health and emotional wellbeing.
Link to Pillars	<ul style="list-style-type: none"> • Building Sustainable Communities
Personal Comment	<p>From the evaluation forms, it is evident that the training has been extremely valuable for all participants. Some of the participants feedback included:</p> <p><i>“I found training very helpful and will be encouraging other people to attend course too”</i></p> <p><i>“The training dealt with a wide range of aspects of suicide and gave a very good understanding and view on how to approach and deal with the issue”</i></p>

	<p><i>“Got my eyes opened about how to talk to people”</i></p> <p><i>“Good basic guidelines on how to approach the problem and getting help and also protecting yourself”</i></p> <p><i>“I found the course very informative and helpful. The trainer made the course as well and she encouraged discussion and listened to all. She made us think about how to talk to people and how to respond to them. Although this is a disturbing topic, I really enjoyed this course”</i></p> <p><i>“Leaves you feeling more confident in approaching the topic, if needs be”</i></p> <p><i>“I thought the trainer delivered the course very well. I was happy knowing that she was not going to ask any one person a question, but knew she would answer any questions put to her and she covered all questions I would have asked”</i></p> <p><i>“Gives you confidence to know what is the right thing to do and that you are helping by asking”</i></p> <p><i>“Training is informative, thought provoking and clears taboos”</i></p>
<p>Organisation Contact Details</p>	<p>Mr Eamon O’Kane Derry Healthy Cities Altnagelvin Hospital 24 Glenshane Road Derry/Londonderry BT47 6SB</p> <p>Tel: 028 7161 1384 Email: eamon@derryhc.com</p>

Theme	Mental Health
Project	Participation And Lifeskills (PAL) Project – Looked After Children Project
Strap-line	<i>Looking After Number One</i> Mental Health Awareness Programme
Aim	<p>A major concern for the Looked After Services is the level of mental health issues that are presented young people in care and care leavers. Well above average in relation to young people in the community (Bamford Report 2006).The aim of the <i>Looking After Number One</i> strategy is to run a ten week/session programme throughout the trust focusing of specific themes that affect the mental health and emotional wellbeing of our young people. The overriding theme for the young people will be:</p> <ul style="list-style-type: none"> • Raise awareness of the importance of looking after your mental health. • Highlight the risk factors for, and symptoms of, stress and depression. • Provide information about treatments available and promote self help strategies for regaining and / or maintaining good mental health. • Provide participants with relevant literature to reinforce learning and provide a future point of reference. • Signpost participants to sources of support. • Recruit and train young people to act as Safe TALK mentors and basic first aiders.
Activity	The programme was delivered using workshops, outdoor pursuits, Complementary therapies and art projects. Each week/session a guest speaker delivered a workshop on a particular subject, such as self harm, anxiety, etc. After a couple of weeks the group would do an outdoor activity or a complementary therapy. The programme finished in Derry with a healthy cook off and presentation of certificates.
Output	<p>The Derry/Londonderry group has completed sessions on:</p> <ul style="list-style-type: none"> • Alcohol and drug awareness; • depression; anxiety; stress; • Self Harm and Suicide Prevention; • Healthy Relationships; • Exercise, Activity and Relaxation; • Food is Good for Mood • Outside Art project • Cliff Jumping • Emotional Health and Well Being.

	<ul style="list-style-type: none"> • Mind How you Cook (preparation of a healthy communal meal and presentation of certificates).
Outcome	The young people thoroughly enjoyed the programme. The Looked After Specialist Nurse described a marked improvement in the communication skills and confidence in one young person that participated in the programme. The young people also asked for further programmes in first aid and SafeTALK. Two young people are exploring career options in Nursing and social care.
Link to IFH	To empower our young people with the skills, knowledge and confidence to: <ul style="list-style-type: none"> • make informed choices on issues that affect their health and wellbeing; • be aware of the symptoms of depression, anxiety, stress, etc and how to access help; • trained in SafeTALK and First Aid to help other young people.
Link to Pillars	Many of our Care Leavers go on to live in supported accommodation and shared properties with other young people—some of which can be quite vulnerable. The long term aim of the <i>Looking After Number One</i> Mental Health Awareness Programme is to train up a large section of our young people to act as safeTALK mentors and emergency First Aiders. The training would ensure our own young people be aware of their own feelings and able to access help; but also to be aware of potential risks in other young people and to act in the event of a medical emergency, such as an overdose, self harm cuts or severe alcohol intoxication.
Personal Comment	<i>“The Participation And Lifeskills worker feels that the programme has been very successful for our young people. Initially, the SafeTALK programme was for two young people, but the another five young people asked to do the programme. Also the young people asked to be trained up in Emergency First Aid so that they can act in a medical emergency when their friends get into difficulties. One young person is seeking a career in Nursing and another young person is looking for a career in social care. Both saw the programme(s) as a good opportunity to add to their CV”.</i>

Photograph



Young Person receiving certificate for the Participation And Lifeskills (PAL) Project – Looked After Children Project

**Organisation
Contact Details**

Participation And Lifeskills (PAL) Project
16+ Pathway Team,
WHST
Robin Hill
103 Chapel Road
L'Derry
BT47 2BG

Tel: 028 7131 2044

Theme	Mental Health
Project	Tyrone GAA Emotional Wellbeing Conference
Aim	<ul style="list-style-type: none"> • Increase awareness of the support available to young people/ coaches/ mentors within Tyrone GAA of health and wellbeing issues. • To promote health and wellbeing within GAA clubs in Tyrone. • To promote Suicide Prevention training to sports coaches in Tyrone GAA.
Activity	<p>The Winner Within Tyrone GAA Youth Conference was held on the 7th March in the Tyrone GAA Headquarters in Garvaghey.</p> <p>All clubs have been provided with Lifeline cards as well as other essential information for distribution at training sessions and displays in clubrooms.</p>
Output	Over 100 people attended the conference from over 40 clubs in Tyrone. Currently 12 clubs are registered to participate in SafeTalk.
Outcome	Feedback from the clubs has proved an increase in awareness with local clubs in health and wellbeing issues.
Link to IFH	<ul style="list-style-type: none"> • To enable all people and young people in particular to develop their skills and attitudes • To promote mental health and emotional wellbeing • To enable people to make healthier choices
Link to Pillars	<ul style="list-style-type: none"> • Give every child & young person the best start in life • Make healthy choices easier

Photograph



**Organisation
Contact Details**


Tyrone GAA
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Omagh
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Theme	Mental Health Recovery Teams
Project	Provide resources to the 6 WHSCT mental health recovery teams to develop and enhance skill base of practitioners and enhance service for clients.
Aim	To further involve clients with the local community through projects such as physical activity and art and design.
Activity	Art and design, Singtonicity, cookery and physical activity
Output	15 – 20 client involved in the 6 different recovery areas of WHSCT
Outcome	Clients enjoyed activities and there has been a demonstrable improvement in mood, self-care and self-esteem.
Link to IFH	<ul style="list-style-type: none"> • To enable clients to develop skills and attitude • Promote mental health and emotional wellbeing • Enable people to make healthier choices
Link to Pillars	<ul style="list-style-type: none"> • Build sustainable communities • Make healthier choices
Personal Comment	The Cityside Recovery Mental health Team organised Singtonicity for the service users. Margaret Devine, Team Manager said, 'the clients found it uplifting and many who attended had never participated in other planned activities before'.
Organisation Contact Details	Health Improvement Department Western Health & Social Care Trust Tel: 028 7186 5127

Theme	Mental Health
Project	Right Here Fermanagh
Strap-line	'a voice and a choice for your mental health'
Aim	The programme targets young people in the 16 to 25 year bracket by providing early intervention programmes to reduce the risk of young people's lives being damaged in the long term.
Activity	Outreach activities provided throughout Fermanagh using creativity; outdoor activities; groupwork & individual support; projects; training and learning; discussions; policy events & consultations; information sharing & signposting; design & distribute positive mental health resources; youth and worker seminars & conferences on building positive mental health.
Output	<p>Youth Participation Work – 71 young people in Youth Consultations & Youthbank funding scheme for mental health youth projects.</p> <p>158 young people in developmental groupwork programmes including:</p> <ul style="list-style-type: none"> • Young Women's Groups • Young Men's Groups • Individual work with young people through AMH New Horizons • B + training programmes. <p>Training events for 148 young adults, workers & volunteers including:</p> <ul style="list-style-type: none"> • Agricultural College; Women's Aid, Action for Children, NUI Maynooth, South-West College & Right Here London. <p>Awareness raising activities reaching 205 young people</p> <p>Distribution of resources including:</p> <ul style="list-style-type: none"> • 500 banner pens distributed • 500 Right Here Postcards distributed • 1000 Young men's Wristbands distributed • 500 Nail-files distributed • Use of Facebook; texting service to spread positive messages <p>Development of Model of Practice to promote the mental health of young people through youth work methodologies.</p>
Outcome	<p>Greater involvement of young people in the design and delivery of mental health services.</p> <p>Greater awareness among young people & adults of resources and organisations for mental health and mental illness support.</p> <p>Increased skills for young people in building personal resources to promote their positive mental health.</p> <p>Increased capacity of individuals and community to support positive</p>

	mental health and mental health needs among 16-25 year olds.
Link to IFH	<ul style="list-style-type: none"> • To enable all people and young people in particular to develop their skills and attitudes • To promote mental health and emotional wellbeing • To enable people to make healthy choices.
Link to Pillars	<ul style="list-style-type: none"> • Give every child and young person the best start in life • Make healthy choices easier.
Personal Comment	Right Here Fermanagh is a partnership project of 9 projects across health, education and local government in Fermanagh. YouthAction Northern Ireland, Western Health & Social Care Trust, Public Health Agency, Youth Council for Northern Ireland, Action Mental Health New Horizons, OAK Healthy Living Centre, ARC Healthy Living Centre, Fermanagh District Council and Western Education & Library Board.
Photograph	 <p style="text-align: center;"><i>Youthbank member costeering</i></p>
Organisation Contact Details	<p>Youth Action NI Right Here Fermanagh c/o Lakeland Youth Centre Wellington Road Enniskillen Co. Fermanagh BT74 7HL</p> <p>Tel: 028-66328534 E: roisinmc@youthaction.org; liz@youthaction.org</p>

PROTECT LIFE SUICIDE PREVENTION

Theme	Protect Life
Project	CLEAR Project
Strap-line	Collaboration — Co-ordination—Quality
Aim	To forge strong and sustainable links between community and statutory sector service providers.
Activity	<ul style="list-style-type: none"> • Encourage Community and voluntary sector organisations to self-assess their organisation against the CLEAR standards. • Provision of relevant training and development opportunities for community & voluntary sector service providers. • Build links and relationships between service providers and consider how the work of CLEAR can link with other strategies.
Output	<p><u>Standards</u></p> <ul style="list-style-type: none"> • 82 organisations have carried out a self-assessment or participated in an independent assessment of their services against the CLEAR Standards. • 68 of these have provided some level of evidence • 20 of these have underwent an independent assessment, 6 within this financial year. • 2 workshops have been held to support organisations work through the standards (30 participants) • 2 workshops on policy development to support the standards <p><u>Training</u></p> <ul style="list-style-type: none"> • 547 individuals participated in training • 17 safeTALK sessions with 284 participants • 5 Mental Health First Aid with 88 participants • 3 self-harm awareness programmes with 52 participants • 2 crisis intervention programmes with 34 participants • 1 young people matter training programme with 15 participants • 1 anger essentials programme with 16 Participants • 2 policy development workshops with 28 participants • 2 workshops to support implementation of CLEAR Standards with 30 participants. • A further 3 SafeTALKs delivered on behalf of Derry Healthy Cities to targets sports development gatekeepers. • 1 further safeTALK on behalf of the WHSCT. • Administration and delivery of further awareness training to PHA funded projects through additional finance provided through Drugs and Alcohol. <p><u>Building links</u></p> <ul style="list-style-type: none"> • Links between service providers promoted through training programme and workshops

	<ul style="list-style-type: none"> • CLEAR promoted itself as a forum for the Community and Voluntary sector to influence strategy groups on Suicide Prevention and Mental and Emotional Well-being. An additional section has been added to the website to support this. • The small grants programme that the CLEAR Project administers on behalf of the PHA has evidenced the development of relationships and links between service providers and partnerships formed.
Outcomes	<ul style="list-style-type: none"> • Increased knowledge and understanding of a range of issues relating to mental health and emotional well-being through training programmes. • Increased confidence in staff and volunteers to support persons in relation to issues relating to suicide, self-harm, mental health and emotional well-being and anger management. • Increased confidence to refer persons to support including lifeline. • Increased knowledge of available support. • Promotion of best practice through the support of training for staff and volunteers, provision of supervision for counsellors and the active engagement of community gatekeepers. • Relationships and links between service providers developed and partnerships formed. • Standards have prompted organisations to review their practice and governance arrangements which in turn lead to a potential increase in quality and consistency of services. • Increased confidence in the quality of services available.
Link to IFH	<ul style="list-style-type: none"> • Promote mental health and emotional well-being • To enable people to make healthier choices
Link to Pillars	<ul style="list-style-type: none"> • Ensure higher quality care for all by improving access to information to knowledge • Building Sustainable Communities
Personal Comment	<p>By CLEAR Co-ordinating a number of functions relating to standards, training and the administration of the small grants programme there has been the opportunity to link different elements of the project to ensure best practice and the quality of the services and programmes provided through the small grants scheme. Indeed while the standards themselves provide a beneficial developmental framework, the addition of a facilitator to support groups work through these standards has been reported to make the process more meaningful for the organisation.</p>

Photograph



Group attending the Self-harm awareness programme


**Organisation
Contact Details**

Shauna Houston
CLEAR Project Manager
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BT82 9FR


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Email: Shauna@derryhc.com

Theme	Protect Life
Project	Smalls Grants Scheme 2012-2013 CLEAR
Strap-line	Collaboration — Co-ordination—Quality
Aim	Support small projects to promote mental health and prevent suicide in local community.
Activity	Administration of a small grants scheme on behalf of the Public Health Agency.
Output	<p>Total of 5,404 beneficiaries through 19 grant awards.</p> <ul style="list-style-type: none"> • 231 individuals and 34 couples availed of 1,638 counselling sessions; • 197 individuals availed of 212 sessions of complementary therapy; • 1416 individuals and 2 families availed of a range of training and education programmes and workshops (of varying length and level); • 20 family members availing of 1-1 support sessions; • 73 individuals availed of physical activity programmes; • 1,353 individuals availed of advice services; • 78 individuals attended support groups. • 2000 individuals targeted through information campaigns.
Outcome	<p>A range of outcomes were identified for each individual project. These included:</p> <ul style="list-style-type: none"> • Improvement to the lives of individuals including motivating participants to feel better about themselves and find positives in their lives; • Increased confidence, self-esteem, communication and team working skills; • Marked improvement in optimism, usefulness, interest, confidence, wellbeing , feeling loved, interested and cheerful; • Participation in new activities; • Increased awareness and understanding of a range of suicide awareness and mental and emotional well-being programmes including mental health, cyber bullying, anger, • Further involvement in training programme, volunteering and formal education programmes; • Promotion of best practice through the support of training for staff and volunteers, provision of supervision for counsellors and the active engagement of community gatekeepers; • Relationships and links between service providers developed and partnerships formed.

Link to IFH	<ul style="list-style-type: none"> • Promote mental health and emotional well-being • To enable people to make healthier choices
Link to Pillars	<ul style="list-style-type: none"> • Ensure higher quality care for all by improving access to information to knowledge • Building Sustainable Communities
Personal Comment	<p><i>“Funding provided through this grant programme formed part of a larger grant programme with additional funding from the Children and Young People Sub-Group of the IFH and the WHSCT. This programme funded 19 out of 35 projects.</i></p> <p><i>A diverse range of prevention, intervention and post-vention projects were funded with evidence of immense lifestyle changes to individuals and families.</i></p> <p><i>Funding provided organisations with the opportunity to fund programmes that they would not normally be able to run or to pilot programmes while others addressed waiting lists within organisations. Some projects contained a number of elements and allowed for referral between these. Indeed there is also evidence of relationships being developed and referrals to and from a range of community, voluntary and statutory agencies being made”.</i></p>
Photograph	 <p style="text-align: center;"><i>Willow – Art Work</i></p>
Organisation Contact Details	<p>Shauna Houston CLEAR Project Manager Unit 13 Strabane Enterprise Agency Orchard Road Industrial Estate Strabane BT82 9FR Tel: 028 7138 3386</p>

Theme	Protect Life
Project	CLEAR Standards Toolkit
Aim	Review of CLEAR standards
Activity	Facilitate at 5 community/ service user information events Assist in the development of draft standards for: self harm, complementary therapies, counselling, bereavement support and vulnerable groups.
Output	<ul style="list-style-type: none"> • Project initiation document completed and approved. • Summary report of the responses to the consultation on standards was produced and submitted to the PHA. • Detail review of the current standards developed in line with consultation responses. • 5 information sessions planned, developed and delivered, one in each of the locality areas. These were attended by 70 participants.
Outcome	<ul style="list-style-type: none"> • Potential increase in quality of services • Increased confidence in the quality of services available • Consistent quality of services.
Link to IFH	<ul style="list-style-type: none"> • Promote mental health and emotional well-being • To enable people to make healthier choices
Link to Pillars	<ul style="list-style-type: none"> • Ensure higher quality care for all by improving access to information to knowledge • Building Sustainable Communities
Personal Comment	<p>This project was initiated in the latter stages of the 2012-2013 financial year, however, it is an extension of work that is ongoing in the Western Health and Social Care area. Initial feedback has indicated that the introduction of regional quality standards would be welcomed by all although clarification of how these would be monitored is key.</p> <p>This is an excellent opportunity to provide reassurance of the quality of services provided and to give service providers the opportunity to highlight the high standards of services offered.</p>

Theme	Protect Life
Project	Rural Emotional Resilience Programme
Aim	To deliver initiatives that would contribute to developing the emotional resilience and wellbeing of identified households throughout the rural areas of Northern Ireland.
Activity	A wide range of events and activities were held, for example: <ul style="list-style-type: none"> • Information sessions • Health fairs/checks • boccia tournament • Cookery classes & nutrition classes • Linking with sports clubs • Distribution of leaflets and resources.
Output	Approximately 3,300 people who benefitted from the range of targeted initiatives funded by the Rural Emotional Resilience Programme, there was 90 events held including health fairs, classes, etc. and over 1,700 people attended these various activities.
Outcome	<ul style="list-style-type: none"> • Enhanced awareness of healthy lifestyles, emotional wellbeing and smoking, alcohol and substance abuse • Provision of valuable advice and information to those attending the health information sessions. • Provided signposting and information to support services.
Link to IFH	<ul style="list-style-type: none"> • To enable all people and young people to develop their skills and attitudes. • To promote mental health and emotional wellbeing. • To enable people to make healthier choices.
Link to Pillars	<ul style="list-style-type: none"> • Make healthier choices easier. • Build sustainable communities.
Photograph	 <p><i>Picture from the Boccia Tournament which took place in Fermanagh</i></p>

Theme	Protect Life
Project	Production of DVD exploring Self Harm and the Possible links to Suicide
Strap-line	It doesn't have to be that way!
Aim	<p>The project was aimed at exploring, with Young People the issue of Self Harm and the possible links to suicide, if any. This project came from the production of a DVD and training manual on the effects of "Cyber or Electronic Bullying" produced last year.</p> <ul style="list-style-type: none"> • The aim of the projects was the production of a DVD which will act as a resource to help address the following issues: • To take a helicopter view of the impact of suicide on Family and Friend (or those left behind) • Deliver a clear message from Young survivors that there is help there and life is precious and worth fighting for... • To make sure Young People and indeed adults know where to go and how to access support services. • To ensure those bereaved by suicide know how and where to access help and support. • To go some way in dispelling the stigma surrounding self-harm and suicide, without making it appear acceptable.
Activity	<p>A group of eight Young People and six Adults engaged in a series of workshops which explored the issues of self-harm and the possible links to suicide as an outcome. It was decided very early on in the process by the Young People, that we needed to produce something which highlights the devastating impact suicide has on those left behind, particularly the Family. It was felt that Young People today don't understand the finality or consequences of taking their own life, that it can be seen as "having the last laugh" on the bullies without any regard for what they themselves are going to miss out on, on the preciousness of their own lives and futures, or on the carnage they leave behind. Indeed, a permanent solution to a temporary problem. It was decided therefore that the group wanted to focus on this issue alone for two reasons. Firstly, self-harm and suicide are two very distinct and individual issues which cannot be grouped together. Not everyone who self-harms will go on to commit suicide. Secondly, the message needed to loud and needed to be routed in the impact on Families and Friends, it also needed to say, there is help and here is how and where you can get it.</p> <p>The group decided that the best and most appropriate way to proceed would be to produce a documentary involving those "Bereaved by Suicide". It was also felt that we should talk to one or two Young</p>

	<p>People who have been attempted or considered suicide as a solution to their problems but who have sought help and have been saved. These stories would be extremely powerful.</p> <p>Given the sensitive nature of what we were trying to address and the messages we wanted to put across we knew we needed a very experienced documentary producer involved. The interview process was successful and a producer was employed.</p> <p>The produced herself has spent years with Chanel 4 and the BBC producing some very sensitive documentaries which meant everything would be handled in the correct manner and with the greatest respect. The Young People continued to support the producer, particularly in practical tasks including filming, sound and editing.</p>
Output	<ul style="list-style-type: none"> • A DVD production highlighting the seriousness of taking one's own life and how available help actually is in times of need. • Highlighting to those bereaved by suicide the help and support available. • Making it easier for Young People to talk about the issue of suicide without making it appear acceptable or a solution.
Outcome	<ul style="list-style-type: none"> • 4 workshops • 3 planning days • 8 film production days • 4 editing days • 4 follow up meetings. • DVD produced • Accompanying material produced.
Link to IFH	<ul style="list-style-type: none"> • To promote mental health and emotional wellbeing • To enable young people to develop their skills and attitudes • To enable people to make healthier choices.
Link to Pillars	<ul style="list-style-type: none"> • Give every child and young person the best start in life • Make healthier choices easier
Personal Comment	<p><i>"This has been a very humbling and though provoking experience for everyone involved. To hear the young people speak with such sincerity and honesty made me realise just how much we need to tackle this issue. I fully accept that this is a very sensitive issue which needs to be expertly addressed, this goes without saying. It does not mean however, that we shy away from the problem".</i></p>
Organisation Contact Details	<p>The Dry Arch Children's Centre, Glenshane Business Park Legavallon Road, Dungiven, BT47 4QL Tel: 028 7774 2904 www.dryarchcentre.co.uk</p>

Theme	Protect Life
Project	Crisis Response & Postvention Foyle Search + Rescue
Aim	To reduce the number of deaths by drowning in and around the river Foyle.
Activity	Prevention via educational visits to schools, work places and community groups. Intervention via duty night river patrols and Emergency Response rescues. And postvention via our 'Bereaved by Suicide Support Group'.
Output	<p>Duty Nights three times per week from 9pm-3am where a rescue boat goes into the river, have a jeep patrolling the river and bridges and two walking teams looking out for anyone in distress and directly intervening when suicide or self-harm is a threat.</p> <p>An Emergency Response Team on call 24 hours a day, 7 days a week, 365 days of the year. This team respond to pager call out from the PSNI when an incident arises on the river or when there is a missing person. They can also self-launch when there is an emergency in the river or if a boat or jet ski breaks down.</p> <p>Visits to schools and other groups several times a month to discuss the work of Foyle Search and Rescue and the importance of water safety.</p> <p>A support group for those who have been bereaved by suicide is held on the first and third Monday of every month at our Base to help those who have been affected by suicide and to try and break the cycle of suicide.</p>
Outcome	In 2012 Foyle Search and Rescue attended 164 incidents where 78 people were removed from bridges, railings etc. and 21 people were directly rescued from the river alive. Our teams also recovered 6 bodies of missing persons and returned them to their loved ones for closure.
Link to IFH	<ul style="list-style-type: none"> • To promote mental health and emotional wellbeing • To enable people to make healthier choices
Link to Pillars	<ul style="list-style-type: none"> • Build sustainable communities • Make healthier choices
Personal Comment	<i>"In the 18 months before Foyle Search and Rescue was established it was estimated that 25-30 people drowned in the river Foyle. Throughout our 19 years of operation, our organisation has reduced these figures dramatically to approximately three fatalities per year.</i>

Although we can never eradicate suicide completely, we do a fantastic job in reducing the number of completed suicides in and around the river. It is estimated that in our 19 years of voluntary service to the people of Derry/Londonderry and further afield, we have prevented over 2000 potential suicides. There are 2000 people alive today who may not have been but for the work of our volunteers.


As an organisation we are extremely proud of the work we do and we hope to continue saving lives in our City far into the future”.

Photograph



Contact Details

20 Victoria Road
Waterside
Derry
Co Derry
BT47 2AB


Theme	Protect Life
Project	OUTDOOR GYM EQUIPMENT
Aim	To develop and establish one outdoor gym facility in 4 four Council Areas: Omagh, Strabane, Fermanagh and Limavady.
Activity	To develop an adults outdoor gym and provide a follow up programme with the local community to promote and encourage use, health and fitness.
Output	People in the Council areas have benefited from this extra fitness equipment, as it has helped promote stronger community links and encouraged locals to meet and exercise together, promoting a healthier lifestyle.
Outcome	Increased physical activity and a healthier lifestyle.
Link to IFH	<ul style="list-style-type: none"> • To enable people to make healthier choices • To improve our neighbourhood and wider environment • Promote mental health & emotional wellbeing.
Link to Pillars	<ul style="list-style-type: none"> • To give every child and young person the best start in life • Make healthier choices easier • Build sustainable communities.
Personal Comment	This is an excellent additional facility that had provided the public with a place to exercise and increase their physical wellbeing and promote good health.
Photograph	 <p style="text-align: center;"><i>Green Gym Equipment – Ederney</i></p>

Theme	Protect Life
Project	Suicide Bereavement Counselling Service in Limavady
Aim	To ensure that people in the Limavady Neighbourhood Renewal Area and areas at risk that have been affected by suicide have access to a counselling service that will provide them with the support needed.
Activity	Offer free counselling services for residents in Limavady who have been affected by suicide.
Output	<ul style="list-style-type: none"> • Two counsellors have been recruited to run the programme. • A total of 25 clients have accessed the service to date.
Outcome	<p>Residents in the Limavady area have access to a counselling service that will give the support and guidance on suicide and where to get support and signpost onto other holistic services and link with the Roe Valley Bereaved by Suicide Support group.</p> <p>Produce flyers and posters to highlight the service and promote it throughout the borough.</p>
Link to IFH	<ul style="list-style-type: none"> • To promote mental health and emotion wellbeing • To enable people to make healthier choices.
Link to Pillars	<ul style="list-style-type: none"> • Make healthy choices easier • Ensure a high quality of care for all.
Personal Comment	<p><i>“This service has enable people from Limavady to get support and advice about how they have been affected by suicide, how they can get support, what service are available to them and what support mechanisms are in place for them and their families.</i></p> <p><i>Limavady has had a problem with suicide and in particular with young males and this counselling service has enabled young people and families to get support and talk to a professional about their concerns and feelings. It has been a great service and much needed in Limavady”.</i></p>
Organisation Contact Details	<p>Limavady Borough Council 7 Connell Street Limavady BT49 0AH</p>

Theme	Protect Life
Project	Underground Project - Youth Engagement & Dependent Adult Drinker Support Project in Lisnaskea
Strap-line	Addressing and Preventing the effects of Alcohol Dependency in Lisnaskea
Aim	To help facilitate the opening of a drop-in centre in Lisnaskea for heavy drinkers/people suffering from depression and facilitate a drop-in/diversionary project for youth of 14 years plus.
Activity	Help Facilitate the opening and running of a drop-in centre for heavy drinkers and people who suffer from depression, facilitate opening of 'underground' centre for post youth club age youth, a diversionary project providing an alternative to the alcohol culture prevalent locally.
Output	Fund youth trips, fund youth equipment, fund telephone connections, put in place cooking facilities and meet hygiene requirements for drop-in, purchase laptops, volunteers costs and drop-in centre supervision.
Outcome	The Underground project became firmly established by January 2013 with steady participation of up to 31 participants attending on occasion and an average of 15-16 per session. Youth leaders indicate that youths are now opening up on issues. Youth Leaders did a good job in retaining youth participation and getting their attendance at courses including Mood Matters. In total 30 people benefited from adult drop-in centre activities 5 were helped to access lifeline and 7 referred to counselling.
Link to IFH	<ul style="list-style-type: none"> • To enable all people and young people in particular to develop their skills and attitudes • To promote mental health and emotional wellbeing • To enable people to make healthy choices
Link to Pillars	<ul style="list-style-type: none"> • Give every child and young person the best start in life • Make healthy choices easier
Personal Comment	We have been rolling out health initiatives in the community since 2003 with an average of 8,000 beneficiaries per annum. This is the first year when we have made lifeline referrals and the first time we have removed equipment from a home that was related to a planned

	suicide. Alcohol abuse in Lisnaskea in the past year has been strongly related to suicides. We know many of the people supported by this project are very vulnerable and are keen to continue to access our services.
Organisation Contact Details	Oak Healthy Living Centre The Basement 1 Lower Main Street Roslea Fermanagh Tel: 028 6775 1913 Email: oakproject1@btconnect.com

Theme	Protect Life
Project	Smart Parents Programme – Caw Nelson Drive Action Group
Aim	The Programme focuses on emotional bonding between parents and children and that bring about improved outcomes for the whole family.
Activity	<p>The 10 week programme looked at parenting skills through some key themes of responsibility, rules, roles, rights and needs.</p> <p>The programme was focused on emotional bonding between the parents and children that bring about improved outcomes for the whole family. Many parents can feel very vulnerable and isolated and by giving them the opportunity to learn in a group setting encouraged them to take an active role in the sessions.</p> <p>The programme was pitched to meet the diverse needs of each participants and the topics covered included:-</p> <ul style="list-style-type: none"> • Understanding Child Development; • What do children need to grow; • Give and Take; • What I am not responsible for; • Handling our strong emotions; • Understanding our big emotions; • Figuring out our house rules; • Putting theory into practice; • Bringing it all back home. <p>Raising a family does not happen in isolation and parents were also given the opportunity during the 10 weeks to access information about World Host Training and job opportunities from Derry 2020; awareness of breast cancer and the importance of self examination through a Pink Ladies workshop and a chance to engage with the Action for Children - Parent's and Children Together (PACT programme) for parents with younger children.</p>
Output	The programme targeted 12 – 15 parents who lived in the local area.
Outcome	12 parents enrolled and completed the programme and 8 children were looked after through the supervised play sessions.
Link to IFH	<ul style="list-style-type: none"> • To enable all people and young people in particular to develop their skills and attitudes • To promote mental health and emotional wellbeing • To enable people to make healthier choices

Link to Pillars	<ul style="list-style-type: none"> • Give every child & young person the best start in life • Making healthy choices easier.
Personal Comment	<p>“The funding received from the PHA has allowed this vital programme to continue in an area where there is a high percentage of lone parents and many families living on the bread line”.</p> <p>One of the participants who completed the programme said that “through the knowledge and skills gained on the programme she now felt more able to cope with her family situation and would make positive moves to improve her family life”.</p>
Photograph	 <p><i>Smart Parents Group receiving their certificates at the end of the programme</i></p>
Organisation Contact Details	<p>Caw/Nelson Drive Action Group Crescent Community & Cultural Centre 205-211 Sperrin Park L’Derry</p> <p>Tel: 028 71318100 Email: admin.cndag@btconnect.com</p>


Theme	Protect Life
Project	The Villages Together
Strap-line	Emotional Health & Wellbeing Community Consultation
Aim	The Villages Together conducted a local consultation programme to identify the key issues for local people in relation to mental health and suicide prevention.
Activity	<ul style="list-style-type: none"> • 1 public health and wellbeing event • Door to Door survey • Community group questionnaire issued to 15 local community groups
Output	<p>The Villages Together held an Information Session at the Sollus Centre in Bready which was attended by over 30 local people. Various local groups were represented at the event, including Strabane District Women Together, Ballylaw Regeneration Group, Bready & District Ulster Scots, Newbuildings Women’s Group, NCEA, Londonderry Bands Forum, Sollus Highland Dance amongst others.</p> <p>Over 80 local people and 12 local groups responded to the questionnaire and a further 30 questionnaires were returned on-line.</p>
Outcome	<p>All those who attended the events participated in Focus Group sessions to examine what they considered to be the key issues for local people that impacted upon health and wellbeing. This has led to the development of key themes</p> <ul style="list-style-type: none"> • Health • Education • Employment • Training • Money
Link to IFH	<ul style="list-style-type: none"> • To enable all people to develop their skills and attitudes • To promote mental health and emotion wellbeing • To enable people to make healthier choices
Link to Pillars	<ul style="list-style-type: none"> • Build sustainable communities • Make healthy choices easier • Ensure a high quality of care for all

Personal Comment	“The series of activities and events enabled us to highlight local feelings, attitudes and ideas around emotional health and wellbeing, whilst also enabling us to share information on self-care and how to seek help. The event also challenged some preconceived ideas and provided an opportunity for this rural community to access information and support”.
Organisation Contact Details	Noelle Donnell The Village Together The Sollus Centre 231 Bready Road Strabane BT82 0EB Tel: 028 7184 1735 Email: TVtb3@hotmail.com

Theme	Protect Life
Project	WHSCCT training to support practitioners and others: ASIST and Safetalk
Aim	<p>Develop and coordinate the ASIST rota in collaboration with the ASIST trainers. Oversee the implementation for the courses across Derry, Omagh and Enniskillen. Organise 6 Safetalk workshops for the HID training brochure and facilitate requests for in-house Safetalk workshops as when required.</p> <p>Ensure consistent, quality assured delivery of Safetalk and ASIST across the WHSCCT area.</p>
Activity	<p>ASIST, Safetalk (core) and Safetalk (reactive). Organise trainer support meetings for ASIST and Safetalk. Purchase of the new ASIST and Safetalk resources and course material.</p>
Output	<p>160 people trained in ASIST 179 People trained in SafeTALK.</p>
Outcome	<p>Participants have an understanding and awareness is increased around the need to talk about suicide.</p> <p>Raised awareness of what suicidal ideation is and how to help and signpost at times of crisis.</p>
Link to IFH	<ul style="list-style-type: none"> • Promote mental health and emotional wellbeing • Enable people to make healthier choices.
Link to Pillars	<ul style="list-style-type: none"> • Make healthier choices • Build sustainable communities
Organisation Contact Details	<p>Health Improvement Department Western Health & Social Care Trust</p> <p>Tel: 028 7186 5127</p>

Theme	Protect Life
Project	Youthlife
Strap-line	Outreach Counselling services in Castledearg
Aim	To improve the health and wellbeing of families in the Castledearg area.
Activity	<ul style="list-style-type: none"> • Provide Counselling in the Castledearg area for people bereaved by suicide • Promote counselling service in Castledearg • Prioritise clients on need.
Output	<ul style="list-style-type: none"> • Liaise with the Practice Manager in the Group Practice Surgery • Deliver counselling sessions to clients living in rural areas • Deliver individual and group supervision sessions • Complete Strengths & Difficulties Questionnaires for all clients.
Outcome	<ul style="list-style-type: none"> • Clients more in control of their lives • Families less stressed and developing positive coping strategies to manage stress in their lives • Communities experience greater harmony and work towards a reduction in self-harm and suicide rates.
Link to IFH	<ul style="list-style-type: none"> • To enable all people to develop their skills and attitudes • To promote mental health and emotion wellbeing • To enable people to make healthier choices
Link to Pillars	<ul style="list-style-type: none"> • Build sustainable communities • Make healthy choices easier • Ensure a high quality of care for all
Personal Comment	<ul style="list-style-type: none"> • The funding from PHA has enabled us to reach out to the rural community who often feel isolated and forgotten and where suicide rates are causing concern. • Internal evaluation confirmed the need and positive impact of the counselling service for the community and in particular the 'Get A Life' support group for families bereaved through suicide • The 4 GP's in the Group Practice Surgery recently expressed appreciation and value of the service as a significant support for clients experiencing considerable mental health difficulties.
Organisation Contact Details	Youthlife, 23 Bishop Street, L'Derry, BT48 6PR Tel: 028 7137 7227 Email: info@youthlife.org

Theme	Protect Life
Project	ZEST
Strap-line	SHINE: The Self-harm Interagency Network
Aim	“To improve the lives of those who self-harm”
Activity	Patients who attend A&E and/or assessed by the Community Mental Health Team after a serious episode of self-harm, if they are not in urgent need of psychiatric services, will be offered the opportunity to attend Zest: Healing the Hurt Ltd, for 10 sessions of counselling to address the issues that might be leading to the self-harming behaviour.
Output	SHINE Data: April 12 – March 13 <ul style="list-style-type: none"> • 568 referrals (monthly average = 47), an increase of 47% on the previous year 2011/2012 • 91% (n=515) attended for assessment, an increase on year 3 of 48% (n=166) • 97% (n=502) of those engaged in counselling, an increase of 62% (n=198) on Year 3.
Outcome	Throughout the lifetime of SHINE the CORE outcome measure has remained consistently in the 80% region (ranging from 78-86%, with 90% moving from the clinical to non-clinical population) which compares favourably to the 71% improvement which is the average outcome for service delivery across the UK (O’Hagan, 2010). Therefore in terms of both take-up and impact the SHINE data demonstrates that the service is performing to exceptionally high standards. Clients were also asked to score themselves on a number of issues prior to and on completion of the Zest programme. These included levels of anxiety, distress, self-harming and suicidal feelings (clients could rate more than one issue). Clients reported a radical shift in all of these areas with zero, 0%, feeling suicidal, distressed or very distressed on completion.
Link to IFH	<ul style="list-style-type: none"> • To enable all people to develop their skills and attitudes • To promote mental health and emotion wellbeing • To enable people to make healthier choices.
Link to Pillars	<ul style="list-style-type: none"> • Build sustainable communities • Make healthy choices easier • Ensure a high quality of care for all.

<p>Personal Comment</p>	<p>Clients described their satisfaction in a variety of ways including increased confidence, hope for the future and a light at the end of the tunnel.</p> <ul style="list-style-type: none"> • “Thanks for everything through my counselling. It has given me the confidence to go that little bit further in trying to get my life back on track.” • “Thanks for giving me hope for the future.” • “This was the best counselling I have ever had, it has really made a massive difference in my life.” • “Thank you very much for your service, I have gained so much information and understanding. I have grown in confidence and understanding.” • “Without the help and support from Zest I don’t know where we would be today, everything is so much better and there is a light at the end of the tunnel.”
<p>Photograph</p>	 <p><i>One of Zest’s counselling rooms</i></p>
<p>Organisation Contact Details</p>	<p>Zest: Healing the Hurt Ltd 15 a Queen Street L’Derry BT48 6ST</p> <p>Tel: 028 71 266999 Email: zestni@yahoo.co.uk Website: www.zestni.org</p>

Theme	Protect Life
Project	Parent Child Connectedness
Aim	To develop an initiative/ programme specific to Lifeskills and to support a range of evidence based initiatives.
Activity	Deliver a number of training and workshops for parents and practitioners on emerging concerns locally i.e. legal highs, virtual lives etc.
Output	Deliver training on Legal Highs/Emerging Drugs of Concern – 50 practitioners & C&V – WH&SCT area Training in Misusing Alcohol – 50 practitioners – WH&SCT area Virtual Lives Conference – Technology Impact on Mental Health- Southern Sector x 50 attendees
Outcome	Practitioners informed on important emerging issues relating to young peoples health and well being
Link to IFH	<ul style="list-style-type: none"> • Promote mental health and emotional wellbeing • Enable people to make healthier choices.
Link to Pillars	<ul style="list-style-type: none"> • Make healthier choices
Organisation Contact Details	Health Improvement Department Western Health and Social Care Trust Tel: 028 7186 5127

Theme	Protect Life
Project	WHSCT Suicide Strategy Officer
Aim	Facilitate the implementation of the suicide action plan and also facilitate the local Strategic Implementation Group.
Activity	<p>Assist in the facilitation of the amalgamation of the local mental health steering group and local suicide strategy implementation group.</p> <p>Assisted in the development of a new terms of reference for the group.</p> <p>Ensure local training was co-ordinated.</p>
Output	<p>3 meetings of new implementation group were organised</p> <p>160 people trained in ASSIST</p> <p>179 People trained in SafeTALK</p>
Outcome	More joined up working locally with agencies who work in the area of suicide prevention and mental health.
Link to IFH	<ul style="list-style-type: none"> • Promote mental health and emotional wellbeing • Enable people to make healthier choices
Link to Pillars	<ul style="list-style-type: none"> • Make healthier choices • Build sustainable communities
Organisation Contact Details	<p>Sonia Montgomery Health Improvement Department Western Health & Social Care Trust</p> <p>Tel: 028 7186 5127</p>

Theme	Protect Life
Project	Self Harm Acute Support Staff
Aim	Provide 24 hour practitioner care within the Mental Health Team of the Western Trust.
Activity	Personnel worked with individuals who have attended hospital with self-harm but have either discharged themselves from at the A&E department or ward against medical advice or who have been discharged by A&E staff without referral to the Mental Health Team for an assessment.
Output	<ul style="list-style-type: none"> • Improve access to integrated support services • Improve referral to appropriate services • Evidence of reduction in readmissions • Evidence of reduction in the incidents of self harm & suicide • Monitoring & evaluation in relation to the SHINE Project • Monitoring of use of Card B4 U leave • Improve the uptake and evaluation of training provided to A&E staff (MHFA/ASIST).
Outcome	<ul style="list-style-type: none"> • Ensuring that responsive self-harm support services, including mentoring support are in place in all Health and Social Services Trusts • Supporting the implementation of programmes that enhance the coping and problem-solving skills of those who self-harm and which reduce the risk of repeat self harm • Redesign of services for those who self harm and improve skills mix.
Link to IFH	<ul style="list-style-type: none"> • Promote mental health and emotional wellbeing • Enable people to make healthier choices
Link to Pillars	<ul style="list-style-type: none"> • Make healthier choices
Organisation Contact Details	Yvonne McWhirter Western Health and Social Care Trust

Theme	Protect Life
Project	NEXUS
Aim	Addressing waiting lists and provide support and information to people using the NEXUS service.
Activity	<p>Provided counselling sessions in the local area.</p> <p>A part time Education worker delivered awareness programmes regarding sexual boundaries and internet safety in the Belfast area.</p> <p>Delivery of sessions for young people in care or leaving care, sessions for young people with learning difficulties re sexual boundaries and internet safety sessions.</p>
Output	<ul style="list-style-type: none"> • Over 500 counselling sessions delivered • 5 step classes were delivered by mid June 2013. • Education work. A total of 26 sessions were delivered reaching 254 young people. • This included 6 sessions for young people in care or leaving care, 10 sessions for young people with learning difficulties re sexual boundaries and 9 internet safety sessions were delivered.
Outcome	Increased support for people with mental health issues and those at risk of suicide.
Link to IFH	<ul style="list-style-type: none"> • Promote mental health and emotional wellbeing • Enable people to make healthier choices
Link to Pillars	<ul style="list-style-type: none"> • Make healthier choices • Build sustainable communities
Organisation Contact Details	<p>Shauna Houston CLEAR Project Manager Unit 13 Strabane Enterprise Agency Orchard Road Industrial Estate Strabane BT82 9FR</p> <p>Tel: 028 7138 3386 Email: Shauna@derryhc.com</p>

Theme	Protect Life
Project	Aisling Centre Support programme
Aim	Addressing waiting lists and provide support and information to people using the Aisling Centre Enniskillen
Activity	Provide support for referrals and the increasing waiting list for counselling /support services in the Aisling Centre
Output	<ul style="list-style-type: none"> • 4 counsellors appointed to work on this contract on a sessional basis • 101 people offered assessments • 36 either not ready to commence at this time or moved on for various reasons • 55 commenced counselling • 29 completed counselling • 380 sessions of counselling offered • Average no of sessions per person 7.
Outcome	101 people were given the offer of counselling this reduced our waiting list in the neighbourhood renewal area from 41 people to 2 people at the end of March. It also had the added benefit of helping us address our general waiting list.
Link to IFH	<ul style="list-style-type: none"> • Promote mental health and emotional wellbeing • Enable people to make healthier choices
Link to Pillars	<ul style="list-style-type: none"> • Make healthier choices • Build sustainable communities
Organisation Contact Details	Bridie Sweeney Aisling Centre Enniskillen

OBESITY / FIT FUTURES

Theme	Obesity/Fit Futures
Project	Fitter Future Co-Ordinator Post & Obesity Programmes- WHSCT
Aim	To address obesity in partnership with CV&S sectors through promotion of physical activity and nutrition messages via campaigns, initiatives and programmes.
Activity	<ul style="list-style-type: none"> • Obesity (nutrition & physical activity) information sessions • Walk Leader training and Walking for Health Campaign • Start to Play/TOP Activity training • Chair-based Activity training • Inclusive Skills training • Inclusive Games training • Healthy Munchbox Challenge • Cycle training • Bike Week • Caloriewise pilot • Nutrition Training • WHSCT staff Initiatives
Output	A total of 724 individuals participated in training sessions and programmes across the western area. Professionals from the WHSCT, the early years and education sector, local council officers, professionals working with older people and people with disabilities have availed of these training opportunities.
Outcome	Increase in the awareness of obesity and key nutrition and physical activity messages among key staff groups.
Link to IFH	<ul style="list-style-type: none"> • To promote health and emotional wellbeing • To enable people to make healthier choices
Link to Pillars	<ul style="list-style-type: none"> • Give every child and young person the best start in life • Make healthy choices easier • Ensure a decent standard of living for all

Photograph



**Contact
Details**

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Theme	Obesity/Fit Futures
Project	Fermanagh Active Living Programme – GP Referral (FALP)
Aim	To promote a referral programme for clients who are high risk of CHD or are obese/overweight. To employ a GP referral co-ordinator and deliver a programme providing activities for clients with medical conditions such as diabetes. Hypertension, glucose intolerant, BMI 30+. All GP's in Fermanagh can refer clients onto the programme.
Activity	<p>To date 1,616 people have been involved in the programme in 2012 – 2013, 226 people were inducted onto FALP. As well as providing indicators for a number of clients, FALP also assisted with the provision of an additional night each week to accommodate clients.</p> <p>As well as this, thorough the year FALP have provided a number of other activities and classes, these include:-</p> <ul style="list-style-type: none"> - Boccia - New age kurling - Yoga - Archer aerobics - Walking club
Link to IFH	<ul style="list-style-type: none"> • Make healthier choices easier • Build sustainable communities
Link to Pillars	<ul style="list-style-type: none"> • Make healthier choices easier • Build sustainable communities
Personal Comment	<i>“The GP referral programme is very successful in identifying clients who have medical conditions or at high risk. This programme affects an environment whereby these changes can make lifestyle changes. It has proven success. It also provides an excellent example of partnership working with the Council, PHA & GP's”.</i>
Contact Details	<p>Keith Collen Recreation & Projects Manager Fermanagh District Council Townhall Enniskillen BT74 7BA</p> <p>Tel: 028 6632 5050 Email: keith.collen@fermanagh.gov.uk</p>

Theme	Obesity/Fitter Futures
Project	Support Local Breastfeeding Initiatives
Aim	<p>The Western Health and Social Care Trust (WHST) promotes breastfeeding as the healthiest way for a mother to feed her baby and recognise the important benefits known to exist for both mother and her child.</p> <p>In line with DHSSPS and WHO recommendations the WHST recommends, as far as possible, exclusive breastfeeding up to six months and continuing breastfeeding to twelve months, and thereafter for as long as the mother and baby wish.</p> <p>The aim is:</p> <ul style="list-style-type: none"> • Increase awareness of the benefits of breastfeeding • Improve the education of mothers regarding the benefits of breastfeeding • Increase breastfeeding initiation and maintenance rates within the Western Area • Increase number of teenage mums initiating breastfeeding.
Activity	<ul style="list-style-type: none"> • Promotion of Breastfeeding Awareness Week 2012 throughout the Western Area • Supporting Breastfeeding Groups throughout Western Area • Funding provided for Breastfeeding Counsellor Training • Support Teenage Mum Co-ordinator in the promotion of breastfeeding.
Output	<p>Breastfeeding Awareness Week 2012 - Grants were allocated to 10 Sure Starts throughout the Western Trust to promote breastfeeding with antenatal mums during Breastfeeding Awareness Week. A range of events were hosted in by local Sure Starts in partnership with Breastfeeding Group.</p> <p>A flyer (Happy Bump, Healthy Baby) was developed locally to promote breastfeeding, the bump to breast feeding DVD and the links between infant mental health and breast feeding. This was distributed widely throughout Breastfeeding Awareness Week and continues to be distributed to all antenatal mums.</p> <p>A pop-up pen was also produced as another method of promoting breastfeeding. This targeted antenatal mums and their partners.</p> <p>Supporting Breastfeeding Groups - There are currently 12 Breastfeeding Support Groups throughout the Western Trust area. Resources were purchased for each group to assist in the promotion,</p>

	<p>initiation and maintenance of breastfeeding particularly targeting areas associated within local Sure Starts.</p> <p>Breastfeeding Counsellor Training - Funding was allocated for two mums to undergo Breastfeeding Counsellor Training. This is a 2 year programme that is delivered by the Association of Breastfeeding Mothers.</p> <p>Targeting Teenage Mums - Resources purchased to support Teenage Pregnancy Co-ordinator to encourage initiative of breastfeeding within the teenage population. Funding was provided to the Family Nurse Partnership to support the promotion of initiating and maintenance of breastfeeding with young women within the programme.</p> <p>Peer Support Training - Regional Peer Support Training was delivered by the Breastfeeding Co-ordinators throughout the Western Area.</p>
Outcome	<p>Breastfeeding Awareness Week Approximately:-</p> <ul style="list-style-type: none"> ▪ 97 Breastfeeding Mums ▪ 131 Antenatal ▪ 102 Babies <p>Attended events hosted by Sure Starts within the Western Area.</p> <p>Breastfeeding Counsellor Training 2 mums are currently completing their breastfeeding counsellor training.</p> <p>Peer Support Training 12 Peer Supporters have completed the PHA Peer Support Training within the Western Area.</p>
Link to IFH	<ul style="list-style-type: none"> • To give every child and young person the best start in life • Make healthier choices easier • Build sustainable communities • To promote mental health and emotional wellbeing
Link to Pillars	<ul style="list-style-type: none"> • To give every child and young person the best start in life • Make healthier choices easier • Build sustainable communities • To promote mental health and emotional wellbeing

Photograph

Happy Bump Health Baby Image



Peer Support Mums Awarded Certificate



Pictured at the Open Course Network Breastfeeding certificate presentations are qualified mums Theresa McPhilemy and Amy Mitchell alongside Liz Cavanagh, Children's Services Manager Strabane Family Centre and Audrey Moore, Western Trust Lactation Midwife at Strabane Sure Start Centre. Dr Carolyn Harper Public Health Agency, Janet Calvert Public Health Agency. Qualified mums missing from photograph are Mary Dooher, Claire Mayse and Grainne Rouse.

Breastfeeding Awareness Week




Margaret Fisher Midwife, Sure Start Edenballymore and Róisín Kelly with her 3 day old baby Bosco Paul Kelly.

Contact Details

Sarah Davidson
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Tel: 028 7186 5127

Theme	Obesity/Fitter Futures
Project	 www.choosetolivebetter.com
Aim	<p>To secure local implementation of the Choose to Live Better Campaign.</p> <p>To raise awareness of what constitutes being overweight, the health impact of being overweight & to encourage those who are overweight to make small practical lifestyle changes that will help them reduce weight and impact positively on their health.</p>
Activity	A practical, partnership approach to ensure capacity building, skills development and awareness of the health risks of a “creeping waistline” at a local level.
Output	<p>Training provided by WHSCT Dieticians on how to measure your waist properly. 5 Healthy Living Centres, 5 local Councils, 40 people trained, local community activities and events hosted and waist measurements carried out.</p> <p>£7,000 worth of measuring BMI equipment and supporting resources purchased.</p>
Outcome	<ul style="list-style-type: none"> • Local Awareness of the key messages of the campaign • Mass participation events and a greater awareness of the health risks associated with a waist line of 37 inches for a man and 32 inches for a woman • Opportunities and support to enable behaviour change – “Swap it”
Link to IFH	<ul style="list-style-type: none"> • Promote mental health and emotional well-being • To enable people to make healthier choices • To improve our neighbourhoods and the wider environment
Link to Pillars	<ul style="list-style-type: none"> • Promote mental health and emotional well-being • To enable people to make healthier choices • Build sustainable communities

Photograph




Local initiative

**Contact
Details**

Denise McCallion
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Waterside
L'Derry

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Theme	Obesity/Fit Futures
Project	Cook It! Programme Activities
Aim	To train and support delivery of the Cook it! programme in the WHSCT area
Activity	<ol style="list-style-type: none"> 1) Tutor training 2) Tutor update and training 3) Programme delivery 4) Other activities
Output	<ul style="list-style-type: none"> • 3 Cook it! tutor training programmes to 32 tutors, • 5 Cook it! tutor updates for 26 tutors showing how to set up a healthy eating stand for their clients using Cook it! materials, • Cook it! delivery to approximately 500 participants across WHSCT area, • Workshops on 'Healthy eating in pregnancy', 'Weaning' and 'Feeding Under 5s' delivered through Sure Starts and other family organisations to parents of young children, • Solid Start event held June 2012 to feed back results of weaning survey carried out with parents attending Weaning Workshops, • Development of Solid Start weaning programme ready for pilot commencing May 2013, • Healthy food for toddlers demonstration stands developed for display at Mother and Toddler Groups throughout the western area. Topics covered in 2012-13 were 'Healthy Snacks' and 'Toddler meals for one day', • Development of regional training for 'Nutrition Matters for the Early Years', • Nutrition Matters training offered to Early Years teams and EHOs (1 training session), • Nutrition Matters training held for Nursery staff and childminders. 13 training sessions held from Jan – March 2013 and delivered by the Community Food and Nutrition Team in partnership with the WHSCT Community Dietitian and Health Improvement Officer for Fitter Futures, • Finalisation of FOOD VALUES budgeting programme to enable participants to get better nutritional value for money when shopping for food – training to commence in 2013-14. <p>FUNDED BY LATER YEAR SUB GROUP:</p> <ul style="list-style-type: none"> • Cook it! grants for later years – allocation of 17 grants to community & voluntary sector organisations for delivery of Cook it! to older people (60+) • Development of four food fact sheets for use with older people <ul style="list-style-type: none"> ○ Winter warming ○ Cooking for one ○ Cook and freeze ○ Store cupboard suggestions.

Outcome	<ul style="list-style-type: none"> • Great uptake of Cook it! across the western area and from a variety of different client groups including older people, • Development of tutor’s skills in using existing Cook it! materials, • Improved knowledge of principles of weaning for parents and identification of need for practical programme addressing preparation of weaning food, • Improved understanding of healthy eating principles in relation to under 5s among parents particularly appropriate snack foods and portion sizes, • Greater understanding of nutritional guidelines for under fives in day care and dissemination of Nutrition Matters guidelines in a structured manner to local day care providers, • Information for later years tailored to identified need and in simple form with suitable recipes, • Budgeting programme available for use in NI.
Link to IFH	<ul style="list-style-type: none"> • To enable people to make healthier choices • To reduce poverty in families with children
Link to Pillars	<ul style="list-style-type: none"> • Make healthier choices easier
Personal Comment	<p><i>“Community Food and Nutrition Team work has developed into three main areas – Early years, Later years and Food Poverty. A small team that has maximised resources to deliver on a range of identified needs”.</i></p>
Photograph	 <p style="text-align: center;"><i>Cook it! with CAWT ASD group</i></p>
Contact Details	<p>Claire Holmes, Cook it! Dietician, Community Food and Nutrition Team Greenfield Residential Home, 2 Melmount Road, Strabane, BT82 9BT</p> <p>Tel: 028 7188 0221 Email: Claire.holmes@westerntrust.hscni.net</p>

Theme	Obesity/Fit Futures
Project	Dietitian/Nutrition Posts, WHSCT
Aim	To provide adults, caregivers and children information and skills on nutrition and activity both within the home, education and social environment.
Activity	<ul style="list-style-type: none"> • To provide training to health professionals, parents, caregivers and other professions on nutrition issues. • To find out the need for Nutritional Guidelines for 'looking after children' in the residential units within the Trust Area. • To provide training on 'Nutrition Matters' Regional Guidelines for Early Years to health professionals, caregivers and other professionals involved with in the child care setting.
Output	<ul style="list-style-type: none"> • Information and nutrition update session provided to health visitors within the Western Trust on weaning and government recommendations on vitamin D supplementation. • Information published in WHSCT Early Years newsletter on government recommendations on vitamin D supplementation. • An information session on how to set up a healthy eating display and the new physical activity guidelines was provided to Primary school teachers and School nurses within the Trust. • A food provision survey was carried out with staff members in each children's residential homes within the WHSCT area. • Training to child minders, and all day childcare staff was provided on the updated Regional Guideline Document 'Nutrition Matters for the Early Years' in 13 different venues Trust wide by The Community food and Nutrition Team and a WHSCT Community Dietician.
Outcome	<p><i>Health Visitors weaning and vitamin D update</i></p> <ul style="list-style-type: none"> • Evaluations showed that 100% felt they learnt something new and would be able to apply this to their work. <p><i>Primary School creating a healthy eating display</i></p> <ul style="list-style-type: none"> • 32% of all invited attended these sessions with 83.5% feeling that the subjects discussed were very relevant to them and 59% felt very confident in applying their learning. 8% said they would like the 'Health Promoting School Awards' back as these were a good incentive for implementing healthier foods and activities into whole school community. <p><i>Looked after Children food provision survey</i></p> <ul style="list-style-type: none"> • A food provision survey was carried out with staff members in each children's residential homes within the WHSCT area. 92% stated that there is a set menu in the home. 83% stated that guidelines were followed when planning the menu however; no one stated

	<p>which guidelines were used. 50% of the responses felt that nutritional guidelines and a menu checklist would be useful in their setting.</p> <p>Nutrition Matters for Early Years</p> <ul style="list-style-type: none"> • ‘Nutrition Matters for Early Years’ evaluation was collated by The Health Improvement dept. A Further 5 dates for training has been arranged. Training for Crèche, nursery and Playgroup staff still to be arranged.
<p>Link to IFH</p>	<ul style="list-style-type: none"> • To enable people to make healthier choices
<p>Link to Pillars</p>	<ul style="list-style-type: none"> • Make Healthier Choices Easier
<p>Photograph</p>	<p style="text-align: center;">Nutrition Matters update sessions</p>  <p style="text-align: center;">Primary schools Creating a healthy eating display</p> 

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Theme	Obesity/Fit Futures
Project	Healthy Towns Programme – Limavady Borough Council
Aim	To support local community groups to encourage residents to take part in activities which helps to improve health, exercise, fitness, confidence and well- being throughout the Borough of Limavady.
Activity	A range of physical activity programmes including a variety of exercise, support with nutrition, confidence and well being.
Output	<p>21 Community groups received funding between £200 - £1000 to run physical activity programmes throughout the Borough. The target groups were older and younger people and children. Within the 21 groups over 421 participants took part in programmes and activities.</p> <p>30 participants (a mix of clients on the programme 17 males & 13 females) ages ranging from 34 - 69yrs, have attended the Cardiac Phase IV Programme, this programme assists people who are recovering from CHD, the overall aim of the programme is to increase overall well being focusing on fitness and feeling good.</p>
Outcome	A successful borough-wide programme targeting residents and encouraging fitness and exercise.
Link to IFH	<ul style="list-style-type: none"> • Give every child and young person the best start in life • To enable people to make healthier choices • To improve our neighbourhoods and the wider environment
Link to Pillars	<ul style="list-style-type: none"> • To give every child and young person the best start in life • Make healthier choices easier • Build sustainable communities
Personal Comment	<p><i>“Yet again, this has been an excellent grant programme, targeting grass roots community groups and filtering right across the Borough”. Each of the groups have reported back stating “the funding has given them the opportunity to run projects that have benefited children, young people and older people”. The response has been excellent regarding the participants and most groups wish to continue the programmes they have run through the Healthy Towns funding. They are sourcing other funding to enable them to do this.</i></p> <p><i>All groups have found the funding from PHA so beneficial and as its administered through local council it is targeting the right groups and areas.</i></p> <p><i>A big thank you to the Public Health Agency for the funding and to</i></p>

Council for making the grant process easy and accessible”.

Photograph



Contact Details

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Theme	Obesity/Fit Futures
Project	Fermanagh Healthy Towns Programme
Aim	To promote small grants to community & voluntary clubs & groups to help promote opportunities for health, fitness & well being
Activity	<p>Small Grants - 22 grants totalling £6,500 awarded. This programme was successful with groups from all across Fermanagh getting involved. Programmes included fitness classes, activity sessions using small items of equipment, swimming programmes, Zumba classes, Armchair aerobics, Ti Chai, Over 50's and 60's activities, Tea dances etc.</p> <p>Older Mens Football programme - Initially 60 men had enrolled for 12 weeks, then the programme reduced to 22 men for an additional 12 weeks - £ 2,500. This programme has really developed in Lisnaskea. The group now regularly play football and have continued on their own after April. A great success story.</p> <p>Older Years Activity Programme - Chair based Aerobics approx. 25 people 12 weeks in Bawnacre Centre. Swimming for 12 participants for 12 weeks in the Forum. Bowling and armchair activities for 20 people for 12 weeks at Castle Park centre. - £1,500. We provided a range activities for older people in three sites Enniskillen, Irvinestown and Lisnaskea. The activities included Armchair aerobics, Bowls, boccia, new age kurling, swimming, walking. Approx 50 – 60 participants took part.</p> <p>Inclusive Activity Programme - Provision of inclusive Athletics for 10 weeks for approximately 30 children including children with disabilities in the Forum. - £2,000. We used this to help establish and set up an inclusive athletics club. This was very successful. We found that although children were wrapped up, that the colder wetter weather before Christmas and at the start of the year is not ideal. We had approx. 35 children involved, this included children with disabilities. We would again plan to continue with this club in May – June and possibly over the summer period with warmer weather conditions.</p> <p>Nursery Programme - Working with 10 Nursery schools in Fermanagh for 12 weeks using the “Top start To Play” resources. This is part of a PHA pilot programme. £4,200. Has proved to be a real success. All feedback from the schools involved has been positive. Staff in schools have been trained in Tops start to play and are now continuing to carry on the activity sessions now that we have completed our initial programme.</p>

	<p>After Schools Club Activities -We organised a schools programme of activities which included football, dodge ball, tops activities, rounders, cricket etc we had 5 schools involved for approx. 10 weeks. We provided 1 hour per week per school of activities. Approx 20 – 30 children per session which gives a total of approximately 100 children involved. This has proven to be really successful schools are keen to continue, so we have done so, we have (at our own cost) continued with programmes through to June 2013 to the end of the school term. We are looking at ways to help sustain and expand this programme now that the pilot has been so successful and we have raised expectations within schools.</p> <p>Adult Outdoor Fitness Projects - 2 projects £32,000 FDC to match fund - Ederney and Lisnaskea. £16,000 per site - £32,000. Community groups in Ederney have been involved in developing the site. Equipment has been purchased and the site is almost at completion. The Lisnaskea site, equipment is purchased and the project is nearing completion. We are proposing to provide 3 public sessions with our fitness instructors to demonstrate the use of the equipment and the provide community advice and support. These sessions will be provided by the council and will further enhance the impact of the provision. The council proposes to continue to work with community groups in these areas to market, publicise and develop programmes at these sites. The PHA will be recognised for their support at all times.</p>
Output	1070 people have benefited from fitness & well being opportunities in the Fermanagh District Council area.
Outcome	Increased physical activity of participants Increased awareness among participants regarding physical activity & nutrition.
Link to IFH	<ul style="list-style-type: none"> • To give every child and young person the best start in life • Make healthier choices easier • Build sustainable communities • Promote mental health & emotional wellbeing.
Link to Pillars	<ul style="list-style-type: none"> • To give every child and young person the best start in life • Make healthier choices easier • Build sustainable communities • Promote mental health & emotional wellbeing.
Personal Comment	<i>“Small grants – useful to reach areas and groups in Fermanagh who are normally difficult to get to carry out programmes and activities with. This is a cost effective way to assist and support these communities”.</i>

Photograph



Outdoor gym in Ederney, County Fermanagh

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Theme	Obesity / Fit Futures
Project	Healthy Towns Initiative –Derry City Council
Aim	To enable opportunities to improve health and wellbeing and, in particular, to address obesity by improving nutrition and increasing physical activity in local areas through promotion, awareness raising and by providing opportunities for the target groups identified.
Activity	A range of programmes were delivered to a range of targeted groups including personal development programmes for mothers and men, coach education for weight management in children, parent support programmes, biggest loser, community running clubs, teenage dance, older people’s exercise, inclusive games for people suffering from a range of physical and mental difficulties, community exercise classes and workplace health programmes.
Output	1130 people engaged in programme delivery
Outcome	<ul style="list-style-type: none"> • Local men will have an increased understanding of factors that constitute good health; • Local older people (50+) will undertake increased physical activity to address social; • Children and young people attending special schools will have increased opportunities to participate in structured activity programmes – over 150 children from 2 special schools engaged; • Increased opportunities for local groups to develop health and physical activity programmes – a range of support groups for people with a range of disabilities were engaged for the first time in such programmes and this has created a platform for future delivery, in addition community weight loss programmes were piloted; • Increased delivery for a range of targeted groups e.g. women/girls, adult males/disabled; • Delivery of workplace health projects that has led to follow up funding and programme delivery requests.
Link to IFH	<ul style="list-style-type: none"> • To give every child and young person the best start in life • Make healthier choices easier

	<ul style="list-style-type: none"> • Build sustainable communities • To promote mental health and emotional wellbeing
Link to Pillars	<ul style="list-style-type: none"> • To give every child and young person the best start in life • Make healthier choices easier • Build sustainable communities
Personal Comment	<p><i>“The funding provided for PHA has enabled DCC to engage an array of groups working in various fields of support ranging from disability groups, dance groups, special schools, women’s groups, 50+ groups, schools and health support organisations to deliver an innovative programme that has seen over 1000 people engage in structured health or physical activity programmes, many for the first time. This has developed new contacts and programme delivery models that can be built upon and replicated in future. This would not have been possible without the support of the PHA”.</i></p>
Contact Details	<p>Mr Thomas McCallion Community Health and Well Being Manager, Derry City Council Shared Future Building Irish Street Derry BT47 2DA</p> <p>Tel: 02871 365151</p>

Theme	Obesity / Fit Futures
Project	Healthy Towns Programme - Strabane
Strap-line	Gateway to Health Programme
Aim	The aim of the project is to provide opportunities for the identified targeted groups to engage in a programme designed to improve health and well-being, raising awareness around nutrition whilst improving participation in physical activity programmes.
Activity	<p>Slim and Trim Programme - Based on the popular television programme the programme recruited 100 local sedentary people who were identified as obese or overweight. The participants signed up to a 6 week physical activity programme which consisted of 1 compulsory session per week which incorporated a weight-in session. Participants were also able to avail of 18 other sessions per week of which they were asked to attend a minimum of 3. Results showed that retention levels were 90% for the duration of the programme with an accumulative weight loss on 22 stone.</p> <p>Small Grant Aid Programme - A number of local community organisations availed of small grants to implement nutrition and physical activity programmes within their communities. A workshop facilitated by Claire Holmes was held at the initial stage of the programme to ensure that groups were fully aware of their duty to provide clear sound nutritional advice & guidance.</p> <p>Older Men/Women Programme - To engage older men (27) and older women (14) from the Castledearg area to participate in a 12-week programme of light exercises that will include indoor physical activity programmes, light circuits and recreational sports, gym work etc that will help address social isolation issues and lack of physical activity often associated with this target group. Participants were screened pre/post programme to highlight benefits of the programme.</p> <p>Netball Fitness Programme - To engage a group of up to 30 older women on a health and well being programme that engaged them on physical activity/netball sessions. Excellent levels of interest in the Netball resulting in the extension of the programme</p>
Output	<p>21 community groups received small grants to deliver a range of physical activity and nutritional programmes within their own communities</p> <p>102 previously sedentary people participating in the 6 week 'Slim and trim' type Programme'</p>

	<p>30 older women registered for lady fit programme</p> <p>41 over 40's registered for older men's/women's programme.</p>
Outcome	<ul style="list-style-type: none"> • 21 groups delivering Physical Activity programmes in their local communities • Improved knowledge on nutrition and weight loss • Improved BMI/blood pressure • Improved self confidence and self esteem.
Link to IFH	<ul style="list-style-type: none"> • Give every child and young person the best start in life • To enable people to make healthier choices • To improve our neighbourhoods and the wider environment
Link to Pillars	<ul style="list-style-type: none"> • To give every child and young person the best start in life • Make healthier choices easier • Build sustainable communities
Personal Comment	<p>New Horizons ---- Budding Healthiness project</p> <p><i>“All participants acquired skills and knowledge to assist them in further healthy eating”</i></p> <p>Slim and Trim Programme</p> <p><i>“So much fun and so much easier to lose weight when you have the help, support and guidance of the instructors. I have lots more energy and will definitely keep exercising”</i></p>
Contact Details	<p>Aiden Lynch Sports Development Officer Strabane District Council 47 Derry Road Strabane BT82 8DY</p> <p>Tel: 028 7138 2204</p>

Theme	Obesity/Fitter Futures
Project	Fit for Life Programme
Aim	“Waterside Biggest Loser” inspirational champions have buddied up with 15 individuals from their area to encourage them to take small steps to address weight management and improve their level of physical activity. This project also provides positive opportunities to strengthen community relations within the local community.
Activity	Participants availed of vouchers to access the local gym. The gym staff provided induction and advice on a range of physical activity programmes, equipment use, swimming etc. Derry City Council’s Sports Development Officers carried out baseline assessments and provide group motivational activities for the participants. Linkages were made with a local dietician and opportunities were created to strengthen the nutritional aspect of the programme.
Output	30 participants between the age of 20 and 60 actively engage in the programme.
Outcome	Increased awareness of the importance of physical activity and healthy eating in leading a healthier lifestyle.
Link to IFH	<ul style="list-style-type: none"> • To enable people to make healthier choices • To improve our neighbourhoods and the wider environment
Link to Pillars	<ul style="list-style-type: none"> • To enable people to make healthier choices • To improve our neighbourhoods and the wider environment
Personal Comment	<i>“Since joining the programme I am exercising regularly, eating healthier, sleeping better and the depression I have suffered from for years has improved”.</i>
Contact Details	Linda Watson Caw Nelson Drive Action Group Crescent Community & Cultural Centre 205-211 Sperrin Park L’Derry BT47 6NQ Tel: 02871 318100

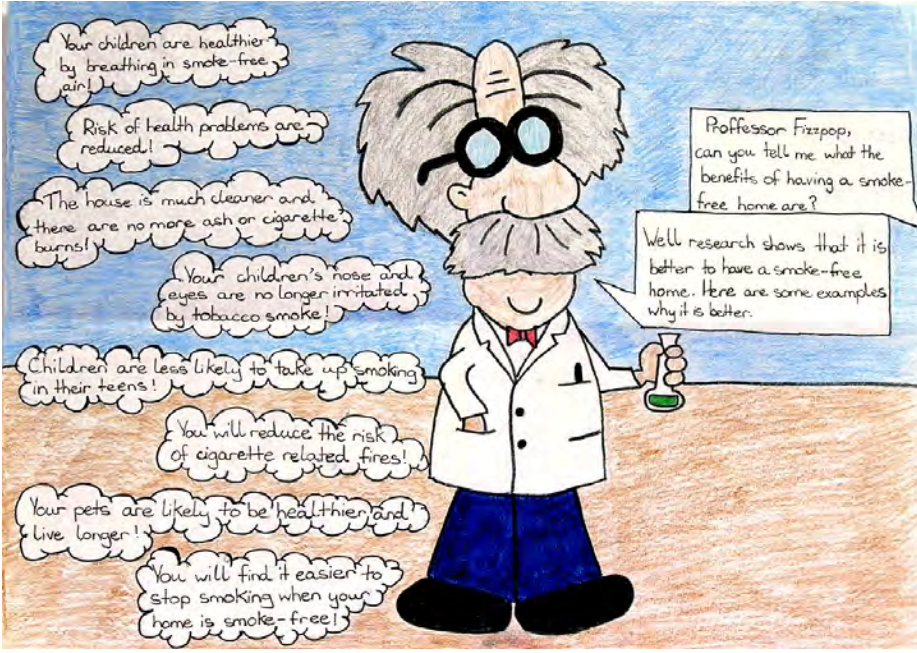
Theme	Obesity/Fit Futures
Project	Physical Activity Referral Programme (PARP) – Limavady Borough Council
Aim	To help those who would benefit from increased physical activity access specialist staff and equipment/facilities
Activity	Participants are recruited to take part in Health for Life via referral from their local GP, pharmacist, practice nurse, occupational therapist or psychiatric nurse. This referral will be based on the participant and the healthcare professional completing the ‘Health for Life Inclusion and Exclusion Criteria’. On commencement of the scheme the participant begins a 12 week programme of exercise instruction with physical assessments carried out on the first day, the 4th, 8th and 12th weeks. After completion of the programme a discounted 8 month membership to the Lifestyle Fitness Gym at Roe Valley Leisure Centre is offered (one off payment of £120 or an eight month direct debit of £15 per month) as an incentive for each participant to complete the scheme. If a participant attends 3 sessions per week for the first 8 consecutive weeks of the initial 12 week programme they are given the opportunity to join the Health for life membership earlier.
Output	Changes in physiological and psychological states including; <ul style="list-style-type: none"> • Body weight • Body Fat % • Blood Pressure • Peak flow • Cardiovascular endurance.
Outcome	16 participants have engaged in the programme to date. Due to the lifestyle officer terminating post in February we have been slow to process referrals. Outcomes suggest a more stringent approach with close follow up with participants throughout the 12 weeks and beyond to measure success. All participants who have joined the programme have experienced improvements in physiological body measurements.
Link to IFH	<ul style="list-style-type: none"> • To enable people to make healthier choices • Build sustainable communities
Link to Pillars	<ul style="list-style-type: none"> • To enable people to make healthier choices • Build sustainable communities
Contact Details	Barry Toorish, Leisure Services Manager, Roe Valley Leisure Centre, 9 Greystone Road, Limavady, BT49 0ND Tel: 028 777 64009 Email: Barry.tourrish@limavady.gov.uk

Theme	Obesity / Fit Futures
Project	Physical Activity Referral Programme – Derry City Council
Aim	To enable opportunities for people living with life limiting conditions to improve health and wellbeing and, in particular, to address the isolation and social stigma associated with mental health and/or obesity related conditions by improving nutrition and increasing physical activity in local areas through promotion, awareness raising and by providing opportunities for the target groups identified.
Activity	GP Referral Programme consisted of qualified facilitators working with 1-1 and small groups of clients with varied conditions providing health assessments, gym inductions, programme design, programme supervision and using as a basis to improve the management of conditions and quality of life for participants.
Output	56 participants in 2012/13 with ongoing delivery for 2013/14
Outcome	<ul style="list-style-type: none"> Established referral scheme operating in 2 centres (Templemore & Lisnagelvin Leisure Centre) Regular referrals from GP Practices across the city Key alliances from various health departments in Altnagelvin including Brian Injury, Occupational Therapy, Physiotherapist, Diabetic team Increasing level of referrals onto the programme.
Link to IFH	<ul style="list-style-type: none"> To promote health and emotional wellbeing To enable people to make healthier choices
Link to Pillars	<ul style="list-style-type: none"> Make healthy choices easier Ensure a decent standard of living for all
Personal Comment	<i>“This has developed new contacts and programme delivery models that can be built upon and replicated in future. This would not have been possible without the support of the PHA”.</i>
Contact Details	<p>Thomas McCallion, Community Health and Well Being Manager, Derry City Council Shared Future Building, Irish Street, Derry, BT47 2DA</p> <p>Tel: 02871 365151</p>

Theme	Obesity/Fit Futures
Project	Physical Activity Referral Programme (PARP) – Omagh District Council
Aim	The Active Life Programme is a physical activity referral programme for patients 16+ with a sedentary lifestyle for women, middle aged men, elderly people and ethnic minorities. The programme accepts referrals from local GP Practices and other health practitioners in the Omagh District Council Area. Referral criteria include the following medical conditions obesity, diabetes, mental health, CHD. The programme encourages patients to increase their physical activity levels and change their long-term behaviour towards their health.
Activity	Referrals are received from medically qualified staff. The ‘Active Lifestyle Team’ will be responsible for booking the patients initial consultation. The patient receives a physical assessment on their first visit, and re-assessed every fourth week until the programme is complete. This is to help establish and monitor short and middle term goals for each participant.
Output	Active Life Programme is delivered, weekly to active participants.
Outcome	The programme is regarded as a success with 80 participants recruited on the programme, with another 70 forming a waiting list for the next programme. Feedback from participants is that the ‘Active Life Team’ helped them feel at ease during the programme which helped them adhere to the programme of activity. Re-assessments are carried out during the programme, and results take on week 12 once the programme is completed. This is to help encourage participation and set individual goals for each referral.
Link to IFH	<ul style="list-style-type: none"> • To enable people to make healthier choices • Build sustainable communities
Link to Pillars	<ul style="list-style-type: none"> • To enable people to make healthier choices • Build sustainable communities
Personal Comment	<i>“I feel the programme ran smoothly and successfully met our targets. We did not expect the amount of interest we received during January, and we were inundated with referrals. Staff dealt admirably with the workload and managed to keep standards constant throughout”.</i>
Contact Details	Conor Mc Garvey, Programme Manager Omagh Leisure Complex, Old Mountfield Rd, Omagh, BT79 8EG

SMOKING CESSATION

Theme	Smoking Prevention
Project	Smokebusters – Cancer Focus Northern Ireland
Aim	<ul style="list-style-type: none"> • To encourage young people to reject the smoking habit by increasing their defences against pressures to experiment with cigarettes • To support the NI Curriculum by providing teachers with appropriate materials to offer a variety of learning experiences for children about the harmful consequences of smoking • To encourage young people to get involved in enjoyable activities to promote a smoke-free environment in their school, home and community.
Activity	Every primary school across PHA (West) was invited to take up membership of the Smokebusters Club for their primary six and seven pupils.
Output	Participating classes each received three resource packs over the course of the spring/summer terms containing background information and teaching notes for the teachers, skills based materials for the children and posters for display in the classroom.
Outcome	<p>30850 children have been enrolled as Smokebusters Club members in the 2012-13 academic year. 6464 of these children were from the Western Area.</p> <p>Over 400 children participated in the club competition which highlighted smokefree homes and was organised with the support of the Northern Ireland Fire and Rescue Service. Children were asked to design a poster, outlining the benefits of a smoke-free home. Approximately 50 children from the Western Area participated.</p> <p>Included in the photograph are pupils from Ballinamallard Primary School enjoying their free class trip to Marble Arch Caves. Also featured is a winning competition entry from Smokebusters Club Member Amy from Edwards Primary School whose poster shows the “benefits of a smoke-free home”</p> <p>2346 children took part in our No Smoking Day Competitions. 668 of these were entrants from the Western Area. The winning class from the Western area was from Ballinamallard Primary School, Enniskillen who visited the Marble Arch Caves.</p>
Link to IFH	<ul style="list-style-type: none"> • Give every child and Young Person the best start in life • To enable people to make healthier choices

<p>Link to Pillars</p>	<ul style="list-style-type: none"> • Give every child and young person the best start in life • Make healthy choices easier
<p>Personal Comment</p>	<p><i>“My class have thoroughly enjoyed taking part in Smokebusters. With bright and imaginative child friendly newsletters filled with facts and competitions we have learned all about the dangers of smoking and how hard it is to stop. Now that we understand the benefits of staying smoke free we’re going to do our best to spread the word, be patient with friends and family, and try to help them stop. Keep up the good work Smokebusters!”</i></p> <p>Mrs Jenny Elliott York, Ballinamallard Primary School</p>
<p>Photograph</p>	 <p>The cartoon features Professor Fizzpop, a character with a large, bushy grey beard and glasses, wearing a white lab coat and blue trousers. He is holding a test tube with green liquid. The background is a simple landscape with a blue sky and brown ground. Several thought bubbles and a speech bubble are scattered around him, each containing text about the benefits of being smoke-free.</p> <p>Thought bubbles:</p> <ul style="list-style-type: none"> Your children are healthier by breathing in smoke-free air! Risk of health problems are reduced! The house is much cleaner and there are no more ash or cigarette burns! Your children's nose and eyes are no longer irritated by tobacco smoke! Children are less likely to take up smoking in their teens! You will reduce the risk of cigarette related fires! Your pets are likely to be healthier and live longer! You will find it easier to stop smoking when your home is smoke-free! <p>Speech bubble:</p> <p>Professor Fizzpop, can you tell me what the benefits of having a smoke-free home are?</p> <p>Well research shows that it is better to have a smoke-free home. Here are some examples why it is better.</p>



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Theme	Smoking Cessation
Project	No Smoking Day “Swap Fag for Swag” Pink Ladies
Aim	To organise & manage information sessions to be delivered in the 4 NRA’s in the city. These sessions coincided with National No Smoking Day 2013.
Activity	City Wide Poster Campaign ‘Swap Fags for Swag’
Output	Information stalls were held in each of the 4 Neighbourhood Renewal Areas, to highlight awareness of the dangers of smoking and to inform/signpost members of the public to cessation support services
Outcome	<p>The events were very successful and involved working in partnership with the local pharmacist for practical information on giving up smoking, and advising smokers on the benefits of doing this.</p> <p>As part of this campaign, leaflets had been distributed to members of the public at the event stalls. A leaflet drop to residential areas of the Waterside area also took place.</p>
Link to IFH	<ul style="list-style-type: none"> • To enable people to make healthier choices
Link to Pillars	<ul style="list-style-type: none"> • Make healthy choices easier
Personal Comment	<i>“Working in partnership with the 4 Neighbourhood Health Improvement Project workers proved very successful. The partnership working around this campaign city wide was amazing, the time and effort put into the planning and designing of the campaign was brilliant. For the events we had gotten a lot of press which also helped to boost the audience on what we were trying to achieve. On speaking to one local pharmacist he had said that 6 people had come into the chemist that day to sign up/get information on help available. This was a great example of a good city wide campaign which reached over 5000 people between leaflet drops and information stalls”.</i>


Photograph



Contact Details

Michelle McLaren
Co-Ordinator
The Pink Ladies Cancer Support Group
Hillcrest Family Centre
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Top of the Hill
L'Derry

Theme	Smoking Cessation
Project	No Smoking Day - 13th March 2013
Aim	<p>The theme for No Smoking Day this year was “SWAP FAG FOR SWAG”.</p> <p>This year’s message emphasises is on the financial benefits to stopping smoking, providing you with ideas of how money individuals spend on buying cigarettes, can be spent on treats for them and their families throughout the year. The aim of the day was to increase awareness about the dangers of smoking and exposure to environmental tobacco smoke, highlight and promote Stop Smoking Services locally and encourage smokers to seek help and support to stop their addictive habit.</p>
Activity	<p>Promotional stands and displays in the foyers and all departments in Acute Care Settings within the WHSCT and all Neighbourhood Renewal Areas in Omagh area.</p> <p>Smoking Prevention & Education to students 14 -19yrs in various education settings throughout the WELB area.</p>
Output	<p>Promotional stands and displays in acute and mental health settings including</p> <ul style="list-style-type: none"> • Tyrone County Hospital • Tyrone and Fermanagh Mental Health Unit • Grangewood Mental health Unit • The South West Acute Hospital • Altnagelvin Area Hospital <p>Smoking Prevention & Education presentations to students aged 13 – 18 years in the following colleges / schools:</p> <ul style="list-style-type: none"> • Omagh High School, Co Tyrone • Thornhill College, Derry, Co Londonderry • Lumen Christi College, Derry, Co Londonderry • Lisneal College, Waterside, Co Londonderry. • St Joseph’s College, Enniskillen. <p>In Fermanagh WHSCT cessation staff worked in partnership with the District Council and the South West Regional College in Enniskillen targeting young smokers and staff members who smoke, discussing the importance of quitting smoking. We also had a promotional stand in ASDA Enniskillen, working in partnership with the local Breathe Easy Group targeting clients with chronic diseases. Then finally, to our weekly clinic in Lakeland Forum, in conjunction with Devenish Neighbourhood Renewal Quit and Get Fit 8 week</p>

	<p>programme.</p> <p>NSD materials delivered to local businesses, schools, Sure Starts, Healthy Living Centres etc to promote No Smoking Day and local community Drop In Clinics.</p>
Outcome	<p>All of the promotional events were very well attended with individuals signposted on to stop smoking within the WHSCT area. Individualised advice and stop smoking leaflets given complemented by information on pharmacotherapeutics.</p> <p>Approximately 400 students participated in the prevention / education programmes in education settings. A diverse range of education settings were chosen.</p>
Link to IFH	<ul style="list-style-type: none"> • To improve the health of our people and reduce inequalities in health • Ensure higher quality care for all by improving access to information to knowledge • Give every child and young person the best start in life • To enable all people and young people in particular to develop the skills and attitudes that will give them the capacity to reach their full potential by making healthy lifestyle choices • Build sustainable communities • To reduce poverty in families with children.
Link to Pillars	<ul style="list-style-type: none"> • Give every child & young person the best start in life • Ensure a decent standard of living for all • Build sustainable communities • Make healthy choices easier • Ensure high quality care for all
Photograph	
Contact Details	<p>Caroline Ogilvie, Public Health Agency, Gransha Park House, 15 Gransha Park, Clooney Road, L'Derry, BT47 6FN, Tel: 02871 860086 Email: caroline.ogilvie@hscni.net</p>

TEENAGE PREGNANCY/ SEXUAL HEALTH

Theme	Sexual Health & Teenage Pregnancy
Project	Positive Life Sexual Health Services (Telephone Helpline, Information services and support services)
Aim	The aim of this project is to provide detailed information about HIV and STIs, in order to generate greater awareness among the public and healthcare providers. We also aim to provide the emotional support that is needed prior to and after a diagnosis and ensure that those living with HIV know that they can live well.
Activity	<p>Within the Western Trust we were able to:</p> <p>During 2012, Positive Life rebranded with a new name, logo, website and social media functions.</p> <ul style="list-style-type: none"> • We provided information and awareness talks to 150 Health & Social Care students at Strand College and the Magee campus of the University of Ulster • Developed and distributed Young Person's Sexual Health Leaflet & Safer Sex Packs • Provided one to one support sessions aiming at improving physical, mental and emotional wellbeing of people affected by HIV • Continue facilitating an HIV and Sexual Health Helpline for the Western Area • Take part in sexual health road shows at Further Education colleges in the Western Area • Provide HIV training courses to health professionals • Provide information sessions to community groups • Provide information to young people.
Output	<p>The Centre delivered:</p> <ul style="list-style-type: none"> • Develop, design and distribute Young Persons Leaflets (YPL) and Safer Sex Packs. The YPL was a pocket sized leaflet giving the basic facts about sexual health and HIV. The SSP were discrete colourful wallets containing 2 condoms and lubricants inside. • 210 individual one to one support interventions to people living with or affected by HIV in the Western Area - these included counselling sessions, complementary therapy sessions, individual support sessions, and telephone befriending telephone calls. These interventions focused on problems affecting those living with HIV such as mental health, alcohol dependency, low self-esteem, difficulties accessing healthcare and befriending provisions to assist with rural and social isolation issues. • In addition, The Helpline received 147 calls from across the

	<p>province on a range of issues such as testing, routes of transmission and support.</p> <ul style="list-style-type: none"> • Attended the Library Trust Health Fair at Ebrington reaching over 1000 people • Raised awareness around HIV with healthcare and prison staff at Magilligan Prison • Attended sexual health roadshows at two NWRC campuses and at the University of Ulster Magee campus- during these we reached out to at least 1000+ students and provided information on HIV and distributed condoms.
Outcome	<p>Positive Life were able to provide healthcare professionals with additional information about how to support people and families affected by HIV that they did not have training in before.</p> <p>We were able to develop greater public awareness about HIV, especially among young people. We were able to break down and eradicate some of the stereotypes that people have about HIV, transmission and the people who are affected by HIV- <i>“I have become less judgemental about people who are HIV positive”</i> Awareness session participant.</p>
Link to IFH	<ul style="list-style-type: none"> • To enable all people and young people in particular to develop their skills and attitudes • To promote health and emotional wellbeing • To enable people to make healthier choices
Link to Pillars	<ul style="list-style-type: none"> • Give every child and young person the best start in life • Make healthy choices easier • Ensure high quality care for all
Personal Comment	<p><i>“...you don’t feel that you are ‘processed’ at Positive Life, like you do in a clinical setting” Client, Positive Life</i></p> <p><i>“Positive Life reinforces that there is life after HIV and that life after HIV can be really good” Client, Positive Life</i></p>

Photograph



*Positive Life Launch
Staff from Positive Life with Brian Kennedy
at our Launch 28, November 2012*

Contact Details

Mr Danny McQuillan
Director
Positive Life
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3rd Floor,
Belfast

Tel: 02890 249268

Theme	Sexual Health & Teenage Pregnancy
Project	Accredited Parent/Teen Communication Skills Training Course, Sexual Health Training Course, and Sexual Health Personal Development Programmes.
Aim	To promote sexual health in line with the Sexual Health Strategy for Northern Ireland, working with caring professionals, community workers, parents, adults and disadvantaged young people.
Activity	<p>ACET delivered the following services:</p> <p>Parent/Teen Communication Skills Training Course Accredited by Open College at Certificate Level 2, for Caring Professionals and Community Workers from across the Western area.</p> <p>HIV/STIs/Contraception Training Course Accredited by Open College at Certificate Level 2, for Caring Professionals and Community Workers from across the Western area.</p> <p>2 Sexual Health Personal Development Programmes Accredited by the Open College at Certificate Entry Level, for disadvantaged and unemployed young people in the Enniskillen and Derry City areas.</p>
Output	<p>Parent/Teen Communication Skills Training Course ACET successfully recruited all 15 available places on this Training Course. 15 Caring Professionals and Community Workers from across the Western area, enrolled in the Training Course and completed the Training Course. All participants have meet required accreditation standards on the Training Course and will be awarded the OCN Certificate Level 2: Introduction to Parent/Teen Communication Skills.</p> <p>HIV/STIs/Contraception Training Course ACET successfully recruited all 15 available places on this Training Course. 15 Caring Professionals and Community Workers from across the Western area, enrolled in the Training Course and completed the Training Course. All participants have meet required accreditation standards on the Training Course and will be awarded the OCN Certificate Level 2: Introduction to Sexual Health.</p> <p>2 Sexual Health Personal Development Programmes ACET successfully recruited 2 job skills organisations working with disadvantaged and unemployed young males and young females in the Enniskillen and Derry City areas, for uptake of the 2 Programmes. A total of 24 young people participated in the Personal development</p>

	Programmes and all 24 of the young people met the accreditation standards on the PDPs and will be awarded the OCN Entry Level Certificate: Introduction to Sexual Health & Contraception.
Outcome	<p>The Caring Professionals and Community Workers who have completed the Parent/Teen Communication Skills Training Course are now trained to provide information on sexual health issues to their clients and to sign post them on to local sexual health advice, support and treatment services.</p> <p>The Caring Professionals and Community Workers who have completed the Sexual Health Training Course are now trained to provide information on sexual health issues to their clients and to sign post them on to local parenting advice, support and treatment services.</p> <p>Disadvantaged young people, in the Enniskillen and Derry City areas have received prevention education on sexual health and contraception issues to assist in the prevention of HIV, STIs and Teenage Pregnancy, through their participation in the Sexual Health Personal Development Programmes.</p>
Link to IFH	<ul style="list-style-type: none"> • Give every child & young person the best start in life • Make healthy choices easier
Link to Pillars	<ul style="list-style-type: none"> • Give every child & young person the best start in life • Make healthy choices easier
Personal Comment	<i>“ACET has welcomed the opportunity to provide accredited training to caring professionals and community workers to help create a pool of people trained and qualified to provide community based sexual health information and parent/teen communication skills for adults and young people in the Western area. Participants in both training courses have also been trained to become aware of local advice, support and treatment services and how to sign post their clients on to these services as needed”.</i>
Contact Details	<p>Mr Gary Crothers Director ACET NI Ltd Trinity House 159 Durham Street Belfast BT12 4 GB</p> <p>Tel: 028 90320844</p>

Theme	Sexual Health & Teenage Pregnancy
Project	Development of Sexual Health resources - WHSCT
Aim	To raise awareness of sexual health services and demystify what actually happens at a WHSCT sexual health clinic.
Activity	<ul style="list-style-type: none"> • Development of a DVD about sexual health services including GU Medicine Services and Services for Contraception • Development of 'Your visit to the GU Medicine Clinic' booklet • Development of 'Sexual Health Services for Contraception' booklet • Development of a pop up pen services Directory.
Output	<ul style="list-style-type: none"> • 10,000 Gum booklets • 10,000 Services for Contraception booklets • 5,000 pop up pen directories • 100 copies of Sexual Health Services DVD (access: WHSCT website).
Outcome	Increased awareness of the importance of looking after your sexual health sexual health and accessing sexual health services.
Link to IFH	<ul style="list-style-type: none"> • To give every child & young person the best start in life • Make healthy choices easier
Link to Pillars	<ul style="list-style-type: none"> • Give every child & young person the best start in life • Make healthy choices easier
Personal Comment	"Response in relation to DVD and booklets very positive and a great asset that can be used in training and will compliment the RSE project currently ongoing across WHSCT area".
Contact Details	<p>Ann Linstrom Health Improvement Officer for Sexual Health Health Improvement Dept Maple Villa Gransha Park BT47 6WJ</p> <p>Tel: 02871 865127</p>

Theme	Sexual Health & Teenage Pregnancy
Project	Relationships and Sexuality Education training for Teachers
Aim	To build capacity in teachers across the WHSCT area to deliver RSE in their schools.
Activity	<ul style="list-style-type: none"> • RSE teacher training (2 day course) • Follow up whole school training also offered to schools that take part.
Output	15 teachers trained 2012-2013 from schools across the WHSCT identified by WELB.
Outcome	15 Teachers trained with the opportunity to take part in additional whole school training
Link to IFH	<ul style="list-style-type: none"> • Give every child & young person the best start in life • Make healthy choices easier
Link to Pillars	<ul style="list-style-type: none"> • Give every child & young person the best start in life • Making healthy choices easier
Personal Comment	<i>“Schools continue to be supported in this financial year and are requesting whole school training. This is a great opportunity for HID to nurture links with schools involved looking at the whole health agenda”.</i>
Contact Details	<p>Ann Linstrom Health Improvement Officer WHSCT Maple Villa Gransha Park Clooney Road Londonderry BT47 6WJ</p> <p>Tel: 02871865127</p>

Theme	Sexual Health & Teenage Pregnancy
Project	GUM Services Commissioning for HIV/STI's - WHSCT
Aim	To provide quality sexual health services which are accessible, confidential and meet needs of population living in WHSCT Area.
Activity	WHSCT currently have a walk-in clinic in Altnagelvin GUM Clinic Anderson House between 9am to 11.30am Monday – Friday. Altnagelvin also operates a review clinic on a Monday evening, an appointment based clinic on a Wednesday afternoon and an appointment based erectile dysfunction clinic on a Friday Morning. Omagh Tyrone County Hospital GUM clinic is an appointment based clinic on a Wednesday morning and afternoon.
Output	During the year April 2012-April 2013 a total of 4,376 patients were seen in the WHSCT, of this 2,755 were new & re-book patients and the remaining 1,621 were follow ups.
Outcome	<p>WHSCT staff provided these clients with Sexual health testing, treatment, contact tracing, vaccination for hepatitis A&B, Post Exposure prophylaxis for HIV. Diagnosis & treatment for Erectile Dysfunction, Emergency Hormonal Contraception (EHC). Advice & health Promotion.</p> <p>Condoms were also provided to clients.</p> <p>As necessary WHSCT staff would have referred and sign posted clients to other services as required.</p>
Link to IFH	<ul style="list-style-type: none"> • To enable people to make healthier choices
Link to Pillars	<ul style="list-style-type: none"> • Give every child and young person the best start in life • To enable people to make healthier choices
Personal Comment	<i>“Since the end of CAWT funding we have continued with our clinic in Omagh which has become a nurse led clinic”.</i>
Contact Details	<p>Colette Brolly Health & Social Wellbeing Improvement Manager Public Health Agency Gransha Park House, 15 Gransha Park L’Derry, BT47 6FN</p> <p>Tel: 02871 860086 Email: colette.brolly@hscni.net</p>

Theme	Sexual Health & Teenage Pregnancy
Project	Choices, Bout Ye & Just Ask Programmes - FPA
Aim	<p>Choices To deliver Relationship Sexuality Education programmes for young women under 25 years in the PHA-West area. Programmes can include Open College Network accredited courses.</p> <p>Bout Ye To deliver Relationship Sexuality Education programmes for young men under 25 years in the PHA-West area. Programmes can include Open College Network accredited courses.</p> <p>Just Ask To deliver Relationship Sexuality Education programmes for people with learning disabilities either on an individual basis or as part of a group, similar programmes are delivered to parents/carers and training to other professionals is also offered. Participant programmes can include Open College Network accredited courses. Training for professionals working within this field is also available in the PHA-West area.</p>
Activity	<p>Choices Relationship Sexuality Education programmes are delivered in a group setting, each session last between 1 – 2 hours and is delivered over a 6–8 week period. This may vary depending on the groups needs or if an Open College Network programme is being delivered. This type of programme can run between 8-12 weeks.</p> <p>Bout Ye Relationship Sexuality Education programmes are delivered in a group setting, each session last between 1 – 2 hours and is delivered over a 6–8 week period. This may vary depending on the groups needs or if an Open College Network programme is being delivered, this type of programme can run between 8-12 weeks.</p> <p>Just Ask Relationship Sexuality Education programmes are delivered either on an individual basis or as part of a group, each session lasts between 1 – 2 hours and is delivered over a 6–8 week period (this may vary depending on group or individual needs). Similar programmes are delivered to parents/carers in a group setting. Open College Network programmes can be delivered, this type of programme can run between 8-12 weeks.</p>
Output	<ul style="list-style-type: none"> To deliver 88 sessions for young women through the Choices

	<p>project</p> <ul style="list-style-type: none"> • To deliver 88 sessions for young men through the Bout Ye project • To deliver 71 sessions for people with learning disabilities • To develop and maintain links with relevant organisations in the PHA-West area • To deliver Open College Network accredited courses.
Outcome	<ul style="list-style-type: none"> • 60 sessions delivered by the Choices project- 59 sessions cancelled. • 66 sessions delivered by the Bout Ye project – 49 sessions cancelled • 80 sessions delivered by the Just Ask project – 40 sessions cancelled • FPA projects have developed links with the Routledge Recruitment and Training programme in several areas within the PHA-West, the projects are now seen as an important part of the Routledge programme • New links have been developed and others maintained with various organisations <ul style="list-style-type: none"> · Several Neighbourhood Renewal areas · Off The Streets project · Strabane and Lifford LGBT group · Several Surestart programmes · Foyle Pride · The Simon Community · Leonard Cheshire Disability · Positive Futures · Altnagelvin Hospital · Participation and Lifeskills Project (PAL) · New links have been developed with several special needs schools and existing links maintained · FPA Just Ask project officer is currently undertaking British Sign Language Level I with the aim of developing further links with Action Hearing Loss.
Link to IFH	<ul style="list-style-type: none"> • To enable all people and young people in particular to develop their skills and attitudes • To promote mental health & well-being • To enable people to make healthier choices
Link to Pillars	<ul style="list-style-type: none"> • Give every child and young person the best start in life • Make healthier choices easier
Personal Comment	<p>Feedback from users and external organisations has been extremely positive. Below is a sample of some of the feedback received over the past year:</p>

	<p>Choices <i>'Excellent course for boys and girls, the boys thought they knew everything until the programme, they said they learnt so much more than on any other course' (Omagh Youth Centre)</i></p> <p>Bout Ye <i>'Brilliant programme, looked after children can be hard to work with, this programme was great'. (PAL project)</i></p> <p>Just Ask <i>'Fantastic programme, the pupils really enjoy it and really look forward to the sessions'. (Belmont School)</i></p>
Contact Details	<p>Mark Breslin Educational Services Manager Family Planning Association 3rd Floor Ascot House 24-31 Shaftesbury Square Belfast BT2 7DB</p> <p>Tel: 028 90 316106 Email: markb@fpa.org.uk</p>

Theme	Sexual Health & Teenage Pregnancy
Project	Parents & Carers Sexual Health Programmes – Community Direct
Aim	<p>The aims of this programme was to provide a ‘whole-person’ approach to sexual health promotion and:</p> <ul style="list-style-type: none"> • To raise awareness and knowledge of sexual health amongst adults • To increase the confidence of participants to communicate with their children and teenagers on relationships, sexuality and sexual health.
Activity	<p>Deliver 7 programmes consisting of five sessions, each session lasting two and a half hours. Community Direct targeted community groups and associations, community centre’s, women’s groups, mother and toddler groups, healthy living centre’s, and Sure Start projects across the Western Area.</p>
Output	<p>The programme was delivered to 7 groups with approximately 60 participants attending the programmes.</p>
Outcome	<p>Participants were asked to complete an evaluation form at the end of each programme and the following are examples of learning points and comments made by participants:</p> <ul style="list-style-type: none"> • The encouraging young people to talk activity was very good • Always good to remember to listen, Liked the talking/listening • Lots of discussion, Scenarios were good • Good to talk about things in a group – we can learn from each other • It is important to listen to young people • We don’t only communicate with words but with our whole bodies • Definition of sexuality was good • Sex is more complicated than we had realised • Made us look at sexuality, Made us aware of how our attitudes were formed • None of us learnt about sex from our parents • We don’t have to pretend we know everything • Self esteem with sexual health link was understood. Group saw the links between how good self esteem can assist strong healthy relations to develop self esteem if high can also help us accept others and types of relationships. • Liked working in teams, Good to hear other viewpoints • We learnt about the key elements that need to be in a relationship • Realised the potential impact of TV programmes on our children


	<ul style="list-style-type: none"> • Self esteem can impact on our sexual choices • Some members of the group had been teenage mums and information was delivered sensitively. • We have to encourage our young people to talk as teenagers need accurate information on pregnancy • Alcohol is often an issue and we need to talk to our teenagers about this too.
Link to IFH	<ul style="list-style-type: none"> • To enable people to make healthier choices • Give every child and young person the best start in life
Link to Pillars	<ul style="list-style-type: none"> • To enable people to make healthier choices • Give every child and young person the best start in life
Personal Comment	<p>At the end of each of the programmes Community Facilitators were asked to comment on what participants stated they were taking away from the programme.</p> <p>Facilitators comments:-</p> <p><i>“Participants stated that they had learned a lot of good, strong, previously unknown information from this programme where they felt more confident and able to talk openly about the issues around sexual health to their children and young people in order to increase their awareness of sexual health. They stated that they found the information about starting conversations extremely useful as it was difficult to broach the subject with their teenagers. And that they were not alone, there was information and help available for them.</i></p>
Contact Details	<p>Ms Angie McCabe Programme Delivery Co-ordinator Community Direct 6 Mount Charles Belfast BT7 1NZ</p> <p>Tel: 028 9023 0212</p>

Theme	Sexual Health & Teenage Pregnancy
Project	Western Gay and Bisexual Men's Project
Aim	<p>To support MSM in making informed decisions in relation to sexual health and well-being.</p> <p>To support MSM who suffer mental health problems with co-cultural gay affirmative counselling and other mental health services.</p> <p>To provide training to health professionals working with LGB&T people in Northern Ireland with sexual orientation awareness and gay affirmative therapy training.</p>
Activity	<p>The Rainbow Project was commissioned to provide counselling, a personal development programme, group therapy sessions and workshops for MSM in the Western Area.</p> <p>The Rainbow Project was commissioned to provide 6 sexual orientation awareness training sessions to professionals and 3 introductions to gay affirmative therapy sessions to counsellors in the Western area.</p>
Output	<ul style="list-style-type: none"> • These services were promoted using gay websites, posters and leaflets distributed through The Rainbow Projects safer sex materials. • Over 200 counselling sessions were held with MSM in the Western Area. • 14 MSM participated in a personal development programme in the western area. • 21 MSM participated in group therapy sessions in the Western area. • 6 training sessions were held with health professionals in the Western area and 3 sessions with counsellors and psychotherapists.
Outcome	<p>15 clients accessed counselling services due to issues of accepting their sexual orientation and coming out. This included 3 married men. 5 clients accessed the service in relation to historic sexual abuse that they have experienced. 2 clients accessed the service in relation to an eating disorder, 2 in relation to problems in forming positive relationships or relationship breakdowns, 9 in relation to depression.</p>

	<p>All clients accessing counselling, personal development and/or group therapy self-identified an increase in self-esteem and mental health well-being and all clients said they would use the service again.</p> <p>All health professionals and counsellors attending training stated that the training had met their expectations, they found it useful for their everyday jobs, they have a better understanding of LGB people and the common issues they face and the impact of negative language has on LGB people and the impact of homophobia and heterosexism.</p> <p>Clients who accessed workshops in relation to sexual health and well-being identified having a better understanding of sexual health and felt informed and able to make decisions which were right for them.</p>
Link to IFH	<ul style="list-style-type: none"> • Give every child & young person the best start in life • Make healthy choices easier • Ensure high quality care for all
Link to Pillars	<ul style="list-style-type: none"> • Give every child & young person the best start in life • Make healthy choices easier • Ensure high quality care for all
Contact Details	<p>Mr John O’Doherty Director Belfast LGB&T Centre 9-13 Waring Street Belfast BT1 2DX</p> <p>Tel: 028 9031 9030</p>

WORKPLACE HEALTH

Theme	Workplace Health
Project	Foyle Health @ Work
Strap-line	Emotional well-being for the workplace
Aim	To increase knowledge and understanding of mental health and depression and to increase a person's ability to protect and improve their own and others mental health.
Activity	3 x 2 full day courses on Mental Health First Aid Training
Output	<p>Facilitators – Aware Defeat Depression 52 staff mostly managers and team leaders across 3 workplaces, private, public and community/voluntary sectors completed MHFA Training.</p> <p>This was a 12 hour course spread over 2 days. Staff were trained in giving basic knowledge in explaining the most common mental health problems such as anxiety and depression, as well as crisis first aid for suicide, panic attacks and psychotic episodes.</p> <p>Workplaces that participated were:</p> <ul style="list-style-type: none"> • Derry Credit Union • Derry City Council • Ceres Europe Group - Ballykelly
Outcome	<p>Participants were given clear and accurate information about mental illness.</p> <p>Participants have new and improved skills in recognising mental health problems and having the confidence in their own ability to provide initial information and support to someone with a mental illness.</p> <p>Increased understanding of their own and their staff's mental health.</p> <p>Promotion of mental health services and literature.</p>
Link to IFH	<ul style="list-style-type: none"> • Making healthier choices easier
Link to Pillars	<ul style="list-style-type: none"> • Making healthier choices easier • Building sustainable communities
Personal Comments	"eliminated alot of my misconception about mental health issues"

	<p>“was great being able to talk about issues making them less taboo”</p> <p>“increased awareness”</p> <p>“being non-judgemental”</p> <p>“sharing experiences”</p> <p>“Learning about types of mental disorders/symptoms and how to recognise factors and what to do”.</p>
<p>Photograph</p>	
<p>Organisation Contact Details</p>	<p>Sabrina Dunne Project Manager Foyle Health @ Work Derry Healthy Cities Room 4 Clinical Education Centre Altnagelvin Hospital 24 Glenshane Road Derry/Londonderry BT47 6SB</p> <p>Tel: 02871 611384 Fax: 02871 611396 Email: sabrina@derryhc.com www.foylehealthatwork.com</p>

Theme	Workplace Health
Project	Foyle Health @ Work – Workplace Health Award
Strap-line	'Healthy Workplace Award'
Aim	The aim of the 'Healthy Workplace Award' is to recognise those businesses in the Derry City area who proactively demonstrate an holistic approach to investing in the health and wellbeing of its employees.
Activity	<p>The City Centre Initiative and Chamber of Commerce hold annual business awards for local workplaces in Derry City Council; Derry Healthy Cities have worked with them to develop a Workplace Health Award.</p> <p>This award is open to workplaces in the Derry City Council area. Examples could include; health and wellbeing initiatives, implementing well-being policies, raising awareness of health at work, providing a healthy working environment.</p> <p>FHWP/PHA has sponsored this award.</p> <p>Foyle Health at Work advised and supported the judging panel for this particular award. Three finalists attended the awards on 13th June 2013 in City Hotel.</p>
Output	<p>7 local businesses prepared submissions with 3 finalists chosen to attend the business awards.</p> <p>1 business was chosen as the winner and awarded for their contribution to workplace health.</p>
Outcome	<p>Local businesses were recognised and awarded for their proactive contribution to workplace health.</p> <p>Network opportunities</p>
Link to IFH	<ul style="list-style-type: none"> • To promote mental health and emotional wellbeing • To offer everyone the opportunity to live and work in a healthy environment • To enable people to make healthier choices
Link to Pillars	<ul style="list-style-type: none"> • Build sustainable communities

- Make healthier choices easier

Photograph



**Organisation
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ONE STOP SHOP

Theme	One-Stop Shop (Fermanagh)
Project	The HANGOUT/FIND (Fermanagh Information for Needs and Development)
Aim	<p>The second half of 2012 saw the rebranding from FUEL to “The HANGOUT”. The rebranded name was the idea of the young people and reflects what happens in the Youth Centre.</p> <p>Our vision is to be a true community space and a hub for organisations. Anybody is welcome to come into the FIND Centre which is rich in resources and there is always a member of staff available to help out.</p> <p>Our community project (The HANGOUT) provides a safe and supportive social space for young people in the centre of Enniskillen. The HANGOUT is youth led and provides services to 11 – 18 year olds. Opening hours are Tuesday to Friday after school, Friday nights and Saturday afternoons. We have trained Youth Facilitators who engage with, build relationships and support vulnerable young people. It is a no judgement, no criticism environment where young people come to chill out.</p> <p>In addition to The HANGOUT we run FIND (Fermanagh Information for Needs and Development) a One-Stop Shop that provides information, resources and support for young people between the ages of 11 – 25. The HANGOUT removes the stigma of getting information and support as FIND is integrated within the space.</p>
Activity	<p>The Centre is a “chill out” space; activities include pool, air hockey, Xbox, full music equipment, full PA system and a 6ft cinema screen. Young people find a sense of belonging and it is free to use by anyone from 11 – 18 years. Often young people present with challenging behaviour – but we have trained Youth Facilitators who are able to manage most situations. The majority of young people attend through word of mouth.</p> <p>FIND provides information on mental health, drugs, alcohol, sexual health, sexuality, legal, welfare, education and employment. Together they are a holistic service with informal daily listening and befriending, staff are fully trained in signposting and supporting referrals to relevant organisations such as Daisy, Breakthru, Lifeline, NIAMH etc.</p> <p>The Centre hosts a “community space” where not for profit groups can use the rooms of the Centre for free. Daisy use the Quiet Room for counselling as does NIAMH for ADHD Adult support. Fermanagh Women’s Aid use the space and we have a number of cross border</p>


	projects. Teen Scene which is Sexual Health clinic for young people have their own room every Tuesday afternoon.
Output	The HANGOUT space attracts approx. 200 attendances by young people each week.
Outcome	<ul style="list-style-type: none"> • Improvement in awareness of healthy eating habits • Improvement in sexual health awareness • Enhanced lifestyle skills • Improvement in mental health & emotional well-being.
Link to IFH	<ul style="list-style-type: none"> • To enable all people and young people in particular to develop their skills and attitudes • To promote mental and emotional well-being • To enable people to make healthier choices.
Link to Pillars	<ul style="list-style-type: none"> • Give Every Child and Young Person the Best start in Life • Make Healthy Choices Easier • Ensure high quality care for all
Photograph	 <p><i>Photo: Volunteer: Ciara Meehan with Members of Youth Committee</i></p>



Photo: Girl's night



Photo: Breakthru – alcohol awareness

Contact Details

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