



**Regenerating Environments and Communities Health
Lynne Smart Acting HOS
Health Improvement SHSCT**

Safe and Well Objectives



- Trust recognised local needs and gaps in relation to supporting healthy lifestyle change at community level
- Led an application to 5 year Big Lottery Fund - 'Safe and Well' Programme
- Focus on increasing community involvement in protecting, restoring & sustaining the urban and rural environment
- Greater community ownership of environments
- Helping individuals and communities to develop skills to make healthier lifestyle choices
- Improving physical and mental health and wellbeing
- Addressing disadvantage, promote tolerance & social inclusion
- Building community capacity and opportunities for volunteering



Target groups



Areas of disadvantage and need across the Southern area with a particular focus on:

- **Families with children under 16**
- **BME groups (including Travellers)**
- **People with a disability**
- **People with mental health conditions**



Project management



- **Trust-led, with 8 Project staff**
- **Employed by Trust**
- **But based in the community with voluntary organisations as host partners: Confederation of Community Groups in Newry, ABC Community Network in Portadown, Community & Voluntary Services in Dungannon**
- **Dual Trust / community identity for staff has been identified as a key strength**
- **The Conservation Volunteers – employer / delivery partner for Green Gym**
- **Multi-agency partnership board: Councils, TCV, voluntary sector groups**

Programmes



- **Community Lifestyle & Physical Activity:**
Cook it, Weigh 2 Health, Be Positive, Wellbeing, Walking, Cycling
- **Move It Change It:** 8 week family weight management programme for children P1–4
- **Volunteering:** supporting delivery of programmes, signposting to services and new Community Health Champion roles
- **Green Gym:** tailored group gardening / conservation sessions to support health and wellbeing

Outcomes – end of year 5



Outcome area	End of year 5 target	End year 5 achieved
Community Lifestyle Programme participants	2250	6114
Family Weight Management – children and parents	555	187 children & 119 parents (306)
Use of the environment	1200	1517
Green Gym volunteer days	4625	5889
Individuals supported by Community Health Mentor Volunteers	672 people supported by 30 volunteers	More than 1000 people supported by 84 volunteers

Creating the Conditions



- Working in partnership – across organisations and sectors
- Staff on the ground, in the community, building working alliances and relationships
- Increased engagement of harder to reach groups in healthy lifestyle programmes – initial focus on widespread engagement, building the profile of REACH, bridging between HSCT and communities
- Increased use of the outdoor environment for walking and cycling by communities

Creating the Conditions



- Gardening activity embraced as a valuable tool for health and wellbeing across a range of settings, and being sustained at community level
- Later emphasis on community development focused approaches – fewer but longer-term, more in-depth engagements with groups and communities
- Increased capacity within communities through e.g. Walk Leader training, Cook It / Weigh 2 Health tutor training – disseminating structured, evidence-based messages and approaches

Sustainability



- Health and well-being is more embedded as an area of interest and activity in host community organisations
- Challenges with e.g. changing Council structures and some recent staff changes
- But! Year 6 funding secured from Big Lottery Fund to February 2016
- Focus now on further building capacity within communities, supporting community health champion volunteer roles, and encouraging application of learning across partner organisations – **LEAVING A CLEAR AND SIGNIFICANT LEGACY**



'Move It Change It' Programme

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LOTTERY FUNDED


The
Conservation
Volunteers

reach

“I didn’t use to go out of my flat from one week to the next. Now I attend Green Gym weekly and sometimes meet some of the group through the week. It has helped to build my self confidence.”



Community Health Champions, Newry



- **‘Natural development of the health mentor volunteer role.’**
- **‘Building supporting capital - social and community.’**
- **‘Extending the ‘reach’ of REACH.’**
- **‘Increasing the legacy effects.’**



Participants receiving their certificates at the end of a 6 week 'Cook It' Programme

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Physical Activity and Nutrition Awareness as part of Disability Week

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The Conservation Volunteers



“I have lost a total of 1.5 stones whilst working on Green Gym.

I am more aware of my diet and enjoy cooking the fresh vegetables that we grow.”

