

Promoting Wellbeing Division

HSC Southern Health and Social Care Trust
Quality Care - for you, with you

Annual Report 2020 / 2021



WHO IS W.A.V.E. FOR?

- 65+ age group.
- Living in Newry / South Armagh / South Down.
- Happy to receive a weekly video call.

FOR MORE INFORMATION / TO REGISTER

Access and Information Service
Supporting YOU to live well

XUMatter COVID and Travel
Webinar from the Northern Ireland Consumer Council (NICC)



verve
promoting healthy communities

I'm a WINNER!
The Northern Ireland Government award for reform and rebuild of health and social care services post COVID 19

Department of Health
2021 United Kingdom
Award for Excellence in Health and Social Care

Thank you all!

Promoting the health and social wellbeing of our communities, staff, service users and carers has never been more important than in this past year. COVID has beset us with many challenges and has tried and tested our resources as we sought and implemented alternative and innovative ways to continue to improve health and social wellbeing across the Southern Area and, in particular, with many vulnerable individuals, families and communities.



Gerard Rocks
Assistant Director for
Promoting Wellbeing

In the first instance, the swift action and collective leadership approach taken at all levels to establish and implement the COVID Community Helpline response, ensured that the most basic of needs were able to be met for many who found themselves in the worst of circumstances – requiring food, fuel, social contact and a listening ear.

Staff worked long hours over many months responding to thousands of calls where the initial need identified often only scratched the surface of the depth of support that was required. In many cases, they provided a lifeline for people and families in desperation.

Long-established relationships with local councils, other statutory agencies, community and voluntary sector organisations and many other partners enabled a collaborative and cohesive approach to addressing these issues. This is both a reflection of and a testament to the embodiment of the principles and practice of community development, health improvement and involvement that have underpinned work across the division for many years. I am proud of and grateful to all of our staff and to our partners in this collective effort for the benefit of so many.

There were challenges also with rebuilding our services – particularly where so many of these have traditionally been delivered with individuals and groups of people in community settings and other places where people gather, but because of COVID were unable to. Nevertheless, staff have stepped up and grasped the opportunity provided by telephone, text messaging and digital platforms to ensure that we continue to engage and support people, often providing a greater degree of flexibility and improving access to our programmes and services and enhancing our ability to connect them to wider sources of support across communities.

This reports summarises and showcases a wide range of services and initiatives that Promoting Wellbeing teams have worked hard to put in place this past year, and I commend the dedication, flexibility and compassion of staff across the Division for all of your efforts in maintaining a focus on supporting people to maintain and improve their health and social wellbeing in what have been very difficult circumstances for all.

With thanks to all.

Supporting the Covid Community Helpline

1. In response to COVID-19, the Trust's Promoting Wellbeing Division re-orientated most of its' staff to establish and run a telephone-based support service for people who were shielding across communities within the Trust locality
2. This was part of the COVID Community Helpline, a collaborative regional response to ensuring that people who were shielding were able to have access to food, fuel and other practical, emotional and social support while self-isolating at home during the initial COVID-19 surge
3. The service was delivered in partnership with local councils, Advice NI, the Community and Voluntary Sector, and the Department of Communities
4. Promoting Wellbeing staff operated this 7-day service from 9am-5pm over 7-days each week between the beginning of April and end of July 2020. Three 'Call Action Teams' were set up to receive calls and emails from Advice NI and internal Trust services identifying people who were shielding and/or vulnerable and requiring additional support

[+ Read More](#)

Southern Trust Bereavement Helpline

The COVID-19 pandemic has created many challenges including dealing with the reality of grief and loss within the social distancing restrictions required for public health protection. The established end of life rituals have been suspended for a time, with family members separated at the time of death, spiritual rites curtailed and the capacity for community support embedded in our culture through wakes and funeral services were and continue to be restricted, leaving grieving people often isolated and alone.

The Southern HSC Trust has implemented a number of actions to support bereaved people during this challenging time.

One strand of this was the establishment of a telephone listening service for bereaved people within the Southern HSC Trust area, offering support until individual and collective rites of mourning and grieving are restored.

[+ Read More](#)

Comments

Any comments about this Report should be forwarded to Margaret Devlin-Hania or Lynne Smart. Thank you.

The Access & Information Service is a central point of contact / access for receipt and management of referrals for people aged 65 years and over. A frontline service established in 2012, the Access and Information service provides older people across the SHSCT area better access to information, skilled help, advice and support in relation to their Health and Social Care Needs, connecting the caller to the right service first time.

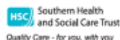
[+ Read More](#)

Initiatives Undertaken From the Start of Covid-19

- Supported the Setting Up & Regional Rollout of Covid Community Helpline
- 7 day rota
- Covid Recovery Team referral support
- Weekly Asset mapping update with PWBD Division
- New Access & Information Leaflet
- Community Information / Discharge Hub support (daily meetings)
- Telephone Befriending / Follow up Calls
- Carer Vaccine support line
- Domiciliary care / ICT pilots

Further on Access & Information

A&I Service since covid New A&I Leaflet

 Southern Health and Social Care Trust
Quality Care - for you, with you

Access & Information Service

ARE YOU OVER 65?

The Access & Information Service is part of the Promoting Wellbeing Division within the SHSCT and can offer assistance with the following:

- Advice, support and guidance on aspects of daily living
- Services and resources in your local area to support you to live independently
- Practical help e.g. Food, Fuel, Pharmacy
- Emotional Support
- Telephone Befriending e.g. feeling lonely or isolated
- Keeping active & healthy
- Carer Support
- Signpost to Stop Smoking Services
- Home Safety & Security
- Other Health & Wellbeing Services

T: 028 3756 4300
E: access.information@southerntrust.hscni.net



Managed calls /referrals during C19

Managed calls / referrals during Covid C19 and linked in with the wider PWB Division

[+ Read more](#)

Below are 3 **Case studies** from our Social workers

[Case 1](#)

[Case 2](#)

[Case 3](#)

Statistical Overview

Statistical information below shows:-

[Increase of Referrals 2018 - 2021](#)

[Referral Types 2020/2021](#)

Access & Information (A & I) Asset Map

Justin Quinn Access & Information Officer explains,

“The Asset Map came into being when Northern Ireland went into its first lockdown 23.03.2020. At the time, within Access & Information, we realised that our elderly clients, and in fact everyone who was impacted with the sudden closure of many shops and services, would need to know who they could contact if they were struggling to get to the shops for groceries or the pharmacist for medications etc.

We also identified that this lockdown and the uncertainty of people being furloughed from work, the over 65’ may struggle to even purchase food or fuel.

To this end we created the Asset Map alongside the Directory’s of Services held and managed by Access and Information. It held a list of shops that could either deliver food to clients or had specialised opening hours as many elderly were fearful of getting Covid 19, or perhaps struggled to get to the shops, as shops had limited people who could be in them at any one time, or indeed relied on family or neighbours to support them.

[+ Read More](#)

Song for the Day - Staff Health & Wellbeing

During Covid 19, Access and Information had a daily ‘Song of the Day’ quiz shared with the team by email to connect and boost morale (especially as they were split across different sites and some colleagues were working from home).

Tracey Jo is music mad, and the joy and memories that come from a song you love can be a tonic and an escape. With this in mind they came up with the idea of having a song for the day and explains: “It has a monthly theme for example ‘Friendship’ or ‘Days of the week’ and it goes out at approximately at the same time every day.”

[+ Read More](#)

A & I Staff Member - Personal Reflection of C19

“Throughout the first few months of the Covid 19 pandemic I was working in the office adhering to guidelines - hand, space and face. At the time I was also caring for my father after he had a lengthy stay in hospital. When his birthday came round on the last Saturday of October, I thought it would be nice to cook him a meal at home.

[+ Read More](#)

Throughout the year, a number of regional initiatives were swiftly developed and rolled out locally by the Carers Coordinators to support and offset pressures on Carers during Covid.

During the first lockdown, Carers were kept informed regarding how to access food, fuel, medications and social support via our Covid Community Helpline.

7,644 Carer's ID cards were distributed to Trust-identified carers to ease pressures when travelling or for priority shopping. [+ Read more](#)

Regional COVID-19 Carer's Identification Card

The Carers ID card was developed as a regional initiative to enable priority shopping in supermarkets and to indicate the necessity of a journey due to a caring role to the PSNI if stopped out or in the car. The PSNI and four of the main supermarkets: Asda, Marks & Spencer, Co-op and Sainsbury's agreed to accept the use of Carers Identification Cards. COVID-19 Carers ID cards have been issued to Carers in the Southern Trust in 2020/21.

Carers prioritised for the COVID-19 Vaccination:

The Department of Health announced on 24th February 2021 that all primary Carers could avail of the COVID-19 vaccine by contacting the Carers Coordinator in their Trust. A total of **4,197 Carers** have booked a COVID-19 vaccination through the Carers Coordinator pathway. This was very much a team effort, encompassing the Carers Support team, Human Resources, the Vaccination Team and the wider Promoting Wellbeing Division.

Carers Cash Grant Scheme:

This year the SHSCT applied for additional regional funding from HSCB to meet the demand for Carers Cash Grants. A total of **557 Carers** received a Cash Grant totaling **£76,965 in 2020/21**.

Mental Health and Learning Disability hold their own Cash Grant budgets.

Southern Trust Carers Register:

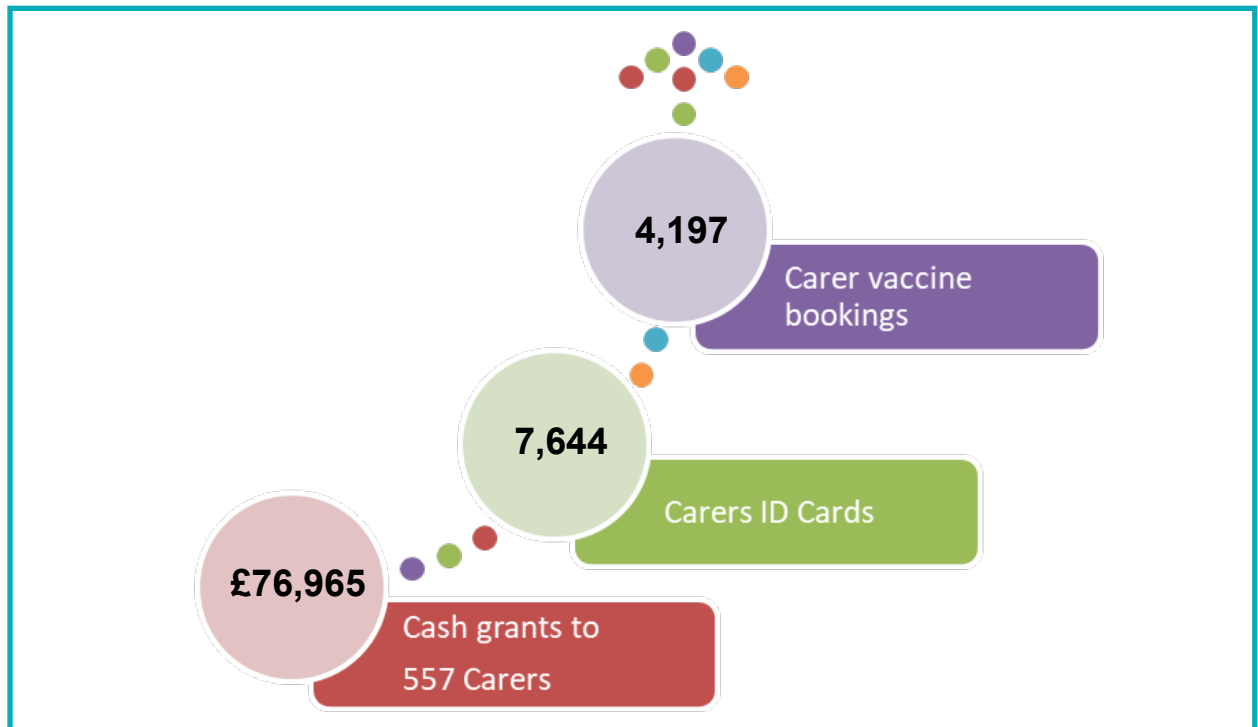
The Trust holds and regularly updates a Carers Register to share information and seek feedback from Carers. As of 31st March 2021, there are **1,143 Carers** on our Carers Register, which is an increase this year of **267 Carers** now receiving regular updates and advice.

Click [here](#) to view Carers Register Leaflet

Involvement of Carers:

The Trust Carers Reference Group meets on a quarterly basis to plan and agree the Trust Carers Action Plan. The group membership includes Carers, Trust staff and representatives from Carer support organisations. In October 2020 Carers' views were gathered through focus groups and an online survey to inform the re-rendering of our community carers support service.

Carer Covid Support



Resource and Self-Care Packs in Newry and Mourne area

The emergence of coronavirus brought many challenges to local communities and the groups supporting them. This was not just in keeping safe, but ensuring that the most vulnerable members of their communities had access to resources and activities to keep them healthy and active while remaining in their own homes. [+ Read More](#)



Click on each heading to learn more about the respective topic.

[Rise NI Resource Packs](#)

[Older People's Resource Packs](#)

[Ethnic Minority Self-Care Packs](#)

[Distribution of Face Masks to local communities](#)

Improving population health through social prescribing

In October and December 2020, stakeholders were brought together in online workshops to discuss how to work effectively to improve population health through social prescribing. [+ Read More](#)

More detailed article regarding social prescribing [here](#)

Slow cooker healthier eating on a budget initiative

As part of the Neighbourhood Renewal Health and Well being Programme, an initiative was delivered demonstrating how to eat healthier on a budget using a slow cooker.

[+ Read More](#)

For more information on this programme please click on icon to see attached evaluation report.



SHSCT Community Development involvement in Participatory Budgeting (PB) Project – TAK£500

Participatory Budgeting (PB) is a process whereby local people get a direct say in how public funds are used to address local needs.

Community development workers across Armagh, Banbridge & Craigavon worked with partners in the ABC Council's community planning partnership to pilot a PB project during 2020/2021. This pilot was supported by the Carnegie UK Trust's Embedding Wellbeing in Northern Ireland project.

- 16 Community Planning Partners including seven Community and Voluntary Sector Panel members worked together and utilised resources pooled from 10 Community Planning Partners to jointly fund successful projects voted by members of the community to address Take 5 in the community
- The process involved an application stage opened for 4 weeks during which 3 information workshops were held with 31 attendees
- 107 applications were received and all moved to stage 2. Stage 2 was opened for three weeks during which development of videos took place
- 84 videos were received and uploaded online for public vote

[+ Read More](#)

Animation was created which helped promote the project.



Click on image to view



The Newcomer families Task and Finish Group

The Newcomer families Task and Finish Group under CYPSP Out comes Group was established to look at the needs and barriers to services of Newcomer Families in the SHSCT area. The multi-agency group is an excellent model of working in partnership to achieve outcomes.

A Newcomer family is defined as one who originally lived outside Northern Ireland and /or does not speak sufficient English to enable them to fully access and engage with services.

You can view the [Translation Hub](#) - one of the resources developed through the group.



[+ Read More](#)

Community Development

Verve neighbourhood renewal health improvement project 20-21



Verve is a partnership of 10 organisations, who partner with the Southern Trust to collectively form the Verve Healthy Living Network. [+ Read more](#)

During the year 2020-2021, each of the organisations involved in the Verve Healthy Living Network organise a range of programmes to address health needs identified within their local community.

Click into the heading in each 'box' to learn more about the topic.

**Verve Community
Health Trainer
Service**

Level 1

Level 2

Level 3

Beneficiaries

Volunteer Recognition



**'#think5do5 tools
for wellness'**



**Warm Well and
Connected**



**'Connect
with
Cooking'**

**The Verve project also aims to build
capacity through development and
training of local people.**

[+ Read More](#)

Traveller Community Development

Traveller Community Development is part of the Promoting Wellbeing Division working with local Traveller support Groups to support co-production and partnership working with local traveller communities across the Southern Trust area, developing health and wellbeing initiatives to improve health and social wellbeing and tackle inequalities.

[+ Read More](#)

For more information [contact](#)

April 2020, the beginning of the Covid-19 pandemic saw the community and voluntary sector thrown into extremely difficult and challenging times, with restrictions imposed on groups, meaning they couldn't meet with or provide the essential support to the community in their normal manner.



Community
Sector
Training

This too impacted on Community Sector Training, with our services being stood down and redeployed to assist with helpline calls for those who needed help with food, fuel, social contact, pharmacy and food deliveries.

However, to continue to meet the needs of the organisations in our area, we adapted our training to be able to offer it online, via a platform called Zoom, in a safe non-contact fashion. Whilst we had concerns at the beginning, it has proven to be a very effective tool, the positives being that our participants and trainers can train in the comfort of their own homes, no travel is required, especially on cold winter nights and a much wider scope of users can be reached. No doubt face to face training will resume again in the not too distant future, but we are happy to be able to say we will be able to offer a blend of both, depending on circumstances.

Over the remainder of the year, from September 2020 to March 2021, we managed to overcome “YOUR’E ON MUTE” and “SORRY YOU GO FIRST” among a host of other phrases and have, with a reduced bank of community trainers, **successfully delivered training to 201 participants from 30 different groups!**

Organisations we worked with varied from foodbanks, faith groups, residents associations and youth / sports groups in anticipation of restrictions easing and preparation to welcome children and young people back. Lots of groups took the opportunity of the downtime during lockdown to refresh their training or to take part in Designated Person training.

Looking ahead to summer 2021, CST are pleased to report a steady flow of enquiries from a range of organisations, eager to avail of our training to ensure their groups and organisations are safeguarding sound.

YOU'RE
ON
MUTE
shutterstock.com · 1883335990



Health Improvement activity aims to improve the health and wellbeing of individuals or communities by enabling and encouraging healthier lifestyle choices and behaviours as well as addressing underlying determinants of health such as poverty, lack of education opportunities and other such areas.

Health Improvement Specialists work across sectors to develop, implement and monitor action plans in line with regional priorities and targets for public health, local needs and Public Health Agency commissioning plans.

Main areas of work include community food and nutrition, physical activity, mental health and suicide prevention, stop smoking services, parenting and early intervention programmes, sexual health, diabetes prevention and home accident prevention. Tailored approaches are also developed to support health and wellbeing with particular population groups.

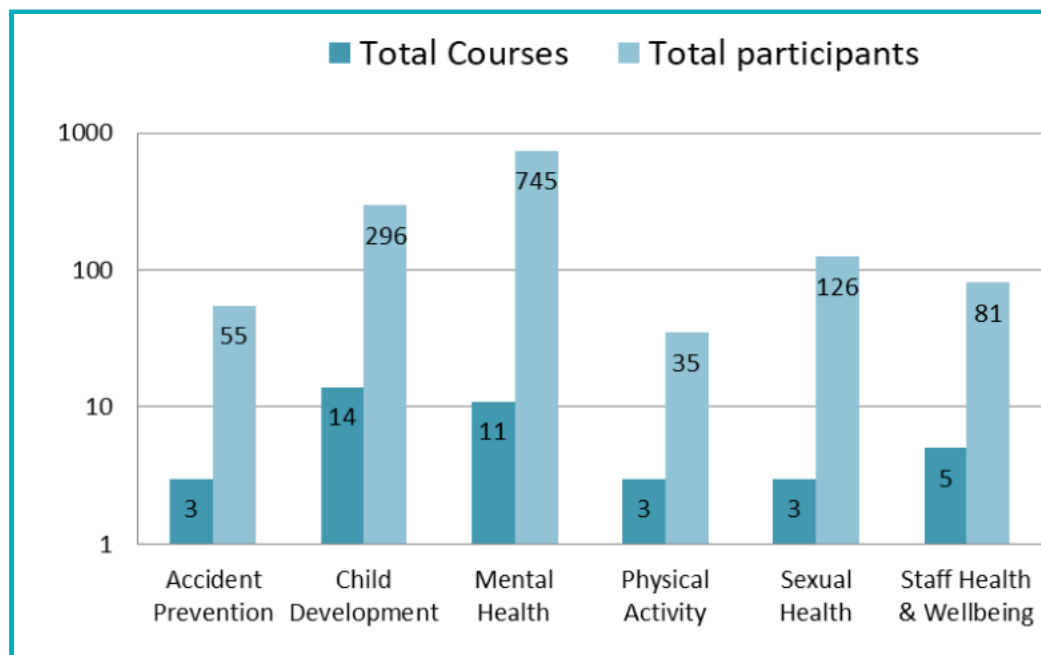
Promoting Wellbeing Training April 20 - March 21

From April 2020 – March 2021, training delivery was adapted to enable participants to join courses and awareness sessions online.

While this was a new experience for many, it was a great success in facilitating a total of 39 courses with 1338 participants attending.

The Promoting Wellbeing division continues to offer online training opportunities to SHSCT staff, local community and voluntary groups and those who live or work in the SHSCT area.

To view a full list of PWB training available click [here](#)



Art Therapy Student Placement at Bluestone

This year an art therapy student Fionnuala O'Neill completed a six month placement in Bluestone Hospital, for one day a week between September 2020 and February 2021.

[+ Read More](#)

Arts Care Northern Ireland - Arts Care 4 U (You Tube Channel)

Arts Care NI established a new online You Tube Channel called [Arts Care 4 U](#) and this was populated with creative videos of visual art workshops, music and singing, dance, cookery, relaxation practices.

[+ Read More](#)

Say a Big Hello



The Promoting Wellbeing Division promoted the Arts Care regional campaigns and services including 'Say a Big Hello.' This was a campaign to encourage children and young people in the community with the support of their parents/guardian to: **Paint a Happy Picture, Take an Amazing Photograph, Record a Fantastic Poem / Dance or Song**

[+ Read More](#)

Click on the headings below to learn more about each topic.



Art Boxes for Children & Older People

Arts Care online Arts in Health Training Session for Healthcare Staff

Other Art Projects



Artist in Residence Programme

Pottery, Sculpture, Murals & Mosaics



Coronavirus Diary



Positive Paintings



Positive Posters Project - Linenbridge



Rosebrooke Creating Environmental Artwork



Signs of Hope, Signs of Spring



Supporting our Service Users in Supported Living



Bereavement Hearts



The Diabetes Prevention Programme undertook new ways of working due to the Covid 19 pandemic.

Prior to Covid the programme would have been delivered face to face in group in community settings in Armagh, Craigavon, Dungannon and Newry. In response to the pandemic and social restrictions the team successfully adapted and offered the programme online over Zoom.

[+ Read More](#)



Outputs:

- ★ 20 face to face to face groups finished over telephone and Zoom
- ★ Development and commencement of online DPP programme over Zoom

Outcomes:

- ★ 201 participants completed the programme (11/18 sessions)
- ★ 58% retention rate on the programme
- ★ Total weight loss 514kg
- ★ Average weight loss 4.4 kg
- ★ Highest individual weight loss 18kg
- ★ HbA1c Blood results no longer Pre-Diabetic – 35%
- ★ HbA1c Blood results has decreased – 25%
- ★ HbA1c Blood results the same – 10%
- ★ 17 online DPP programmes commenced since September

Click on image (right) to view feedback from programme





The Fit 4 U service has adapted over the last year to support adults with disabilities to stay active and healthy at home. Due to the Covid-19 pandemic, there were no face to face group physical activity sessions in Leisure Centres. [+ Read More](#)

Outputs

75 Weekly keeping in touch telephone calls

300 Resource Packs distributed

300 service users received physical activity challenges & health promotion material via WhatsApp, email or post

13 sessions delivered on Zoom – 35 Participants

52 DVDs distributed

23 people participated in Walking Challenges, accumulating 4,346,056 steps over 6 weeks, the equivalent to 3263km

Fit 4 U has adapted to new ways of working, utilising communication platforms, such as WhatsApp and Zoom, while also engaging the digitally excluded with traditional communication methods, post and telephone calls.

Click on the links below for
Participant Feedback & Evaluation Outcomes

[Fit 4 U Staying
Active at Home
- Evaluation
\(Nov 20\)](#)

[Fit 4 U 2 Winter
Walk Challenge -
Evaluation \(Jan
to Mar 21\)](#)

[Fit 4 U Online
Sessions -
Evaluation
\(Mar 21\)](#)



Gerard Mohan participated in the 'Winter Walk Challenge'

Outcomes

Resources circulated have supported people with disabilities to be physically active and mentally stimulated at home

Continued contact throughout the pandemic has maintained connections, supported mental health and reduced feelings of isolation

Fit 4 U is funded by the Public Health Agency and Local Commissioning Group.

It is led by the Southern Health & Social Care Trust and delivered in partnership with other organisations, including local Councils, Everybody Active Programme & Disability Sport NI.

Supporting Good Quality Parenting and Family Support

The SHSCT Child Development Interventions Coordinator(CDIC) provides support and develops capacity for the development of a range of evidence based parenting support programmes across the age spectrum (pre-birth-18 years.) Examples of programmes being developed and delivered in the Southern Trust area include Incredible Years, Mellow Parenting, Solihull Understanding Your Child, Family Links Nurturing, Odyssey Parenting Your Teen and Parents Plus.

The following information is a small sample of activity supported through the CDIC role in year with the statutory, voluntary and community sector providers.

Parenting Programme Activity

This last year has been a very challenging one for practitioners and parents alike with the impact of Covid 19. With restrictions around face to face contact, practitioners delivering the evidence based programmes were met with the challenge of moving to online platforms to support ongoing delivery. [+ Read More](#)

Infant Mental Health

The Southern Area Infant Mental Health Strategic Group continued to meet online throughout the year to progress the work of the SHSCT 5 Year Infant Mental Health Strategy 2020-2025.

The Strategy represents a commitment by statutory, voluntary and community sector organisations to promote positive infant mental health from the antenatal period through to children aged 3 years. [+ Read More](#)



Infant Mental Health Awareness Week 2020

During Infant Mental Health Awareness Week, practitioners from across a range of disciplines posted videos on SHSCT social media platforms, outlining the support available to parents and their babies in the Trust area. Videos were provided by:-

Midwifery, Health Visiting, SureStart, Family Nurse Partnership, iCAMHS,

Click on headings below to view attachments

[Parenting Programme Activity Leaflet](#)

[Infant Mental Health 5 Year Strategy 2020 - 2025](#)

[NI Evidence Based Parenting Programmes](#)

Coronavirus Information for adults with a learning disability

The Speech and Language Therapy Adult Learning Disability Team partnered with Promoting Wellbeing and Communications with the involvement of carers to develop an accessible resource of relevant information on Coronavirus for adults with a learning disability.

[+ Read More](#)

A range of video clips was developed with clear concise messages to support understanding. Staff within learning disability services that service users were familiar with supported development of videos clips, using Makaton in the introduction to the clips to support communication.

These fantastic videos have been widely shared across the Trust, other HSC Trusts and with the HSCB and the independent sector.

Links to all videos



Below are the Facebook, Twitter and You Tube analytics for the Learning Disability Coronavirus video posts:

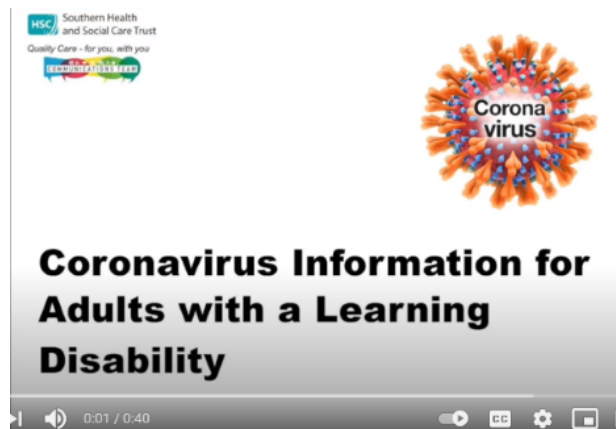
19,829 people reached – Facebook LD videos

18,538 people reached – Facebook Staff videos

2,406 impressions – Twitter LD videos

3537 impressions – Twitter Staff video

6994 views on You Tube



The SHSCT Protect Life Coordinator supports initiatives to promote mental health, wellbeing, suicide prevention and supports families bereaved by suicide across the Southern Area. This includes providing evidence based self help literature, training and support services and maintaining relationships with a wide range of partner organisations to establish a collaborative approach to suicide prevention. [+ Read More](#)

Self Help Resources

A suite of self help literature in support of mental health and emotional wellbeing is purchased for the southern area and available in leaflets or online and audio formats. [+ Read More](#)



Click into each Self Help Guide pictured which will allow you to read or listen to the information enclosed.

Read Yourself Well

Read Yourself Well is an initiative developed in partnership with the Southern Health and Social Care Trust, Health and Social Care Board, The Public Health Agency and Libraries NI. The Trust has used PHA funding to update the books available in libraries across the southern area to help people understand and manage their health and wellbeing through eading. These are available online or in hard copy. Click [link](#) to view broad range available.

Suicide Prevention Training

Towards Zero Suicide - Online E learning continues to be promoted across Trust staff and external partners to enable participants to have a better understanding of the signs to look out for, and the skills required to approach someone who is struggling with suicidal thoughts. [+ Read More](#)



Webinars & Training

The Protect Life Coordinator delivered suicide prevention and postvention webinars with GP multi-disciplinary teams, Social Services/Social care staff and a range of internal Trust teams. [+ Read More](#)



This year Protect Life funds were used to acquire the licence to deliver STORM training. The training increases confidence and competency of frontline workers to support someone in distress, work collaboratively to assess vulnerability and plan for safety to prevent suicide. This will enable training of staff across statutory and relevant community and voluntary services over the year ahead.

Cook it!
fun, fast food for less



The Cook it! Team support community, voluntary and statutory groups and organisations to promote and encourage healthy eating by delivering nutrition and cooking skills programmes across community and HSC settings. The team have had to adapt and work in new innovative ways to support the health and wellbeing of communities and staff during the current pandemic.

Click on the headings in the boxes below to learn more about each topic.

Programmes go virtual!

Nutrition in the workplace (2020/21)

Click [here](#) to view SHSCT Case Study

Free nutrition webinars at your fingertips!

I'm a WINNER!

The Northern Ireland Government award for reform and rebuild of health and social care services post COVID 19



Rebuilding public health nutrition in a virtual world!

Click on video image to view **Robin Swann**, Minister for Health announce the overall winners!



Click on video image to view 'Rebuilding public health nutrition in a virtual world!'



Pictured (l-r) are Elaine Abbott & Collette O'Brien, Dietitians, SHSCT Cook it! Team who were part of the winning group!

Cook it! Programme for Foster Families in SHSCT

Shauna, Cook it! Team graduate Intern (Registered Associate Nutritionist), planned and delivered a virtual 6 week Cook it! programme for foster families throughout SHSCT area, where they got the opportunity to cook simple, healthy and quick meals each week.

[+ Read More](#)



For more information [contact](#)

Physical Activity Programme

Physical activity programme delivery has adapted over the last year to initially support people to be active at home and when restrictions eased to be active

Due to Covid 19 public health restrictions it was not possible to implement face to face programmes for staff or the public.

[+ Read More](#)



Outputs

- ◆ 5000 Move with Mary booklets and DVDS distributed across Trust teams, community & voluntary groups to support older adults to stay active at home
- ◆ 400 Sports packs with exercise equipment were also distributed across ABC Council in partnership with Get Moving ABC. Keeping Well - Booklet for older people | u-matter (u-matter.org.uk)
- ◆ As a result of the newly formed partnership with Daily Mile regional network group in Northern Ireland and Daily Mile Foundation a Daily Mile at home challenge was offered to 60 primary schools and nurseries during lockdown. Resources were distributed to all participating schools to support the initiative roll out with children of key workers attending school.
- ◆ Daily Mile at Home Challenges! | u-matter

Park Power! + Read More
Get Moving Strength & Balance

ATHLETICS Challenge yourself with our Virtual Cycle + Read More
Hosted with:

MOVE MORE, SIT LESS + Read More
Aware of the chair
2021 CALENDAR



Be Active for Health is a 12 week physical activity programme in the Newry, Mourne and Down Council area which offers targeted support and encouragement to service users to help them become more active through a behaviour change approach.

[+ Read More](#)



Roots of Empathy



The PWB Division co-ordinates the Roots of Empathy (ROE) programme in primary schools across the Southern area, in partnership with PHA, local schools and the Education Authority, Southern Region.

The programme, which is funded by the Public Health Agency (PHA), was founded in Canada in 1996 by Mary Gordon and has reached more than a million children worldwide.



Proud Mum Orla O'Neill with her baby daughter Croia who was the tiny teacher in Miss Finnoula Rodger's Primary 6 class in St Francis' PS Lurgan



[+ Read More](#)

Mellow Parenting



In July 2020 Mellow Parenting Scotland stated that:-

"Doing nothing is not an option" and an online version of the Mellow Bumps Programme was developed."



[+ Read More](#)

Care Experienced Young People

Covid -19 has been very challenging for everyone but especially for Children's Services and care experienced young people and their carers.

[+ Read More](#)



A Wellbeing Webinar on the importance of self-care and practical ideas on incorporating mindfulness into daily routines, was attended by 15 Foster Carers in January and will be included in the Foster Carers annual training calendar.

Supporting the sexual health and wellbeing of young people

Responding to the unprecedented challenges which emerged during Covid 19, prompted innovations in service delivery with virtual training delivery and an expansion of communications to include development of online webinars, podcasts and social media content. These service developments have enabled and enhanced the provision and promotion of sexual health services for young people in the Southern Health and Social Care Trust area.

Click on the headings in the boxes below to learn more about each topic.

The Health Hub



Healthy Online Relationships Webinars



Healthy Online Relationships Flyer

END HIV STIGMA 2020 campaign

Coronavirus 'SEX-PLAINED'

Click here to view Poster

HOME TESTING SH:24

Training



Quality Care - for you, with you



Contraceptive and Sexual Health Services

GUM (Genito-Urinary Medicine) 028 3756 2080

Contraception Service 028 3756 2200
 contraception@southerntrust.hscni.net

Health Hub 07787 432 845
 health.hub@southerntrust.hscni.net




HSC Southern Health and Social Care Trust

The Stop smoking service from March 2020 had to adapt the service from a face to face service to telephone and video call service due to the Covid-19 pandemic.



Outputs

 Ongoing promotion of the service using social media, websites and contact with teams to maintain uptake of the Service

 **960** clients engaged with the service in 2020/21 with **64%** quitting

Lunchtime Zoom Sessions

Stop smoking service fast facts of clients with long term conditions:-

76% of cancer patients quit

62% of diabetic clients quit

68% of Cardiovascular clients quit

63% with respiratory conditions quit



Communication Plan

[+ Read More](#)

click on the image to play podcast



click on the image to play animation



Survey completed to ascertain the habits and attitudes of smoking during Covid-19

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No Smoking Month - Southern Trust promoted the benefits of stopping smoking for mental health

[+ Read More](#)



Personal and public involvement

[+ Read More](#)

Outcomes

Increased awareness and uptake of the Stop Smoking Service was achieved due to development of communications and the adaptation to telephone and online service delivery.

Meet the Teams



When viewing press on the 'information' symbol at top of photo for captions

The stop smoking service is funded through the Public Health Agency and supports those who want to stop smoking.

The Staff Health and wellbeing steering group and Promoting Wellbeing Division played an active role in responding to SHSCT staff health and wellbeing needs during the COVID-19 pandemic.



New Covid-19 related information zones were set up on the Umatter website.

[+ Read More](#)

Click on the headings in the boxes below to learn more about each topic.

[Umatter website](#)

[Menopause Policy & World Menopause Day 2020](#)

[Health Champions](#)

[Working Together to Promote Mental Wellbeing](#)

[Policies and Guidance for Staff](#)

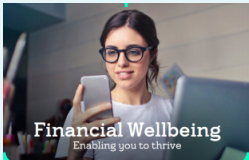
[Art Boxes & Menopause Comfort Boxes](#)

[COVID and Work-Related Surveys](#)

[Parenting](#)

[Wellbeing at the Healthcare Library](#)

Financial Wellbeing



Financial wellbeing has been a key focus within workplace health and wellbeing support activities. Covid-19 has placed many families under financial strain with people placed under furlough as well as those finding themselves out of work.

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Lunchtime Zoom Sessions

Two 'Introduction to Financial Wellbeing' sessions were delivered by Bank of Ireland (BOI) to 35 members of staff on the 12th and 13th October 2020.

[+ Read More](#)

Covid and Your Travel Rights

A COVID and Your Travel Rights' session (9/12/2020) was arranged to support staff whose travel arrangements and holiday plans had been severely affected by COVID-19 as well as those unsure of their rights in relation to their upcoming travel plans.





mPower is five-year project supported by the European Union's INTERREG VA Programme, mPower will work with communities to enable people to take the steps needed to live well, safely and independently in their own homes by self-managing their own health and care in the community.

[+ Read More](#)

View one minute promotional video of mPower.



Click on the headings in the boxes below to learn more about each topic.

Changed processes - Pre/post C19 changes

Overview of mPower

Karen & Sandra - Community Navigators

Examples of work carried out by mPower



Karen & Sandra, Community Navigators

Loading up Ipad for Care Homes



Karen loading up ipads for Care Homes

[Read quote from Karen](#)



[Flyer](#) depicting Weekly Audio Visual Engagement



Recipients of ipads



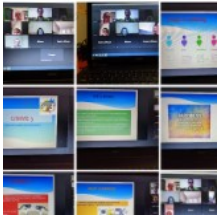
Support Workers



Promoting Wellbeing Division Support Workers deliver health and wellbeing programmes within communities experiencing health inequalities. They also signpost and support people to access programmes, training and services in support of health and wellbeing. [+ Read More](#)

The 'Take 5 Online' programme was delivered to groups who benefitted from the support and information based on the Take 5 Steps to Wellbeing for mental and emotional wellbeing. [+ Read More](#)

What difference did we make?



[+ Read More](#)

Community Nutrition programmes

Community Nutrition programmes were delivered on line.



[+ Read More](#)

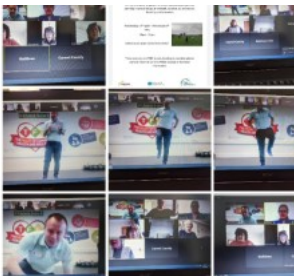
Home Accident Prevention



[+ Read More](#)



Physical Activity Programmes



[+ Read More](#)

All Community Health Champions continue to be supported in their role by our Support Workers.

Community Health Champion Training

The Craigavon Support Worker and the Community Health Improvement Officer co-delivered training to nine Community Health Champions in the Craigavon area via zoom.

Outcomes:

100% of participants feel they now have a very good understanding of the community health champion role 100%

75% say they are very likely to make a change to their own lifestyle as a result of the training

25% say they are likely to make a change to their own lifestyle

100% would recommend this training to others

75% feel their ability to have a healthy conversation with others is very good

For more information [contact](#)

The Macmillan Information Service provides information and support to people living with cancer, their family and friends to improve their health and wellbeing at all stages of the cancer pathway.

**MACMILLAN
CANCER SUPPORT**

Normally the service is carried out face to face in either the Macmillan Information Centre in CAH or the Macmillan Information Hub in DHH. However, due to Covid-19 Pandemic, the service has had to adapt in its delivery by offering information and support to people affected by cancer via telephone.

2020-21 Contacts:

Apr - Jun 2020: 72 contacts

Jul - Sept 2020: 94 contacts

Oct - Dec 2020: 59 contacts

Jan - Mar 2021: 64 contacts

Total contacts from the service commenced: 6206

Outcomes

Service users were signposted and referred to a number of support services and health care professionals, including Benefits Advice, Macmillan National Helpline and Community & Voluntary Sector to help and improve their health and wellbeing.

Below is a video & links highlighting the work of Macmillian Information & Support Services.



InCAN video advertising the local Macmillan Information Services

Please find link to book a Look Good Feel Better workshop for women:

<https://lookgoodfeelbetter.co.uk/support/women/>

<https://lookgoodfeelbetter.co.uk/support/men/>

<https://lookgoodfeelbetter.co.uk/support/young-adults/>



Volunteering

The Trust values the involvement of volunteers in its work because they reflect the interests, needs and resources of the community it aims to serve and bring a unique perspective to all its work. [+ Read More](#)

Recognition

Under normal circumstances, the Volunteering Service would host an annual event to celebrate and recognise the valuable contribution volunteers provide to the Trust, but this year due to the pandemic recognising volunteers had to follow a different format.

Training

[+ Read More](#)

The Southern Trust values the added value volunteers contributes and recognises that appropriate training is necessary for all involved. [+ Read More](#)

Volunteering During the Pandemic

Breast Feeding Peer Support



Ten active volunteers supported breast feeding mums throughout the pandemic by offering a listening ear and some encouragement to keep going. [+ Read More](#)

View video - Breastfeeding Peer Support



Volunteering During the Pandemic

With the roll out of the vaccine programme, the Trust Volunteer Service were quick to respond and provide a cohort of volunteers to support the smooth running at the Vaccination Centre at the South Lakes Leisure Centre, Craigavon. [+ Read More](#)



Read volunteer **Khaleda's** story [here](#)

Read volunteer **Kevin's** story [here](#)

Read volunteer **Milfred's** story [here](#)

Way Forward

As lock down eases, the SHSCT looks forward to welcoming volunteers back in to their placements. The Volunteer Co-ordinators are developing a reinstatement plan to assist volunteers to return as safely as possible.

For more information [contact](#)

The PPI Panel was established in September 2010 to work with and help the Trust shape its service user and carer involvement, structures and processes.

A decade of Service User and Carer Involvement

On Friday 27th November 2020 the Personal and Public Involvement (PPI) Panel hosted a Virtual Recognition Event via zoom to mark a decade of the panel and user involvement within the Southern Trust.



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Click [here](#) for Event Feedback



Good Practice Guidelines for Engagement

During 2011/12, the PPI Panel developed a *Good Practice Guidelines for Engagement* poster. These Guidelines provided a checklist of best practice on key aspects of involvement to complement the PPI Staff Toolkit. It was designed to develop and support better working relationships between staff and service users, carers and the wider public to ensure service users continue to have the opportunity to influence the planning and delivery of services within the southern area.

With Covid-19 changing how everyone works, the PPI Panel felt that the Good Practice Guidelines needed revised. In November 2020, in partnership with Trust staff, the PPI Panel developed *User Involvement Staff Guidance – Ten Tips to Effective Engagement*

[+ Read More](#)

Partnership and Leadership Training delivered via leadership centre for PPI Panel and PPI Team

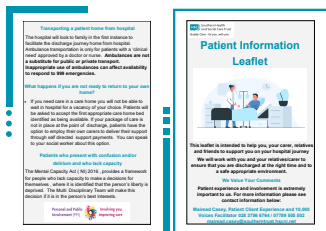
The HSC Leadership Centre was commissioned by the SHSCT to design and deliver a 3-day programme to support partnership working across the Trust. Whilst the Trust is recognised as having excellent relationships with service users, patients and stakeholders, it is important that these relationships are routinely examined to ensure the appropriate skills and behaviours are consistent with the PPI principles, HSC Trust values and recognised best practice when it comes to partnership working.

[+ Read More](#)

User Involvement: No More Silos

In October 2020 The Minister of Health approved the establishment of an interim No More Silos Network to produce detailed proposals for the reform of Urgent and Emergency Care.

[+ Read More](#)



Combined Patient Client Experience, PPI, Quality Improvement and Corporate Governance Strategy

In November 2020, The Southern Health and Social Care Trust hosted a series of three engagement and involvement workshops to support the development of a combined Patient Client Experience, PPI, Quality Improvement and Corporate Governance Strategy.

[+ Read More](#)

Plans for the Future

Covid-19 has changed the way the the trust communicates with Service users and carers, and the PPI Panel recommended meetings September 2020 virtually via zoom. Three new panel members were recruited during the pandemic. Since this time, the PPI panel have worked on the following projects:

- > **No more Silo's local work streams**
- > **Stormont health committee inquiry into care home**
- > **Care partners (with PCC)**
- > **Regional Health & Social Care PPI Involvement Forum**
- > **Hyponatraemia Report Recommendations (IHRD) Implementation Plan**
- > **Clinical Social Care Governance**
- > **RQIA Remit Sub Group (Duty of Quality)**
- > **School of Nursing and Midwifery (QUB) Service Users and Carers Forum**

Interested in joining the PPI Panel

The PPI Panel was established in September 2010 to work with and help the Trust shape its service user and carer involvement, structures and processes. Over the years the panel has been involved both locally and regionally in shaping and planning HSC services. They have helped train new staff on the importance of involving the service user and carer, developing reference material for Trust staff explaining PPI, and taking part in research in conjunction with local colleges and Queens University.

[+ Read More](#)

