

Promoting Wellbeing Division Annual Report, 2021-2022



Foreword

This Promoting Wellbeing Annual Report reflects the broad range of services and initiatives that staff across the Division have led on in 2021/22, supporting the Trust to deliver on all of its strategic objectives with particular reference to 'Supporting People to Live Long, Healthy, Active Lives' and 'Working in Partnership'.

We continue to develop, maintain and grow partnerships across the statutory, voluntary and community sectors to achieve a collaborative approach to reducing health inequalities and improving the health and social wellbeing of our communities, staff, service users and carers.

We have continued to work through the challenges of COVID-19 and its impact, reconnecting and rebuilding relationships and co-producing approaches focused on building back capacity and on creating the conditions for improved population health and social wellbeing for the future.

This report provides excellent examples of leadership and support to achieve these aims. I would like to pay tribute to staff across the division for their continued enthusiasm for finding innovative ways to engage and involve people, deliver better outcomes, share learning and resources and to ensure the Trust fulfils its role as a champion for the wellbeing of our population.



*Gerard Rocks,
Assistant Director for
Promoting Wellbeing*

Strategic context



Promoting Wellbeing Division drives local implementation of relevant regional strategies, Trust Action Plans and the Trust Corporate Plan. Whether relating to mental health, smoking cessation, carers support or community development, our focus is on addressing health inequalities through evidence-based approaches, applying Personal and Public Involvement to ensure we are informed by and working in partnership with service users, carers, community and voluntary sector partners and the public.

Making Life Better: A Whole System Approach to Public Health 2013-2023 provides the strategic underpinning for all of our work across the Division. This report is structured under the six Making Life Better themes.

Contents

- Theme 1: **Giving every child the best start in life** - pages 4-7
- Theme 2: **Equipped through life** - pages 8-15
- Theme 3: **Empowering healthy living** - pages 16-23
- Theme 4: **Creating the conditions** - pages 24-25
- Theme 5: **Empowering communities** - pages 26-31
- Theme 6: **Developing collaboration** - pages 32-33
- **Personal and Public Involvement** (project examples) - pages 34-35

Personal and Public Involvement (PPI) is a process whereby service users/carers and the public are empowered and enabled to inform and influence the commissioning, planning, delivery and evaluation of health and social care services in ways that are relevant and meaningful to them. This work is supported by our User Involvement Team.

Developing the Working Together Strategy

The Trust commenced the process of developing an integrated organisational strategy to incorporate Personal and Public Involvement and Co-production, Patient and Client Experience, Quality Improvement and Clinical and Social Care Governance in 2019/2020.

This year we continued stakeholder discussions with a further three co-production workshops to write the strategy document. These were independently facilitated by the HSC Leadership Centre and involved a smaller group of service user representatives and senior staff.

The Trust consulted on the draft strategy which has been shared with all who participated in the workshops, community and voluntary groups and staff through both operational and professional lines.

User involvement training

The User Involvement team, in collaboration with the PPI Panel, has co-produced and delivered a suite of training modules for service users, carers and staff.

This training programme is designed to increase awareness in involvement and to further develop skills to work in partnership when planning, developing or commissioning services. Flexible delivery allows both online and face-to-face delivery options, building on the existing elearning course available to staff. **More...**



Personal and Public Involvement (PPI)



658 staff and service users have completed PPI training

Involvement projects supported by PPI Team **61**

"A very valuable and well presented introduction to PPI."

"I gained confidence that I was doing more PPI than I thought. I do need to get better at recording."

"Enjoyed the input from service users. Thank you!"

Good practice examples

Read about some of the projects we supported this year on page 34....



SCOPE Training is an innovative, co-produced training programme which supports Service Users and Carers to become involved in the development and delivery of Health and Social Care services.

The Child Development Interventions Coordinator provides support and capacity to statutory, voluntary and community sector providers towards the development and delivery of evidence-based parenting programmes across the age spectrum (pre birth-18 years). Programmes include Incredible Years (baby-12 years), Solihull Understanding Your Child, Parents Plus (Teen and Special Needs) Programmes and Odyssey Parenting Your Teen (Parenting NI).

Parent/Infant Programme Suite

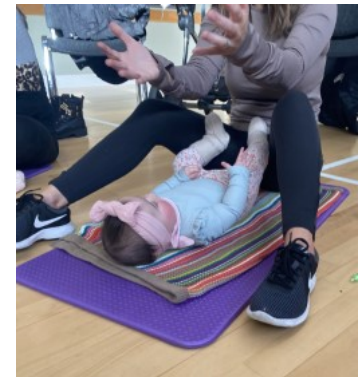
Covid has presented considerable challenges for parents and providers alike over the last two years. The following are examples of programmed activity undertaken over the last year for new mums and parents of adolescents with special needs.

In early 2021, funding was secured through the PHA to support a face to face Parent/Infant Programme suite for new mums (outside the Sure Start area) experiencing significant isolation and the loss of natural support as a result of Covid and its impact. Homestarts in Newry, Banbridge and Armagh areas along with the Trust's Parenting Partnership were supported to deliver a 19-week support package for mums and babies across the Trust. **More...**

Parenting Programmes available in the Southern Trust Area:

[Parent Support – Children and Young People's Strategic Partnership \(CYPSP\) \(hscni.net\)](#)

[Activities for babies, toddlers and children - BBC Tiny Happy People](#)



Parents Plus Special Needs Programme Pilot

A new programme was piloted this year in response to the lack of group work provision for families of children/young adults with a learning disability.

The CDI Coordinator worked with a range of statutory, voluntary and community sector providers to pilot four Special Needs programmes across the Southern Trust Area for families of young people 11-18 years. The pilot was evaluated and the findings will be used to support the programme integration within the Trust. **More...**

[The Special Needs Programme – Training for professionals - Parents Plus!](#)

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The Southern Trust supports expectant parents to participate in online programmes to improve their wellbeing and promote social interaction between parents and baby from birth. Evidence has shown that ante-natal and post-natal depression, anxiety and stress can impact child development.

Roots of Empathy

Over the past 25 years, Roots of Empathy has influenced over 1 million children.



Roots of Empathy
Racines de l'empathie

When COVID-19 hit, Roots of Empathy innovated from being an experiential programme with a baby on a Green Blanket in a classroom, to a baby on screen. This virtual programme was named the Roots of Empathy Recovery programme. **More...**



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Mellow Parenting

"It definitely made me more relaxed and less anxious about being a dad."



"Learnt a lot and would really recommend it."

Mellow Bumps & Mellow Dads-to-be programmes continued to be delivered as online sessions with the support of Health Visitors, South Parenting Partnership and Sure Start staff - all trained to deliver these programmes.

Mellow Dads - 2 programmes were delivered with 13 Dads-to-be completing the programmes

Mellow Bumps - 4 programmes were delivered with 23 Mums-to-be completing the programmes

More...

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ROOTS OF EMPATHY 2021-22

319
PUPILS

Participated in
Roots of Empathy

8 schools
participated

8
SCHOOLS

12
PROGRAMMES

Including 4
programmes in just
one school

Supported by 10
'Teachers'
(aged 3-12mths)

9
INSTRUCTORS

2
COUNCIL
AREAS

Schools in ABC and NMD
Council areas

The Daily Mile is a social physical activity for children who run, jog or walk – at their own pace – in the fresh air with friends for 15 minutes. It is inclusive of everyone and takes place at least three times a week during curricular time in participating schools and nurseries.

Northern Ireland does the Daily Mile days

Our Physical Activity Coordinator, supported by the PHA and Daily Mile Network, organised a regional promotional campaign for two regional Daily Mile days in May & December 2021.



An Eventbrite booking system enabled schools to register and gain access to resources to support them to run their Daily Mile. The event was promoted across social media and resources shared with partners. **More...**

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392 NI schools took part in May

589 NI schools took part in Santa Run

144 Schools took part in Southern Trust

108,047 Children involved



Click on the image to view more photos

Makaton training for Newry families

Makaton training sessions were offered to families in Newry Neighbourhood Renewal areas at the request of local community groups. Makaton is the leading language for people with communication difficulties. Twenty-one people completed the taster sessions and 15 went on to complete the Level 1 course. 100% of participants said they would draw on these skills in their daily life.

Click to [view](#) the full programme we delivered in Newry Neighbourhood Renewal areas.

“Thanks so much for the Makaton training. It was fantastic!! I can now use it with my child and he thinks that it is brilliant that his mummy can communicate with him”



“From doing the training I am now able to communicate with my non verbal son. Thank you so much”

High 5 Fridays!

The Education Authority (EA) in partnership with the Promoting Wellbeing Division, has rolled out High 5 Fridays to primary schools across the Southern area.



High 5 Friday is a fun concept used to promote the Take 5 message where the staff and pupils dedicate the entire school day to one of the 5 steps.

Following the success of Take 5 Steps to Healthy Me (developed and delivered by EA and Promoting Wellbeing staff to six primary schools across the Southern area), the concept of High 5 Friday was established.

More...



Click on each image to view newsletter



Care-experienced young people can face significant challenges in developing independence skills. Our work aims to ensure they are ready for adult life.

Online Relationship and Sex Education Resource

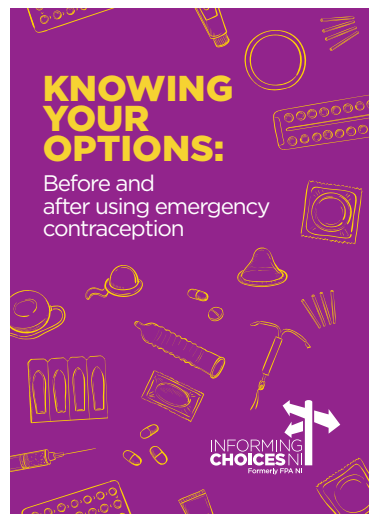
An online Relationship and Sex Education (RSE) resource for Care Experienced Young People (13-15 years) has been launched. Led by the Sexual Health Improvement lead, the resource was coproduced by a project planning group from CYP Directorate and members of the 14+ Service Users group. Training for staff and foster carers took place in March 2022 to enable them to support young people to use the resource before it went live on 1 April 2022.

More...



Click on image to view

Innovations in Sexual Health



The Sexual Health Improvement team have continued to innovate and develop new online resources, information and training to support sexual health and optimise uptake of sexual health services in the SHSCT.

The Northern Ireland Centre for Pharmacy Learning and Development and the Sexual Health Improvement lead supported 156 pharmacists attending online training sessions. A further 70 pharmacists downloaded a recording of the training. **More...**

World AIDS Day awareness

As part of the World AIDS Day awareness the Sexual Health Improvement team and the Lead GUM consultant produced two podcasts to highlight the Trust's new HIV Service, access to PrEP and the developments in HIV care.

[Ep 6: World Aids Day](#)

[Ep 7: PREP \(HIV prevention\)](#)



Young people growing through gardening

The Community Living team, located in Vela House in Moy, provides a hub for learning and support to equip care-experienced young people with independence skills. The team recognised the potential of the underutilised garden space on the premises and decided to form a gardening group to support their work with young people.

Financial assistance was secured from the PHA to enhance the outdoor garden space as a usable and enjoyable area for young people to enjoy. In return, young people have gained confidence, social and practical skills they can use in their own homes. **More...**



Click on the image to view more photos

LAC Grants post Covid support

PHA funding supported the health and wellbeing of care experienced young people through grants. Projects supported included:

- provision of vouchers for suitable **leisure clothing** enabling 125 care experienced young people to use leisure facilities from April 2021 – March 2022
- 194 young people accessed grants to support **training and preparation for work** including driving theory, driving lessons, personal care, hairdressing kits, bicycles, work clothing etc.
- 101 young people availed of **personal development programmes** and activities
- 240 sessions of **tutoring** were provided for young people, supporting those preparing for exams to receive extra support. This has led to improved estimated grades
- **independent living skills**, cooking kits and gardening project were provided for young people living on their own for the first time
- **sensory lighting** was progressed in the child and family contact rooms across the trust areas. This has enhanced the rooms and created a calming space with a self-regulating effect on the children

The prevention of chronic disease and maintenance of physical independence in older adults is a public health challenge as we live longer. Physical activity is key to preventing chronic disease and maintaining physical function & mobility as we age.

Healthy Active Ageing

This year we planned and commissioned a range of physical activity training programmes to support those working directly with older adults across sectors.

A variety of training programmers were commissioned and promoted to staff and volunteers working directly with older adults:

- Love to Move training provided by British Gymnastics [Love to Move](#)
- Community Strength & Balance provided by Paths for all
- Drum-based exercise provided by Lifedock **More...**



Drum-based exercise in action, Newry

[CONTACT US](#)

Move It or Lose It



Residents of Templar Court Fold, pictured attending the outdoor programme.

Click on the image to view more photos

Move It or Lose It programme was developed in response to the physical deconditioning and loneliness experienced by older adults, as a result of the isolation experienced throughout the pandemic lockdown.

The programme ran over 6 weeks and was delivered by the Support Worker in the Craigavon and Banbridge locality.

More...

[Introduction to Falls](#)

[Southern Trust Falls Clinics](#)

Think Falls Awareness Campaign - September 2021



#thinkfalls chatty calls

Join us every Monday throughout October at 10.30 for a series of "chats" with professionals involved in awareness and falls prevention. These talks will be followed by a short quiz and an open chat over a cuppa.

- ✓ **4th October**
Chat with the Council's Home Safety Officer
- ✓ **11th October**
Chat with your Southern Trust Podiatrist
- ✓ **18th October**
Chat with Boots Optician and Falls Pharmacist
- ✓ **25th October**
Chat with Southern Trust Falls Physiotherapist

To register for the sessions and your **FREE** resource pack, including

SHSCT, in partnership with the NMDDC, ACBC and Mid Ulster Councils hosted a series of five online 'Think Falls' information events via zoom, with professionals involved in falls awareness. Partners included NMDDC Home Safety Officer, Southern Trust Podiatrist, Boots Falls Pharmacist and Optician and the Southern Trust Falls Physiotherapist.

These events were organised to address and raise awareness of falls and to enable participants to learn new facts to help them live healthier and safer lives in the future. **More...**

[Introduction to Falls](#)

[Southern Trust Falls Clinics](#)



Click on the image to view another poster

Park Power

Preventing falls, improving muscular strength and physical function among older adults are key public health priorities.

Park power in is an initiative developed by Paths for All Scotland and adapted to the Southern Health & Social Care Trust in partnership with Armagh, Banbridge & Craigavon Borough Council to encourage adults to participate in strength and balance exercises. **More...**

[Park Power at Lurgan Park - Get Active ABC](#)

[Park Power - Strength and Balancing launch](#)



Park Power!
Get Moving Strength & Balance Exercises for people of all ages

Logan City Council | pathsforall | HSC



The Carers Coordinator provides information and support to carers across the Trust.

Making caring visible and valued

The Carers Coordinator in Promoting Wellbeing provides Trustwide support to implementing the Carers Action Plan, advising Carers, delivery of the cash grant programme and ensuring regular communications through the Trust Carers Register.

The Coordinator also liaises closely with carer support providers in the community and voluntary sector, to ensure effective collaborative working.



Click on image to view

For Carers Week 2021, the Southern Trust, with our community support provider, Carers Trust, planned a week of activities for carers to recognise and appreciate their invaluable contribution throughout the year.

More...



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Carers First service from Clanrye

CARERS FIRST

Clanrye Group
We Care

The Carers First Programme will provide support to adult carers living within the Southern Health & Social Care Trust area.

The programme offers:

- Advocacy Services/ Signposting
- Education & Training
- Social Activities
- Health & Wellbeing
- Personal Development
- General Information

To register on this programme contact:
 Pauline Rice on 079 6677 1644 or email pauline.rice@clanryegroup.com
 You can also contact us on 028 3005 0200 or info@clanryegroup.com

To find out more about Clanrye Group, please visit our website: www.clanryegroup.com or visit our Facebook Page.

HSC Southern Health and Social Care Trust

Clanrye’s Carers First service (which took over the carer support contract in September 2021) is commissioned by the Southern Trust to provide support for adult carers in the Southern Trust area. Services include health and wellbeing support, social activities, information and signposting, training and a listening ear phone support service.

Carer Support Officers in each of the Trust localities provide one to one support tailored to each individual’s needs. They also facilitate activities including weekly coffee mornings, walking groups, events and training sessions throughout the year, at which carers enjoy the value of peer support, friendship and a break from their caring role. A newsletter highlighting free events and activities for carers is produced and shared bi-monthly with carers. **More...**

mPower is a five year project supported by the European Union's INTERREG VA Programme. mPower has worked with communities to enable people in the 65+ age group 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.

mPower wellbeing plans

Our work focused on supporting older people with one or more long-term conditions by co-producing wellbeing plans and referring to trust services and organisations in the community & voluntary sector.

Each wellbeing plan starts with the question 'What matters to you?' in developing a personalised approach. Despite Covid restrictions preventing face-to-face visits, we exceeded targets by over 20%. **More...**



Beneficiary Case Studies

[Anne's Story](#)

[Molly's Story](#)

mPower has created a legacy website to showcase the impactful work that has been completed over the past five years of the project: www.mpowerhealth.eu

eHealth interventions

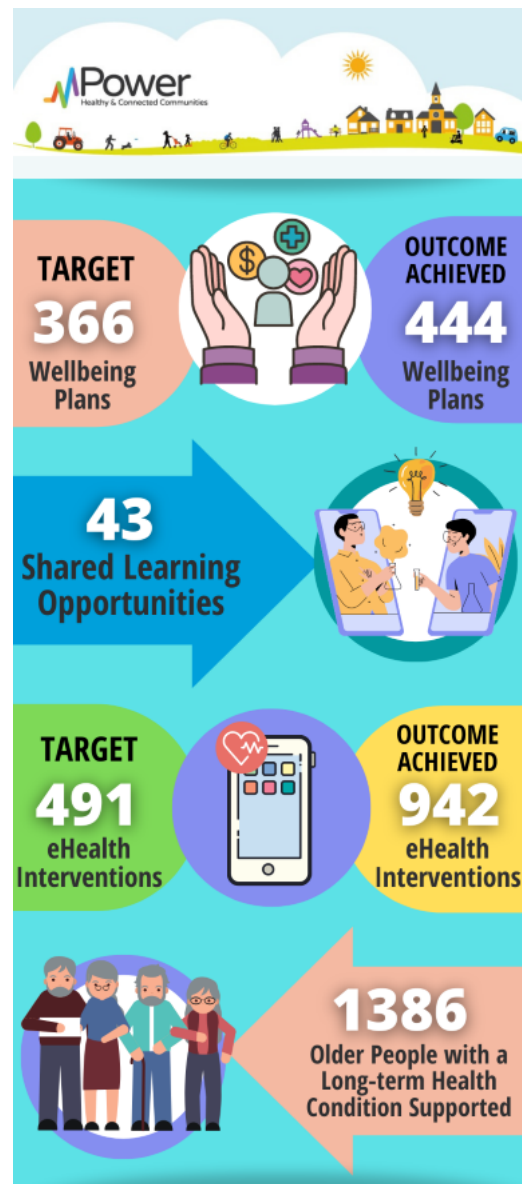
mPower has built connections across Trust services and the Community/Voluntary sector with cross referrals, funding and by providing digital equipment.



View posters and photos



mPower promotional video

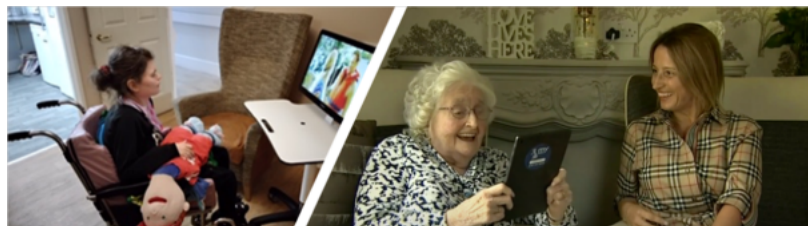


eHealth interventions: Introducing RITA

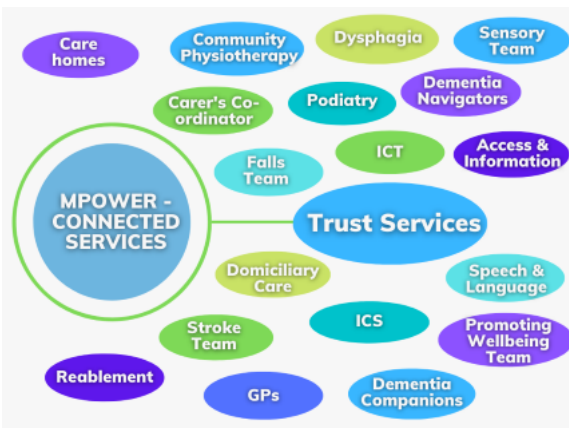


One of the significant successes of mPower was introducing RITA in Daisy Hill Hospital. Reminiscence Interactive Therapy & Activities (RITA) is an interactive touch screen system which allows patients with dementia to enjoy reminiscence content, watch films, play games, listen to music and view messages from loved ones as part of their recovery and does not require a WiFi connection. Dementia Companions were trained to support the rollout and also provided with 5 iPads which were pre-loaded with ORCHA approved health and wellbeing apps. These devices are provided to patients following their discharge as they receive follow-on support from the Dementia Companions. **More...**

"I loved the record player, some great old songs on it, and the word searches keeps me focused." **Patient**



Since November 2021, 110 people have benefited from RITA, 15 staff have been trained and devices are used on average 15.5 hours per day



mPower projects connected extensively with both Trust and community services. Click image to enlarge

Promoting Wellbeing Training

The Promoting Wellbeing Division coordinates the delivery of training to build knowledge, skills and capacity in support of health and wellbeing. Throughout 2021/22 training was delivered online and included programmes supporting mental health, physical activity, parenting, home accident prevention and sexual health.

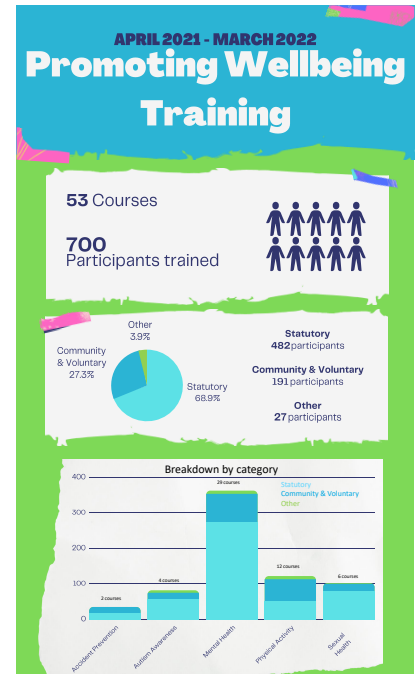
"I am a teacher who has taught autistic children. I honestly thought I knew and understand how to support them but it is only since having a child with autism that I realise I didn't know enough. This training should be given to all teachers to help them support children with autism." **Autism Awareness**

"Brilliant course. I can feel the benefits in my own body and the sessions occurred at an appropriate pace." **Chi me**

"Very straight talking, good real life examples and very current." **Image based abuse**

"Fantastic and simple ideas to use that could make a positive impact. This is needed so much for our Health Service staff !!" **Understanding anger**

More...

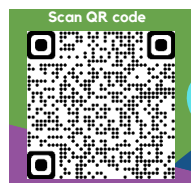


Youth Wellness Web



....a place where everyone deserves to be helped at any time, no matter how big or small the problem is!

The Youth Wellness Web is a resource co-produced with young people in NI. Its purpose is to ensure young people, families and professional staff can quickly and easily access information, resources and services regarding emotional mental health and wellbeing. This website acts mainly as a signposting service alongside brief informational resources, videos, images and podcasts. **More...**



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 has continued to adapt and work in new innovative ways to support the health and wellbeing of both communities and staff.

Cook it! tutors 'roll up their sleeves'

Despite ongoing restrictions from Covid, tutors continued to 'roll up their sleeves', embrace virtual challenges and delivered **36** community nutrition education programmes reaching **378** participants across the SHSCT. **More...**

Nutrition at a glance



Click on the image to view infographics

The Public Health Dietitians Groups developed a series of infographics to make it easier to access key healthy eating messages in a simple 'at a glance' format. **More...**

Putting health on your plate

SHSCT continues to work towards implementing the Nutritional Standards in Health and Social Care. The standards aim to support the provision of healthy and affordable food choices and make the healthy choice the easy choice. **More...**

[Nutritional_Standards_Health_Social_Care_2022-2025.pdf \(hscni.net\)](#)

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Nutrition webinars at your fingertips

Public Health Dietitians Group NI has developed a suite of nutrition webinars. These were developed to meet the needs of communities and organisations.

More... [Annual summary report 2021 / 22](#)



[to view video links](#)



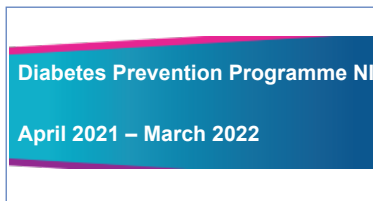
Diabetes Remains a Major Public Health Challenge



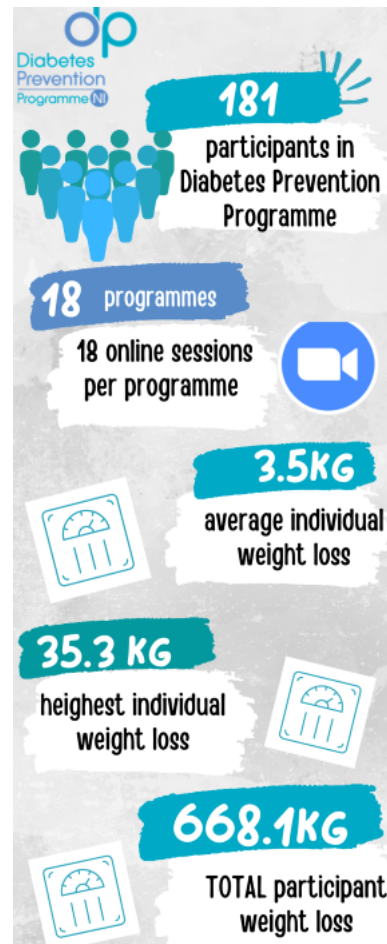
Diabetes remains a major public health challenge, with the number of people developing Type 2 diabetes continuing to rise year on year. SHSCT recognises it is crucial we tackle prevention of Type 2 Diabetes and has continued to deliver the evidence-based NI Diabetes Prevention Programme, funded in 2021/2022 by PHA.

More...

View [case studies](#) of positive outcomes following completion of the DPP programme.



Click on the image to view presentation



Paths for All

Physical Activity Coordinator sought permission from Paths for All to use the signage in the first instance to pilot the initiative in the Trust area. **More...**

Walk This May Campaign



The Physical Activity Coordinator developed & organised a Walk This May Campaign and Walking For Health Programme to encourage everyone to do more walking!

More...



Walking for Health



The Walking for Health programme continues to support walking across Northern Ireland by providing training and support to Walk Leaders & groups.

- 160 walking groups
- 105 new walk leaders trained this year

More...

[Walk This May Campaign](#)



The stop smoking service continues to offer telephone and video link support to those who wish to stop smoking.

Southern Trust Stop Smoking Service

Referral to the stop smoking service can be via telephone; e-mail, referral form, Trust Website referral link, NIECR and White Board. The stop smoking service offers Brief Intervention Training (BIT) and Very Brief Advice (VBA) Training on request from staff individuals and staff teams, as well as other statutory, community and voluntary groups. **More...**



New NIECR referral system

In 2021/22, the option to make referrals to stop smoking services became available on the Northern Ireland Electronic Care Record (NIECR).

The stop smoking specialist can access all referrals on the NIECR list and can also link patients/clients to the patient portal via NIECR for further stop smoking support information.

Ask, advise and action

VBA (very brief advice) training was offered to medical and nursing staff to remind them to Ask, Advise and Action and then refer service users to the new whiteboard indicator for the stop smoking service. **More...**

Supporting decline in smoking

Cigarette smoking prevalence across NI has shown a gradual decline over the last ten years, falling from 24% in 2010/11 to 17% in 2019/20.

More..

Care Opinion feedback

"I was due to have an operation... so I contacted the clinic and was provided with all the help and advice I needed.

I'm not going to say it was easy, but just having someone to talk to and get advice from was a great help. I also found that some of the videos on YouTube have been very helpful.... I can feel the benefits already and it's only been 6 months."

[Stop Smoking Service](#)

[Smoke Free animation](#)

STOP SMOKING SERVICE FACTS, 2021-22



OF THESE SERVICE USERS...



FIT 4 U - supporting people with a disability to stay active

Throughout the Covid-19 pandemic, Fit 4 U continued to support people with disabilities to stay active in 2021/22. Service Users were supported to stay active at home and given the opportunity to participate in face-to-face activities in outdoor settings.



Support included a mix of online exercise sessions, at home physical activity challenges, keeping in touch telephone calls, distribution of resource packs and outdoor walking groups across the Southern area.

More...

[FIT 4 U project](#)



FIT 4 U 2021 - 2022

256	Participants
99	New participants



in 70
online exercise
sessions

82 walks with the
walking groups



completed
at home challenges

Resource packs
distributed



fit4u
active lifestyles



Romanian Lads take on the Might of Newry

In Spring 2022, a group of young Romanian men tested their ability in a soccer match against a Newry City Team at Newry Showgrounds. This was a result of many months of engagement and support from the SHSCT Traveller and Ethnic Minority Support Worker. **More...**

iRenovate Virtual Men's Health Programme



The iRenovate programme is a 6 week programme based on the Take 5 Steps to Wellbeing designed to challenge men of all ages to take responsibility for their own health and wellbeing.

Due to Covid 19 lockdown, it was delivered via Zoom to ten men who were socially isolated as a result of the pandemic.

More...



Helping local communities Take 5!

ABC Take5 shared leadership project takes the important Take 5 concept for wellbeing and makes it real and relevant to people across all communities.

This project involved over 11 partner agencies working together to develop a short video and signposting resource, highlighting how and where individuals living in the ABC Borough can 'Take 5' to improve their health and wellbeing. This resource is currently being extended to the NM&D and Mid Ulster council areas. **More...**

[Simple Steps to Improve your Wellbeing](#)



NI Bands Take 5!



The Northern Ireland Bands Forum have been proactive in addressing the mental health needs of their members. **More...**

'We are delighted to have been given the opportunity to attend this training. Take 5 is a simple message that people understand. We want to promote the fact that we can do simple things to help us feel good and highlight the many supports available should our members need to avail of them.'



SHSCT supports initiatives to promote mental health, wellbeing and suicide prevention across the Southern Area.



Protect Life

The Southern Area Protect Life Implementation Group (PLIG), chaired by SHSCT Assistant Director of Mental Health, met 4 times between April 2021-March 2022.

Twenty five members participate in the PLIG steering group, including key community and voluntary sector representatives, Mental Health Forum, Family Voices Forum, HSC services, PHA, primary care, PSNI, Councils, Regional College, Education Authority and PHA.

In addition, a multi-agency subgroup of PLIG, the Children's Emotional Health and Wellbeing Network, was established to address the mental health needs of children and young people, ensuring joined-up working between SPLIG and Southern Outcomes for Children Group.

Over the year, online training webinars and workshops on a variety of topics were facilitated to support communities, schools, workplaces and individuals in mental health promotion, suicide prevention and responding following a suicide.

Access a range of evidence-based self-help booklets online or in audio format to support your self-care and help you in your care of others.

[Southern Health and Social Care Trust - Self Help Guides \(ntw.nhs.uk\)](https://www.nw.nhs.uk/self-help-guides)

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In 2021/2022, 321 individuals benefitted from the PHA Protect Life Budget training fund

Feedback comments from those attending training included:

"The clinical examples and insights really brought the content to life and provided excellent advice on considerations for supporting children." **More...**

Level 1 Towards Zero Suicide E learning

It is a SHSCT target that all HSC complete Level 1 Towards Zero suicide E learning. Trust staff are encouraged to complete this via the e learning platform. A total of 2383 Trust staff have completed this awareness raising training to date. **More...**

[Trust eLearning platform](#)

[Zero Suicide Alliance](#)

Reflective Practice

A six week block of reflective practice workshops were offered this year to two groups, one from Statutory services and one from the Community and Voluntary Sector by Dr Wendy Coetzee, Consultant Clinical Psychologist. **More...**

Postvention support for children and families



This is well evidenced in reducing the lifetime risk of suicide. While we hope that children never have to experience tragic events, at times, sadly, children and young people can be affected by suicide. Postvention support seeks to provide proactive and timely support to people in the immediate aftermath of a suicide.

Specialist resources were purchased and developed to support parents, carers and family support workers in their conversations with children about suicide loss.



SHSCT also supported onward referrals to Barnardos Specialist Child Bereavement service.

Art Workshops (Wet Felting)



In the lead up to Easter, three evening online workshops were offered to staff to try the creative and artistic process of wet felting.

Careful guidance was given in how to create a beautiful landscape and this allowed staff to get completely lost in the very peaceful and zen process of using wool roving, soap, warm water, and agitation to magically create a unique piece of colourful art. **More...**

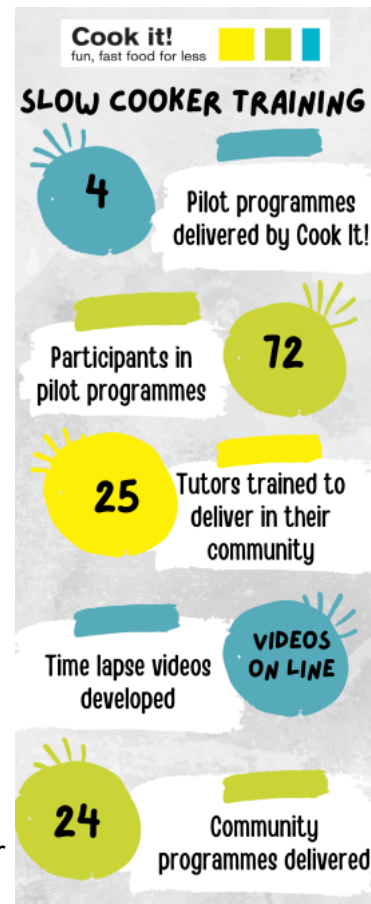


Making the most of your slow cooker

- a new programme for communities

'Making the most of your slow cooker' programme aims to show participants how to use a slow cooker, shop smarter and eat healthier. For those at risk of food and fuel poverty, slow cookers provide a way to make healthier food choices on a budget. Dietitians piloted the programme across NI and then recruited tutors locally to train and deliver the programme to their own community groups/organisations.

Programme materials were developed by the Public Health Dietitians Group for tutors and participants. **More...**



Public Health Dietitians Group

Is anyone better off?

Health and Social Care Quality Improvement Agency

The Slow Cooker initiative empowers and enables individuals and families to make nutritious, healthy meals on a budget and provides a more sustainable, longer term option to support families experiencing food poverty.

Is anyone better off?

Click on image to see what participants thought of the programme and the difference it made



View more Slow Cooker demonstrations

Smoke Free at Southern Trust

In 2016, Southern Trust made a commitment to become Smoke Free. This is in line with The Health Act (2006) and guidance from The National Institute for Health and Care Excellence (NICE) 2013, which states 'all hospital sites should be 100% smoke free.'

In order to raise the profile of this commitment, a range of newly branded resources were shared throughout stop smoking awareness month (March 2021), promoting our smoke-free vision for the years ahead. **More...**



Animations to promote our very successful stop smoking service and our Smoke Free sites policy can be viewed [here](#)



Age Friendly Partnerships are now in place across all three council areas that straddle the Trust. Community Development staff are actively engaged in developing the local strategies and jointly delivering on the action plans.

Positive Ageing Day



The focus of 2021 Positive Ageing Day (PAD) N&M was to celebrate citizens aged 50 & over. The main event was a virtual 'Mad Hatters Tea Party' and was hosted on Zoom on Wednesday 6th October.

This was co-ordinated by working in partnership with four post primary schools; each appointed 50 students to target 50 older people and assisted them to log into the main online event.

Each person received an invitation and a tea box to enjoy whilst participating in the online event. The Take 5 message was delivered as the main health promotion. **More**



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Addressing inequalities and inclusion

Two new posts have been created, working collaboratively with local communities and partners to address health and social inequalities for Traveller and ethnic minority communities.

Significant inequalities still exist for Travellers in terms of life expectancy and quality of life outcomes. Also, the recent ethnic minority needs assessment survey completed with CYPSP highlighted barriers faced in accessing services and supports, compounded by a lack of materials and resources in other languages.

These new posts are working in partnership internally and externally to address health inequalities. Find out more:

Inequalities and Inclusion Coordinator

Traveller and Ethnic Minority Support Worker

[CONTACT US](#)

Across the Southern Trust we work closely with our community and voluntary sector partners to improve health and wellbeing. Below we have profiled just a selection of the delivery and outcomes from commissioned services we manage within Promoting Wellbeing.

BritishRedCross

"I could not have done without Red Cross support following my discharge from hospital. If BRC hadn't been available, I do not know how I would have coped. I am eternally grateful to BRC and always will be". **Find out more...**

Craigavon Volunteer Bureau recruits, places and supports volunteers in partnership with various community groups. **More...**



232

VOLUNTEERS REGISTERED WITH THE PLACEMENT & ACCESS PROJECT

DRUMCREE COMMUNITY TRUST



3,290

Attended yoga sessions

Attended other physical activity sessions

6,386

Attended arts & crafts sessions

2,141

140 Gardening packs distributed



1,152 WOMEN ATTENDED THE WOMEN'S GROUP

500 PARENTS & TODDLERS

Attended the Parent & Toddler Group

"When I contracted covid the girls rang me every day even at the weekends as I have no family, I was so grateful. Thank you, girls."



"My call is the only communication I have with the outside world, I would be lost without it."

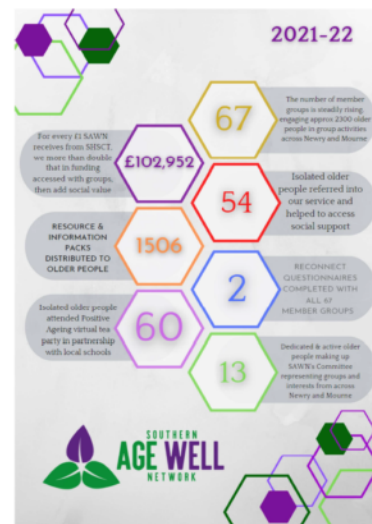
Find out more about our **Good Morning Services...**



Southern AgeWell Network



Southern AgeWell Network ensures that the older people's movement in our area is vibrant and engages those most in need, those at risk of suffering isolation and feelings of loneliness. The Network supports over 60 older people's groups across Newry and Mourne, regularly engaging over 2,000 older people. **More...**



DOWN ARMAGH RURAL TRANSPORT (DART)

1,555
DELIVERIES OF PERSONAL PROTECTIVE EQUIPMENT (PPE)

1,416
PASSENGER TRIPS

785
SUPPORT CALLS MADE

3,064
TRIPS MADE TO SOCIAL CENTRES

92
TRIPS PROVIDING COVID RELATED SUPPORT

*Down Armagh Rural Transport Partnership works to ensure that rural residents have equal opportunity to remain connected to community life. **Read more...***



Having been discharged from hospital a social worker contacted Community Advice Craigavon to support a client who found themselves unemployed, homeless and with no possessions. Prior to admission this client had been employed and had a home. **Find out how they helped...**



An Tearmann

"I was only a boy when you did the youth groups in the Centre.. we tortured you but ...you pushed me, fought for me with the training centre... Now I am a carpenter and I have just got my HGV licence."

Find out more about **Traveller support in the Southern Trust...**



Connecting residents in rural areas

Laurencetown, Lenaderg and Tullylish Community Association is made up of local residents who own and run the local community centre. They provide activities that give information and support to the community. **More...**



Loughshore Care Partnership

Loughshore Care Partnership delivers services for the older population of the Loughshore area.

More...

LOUGHSHORE CARE PARTNERSHIP



554

attended groups in the Cranagh & Aghagallon area

892
attended groups in the Birches area



866

attended groups in the Derrytrasna area

475



attended groups in the Maghera area

Our Workplace Health Improvement Lead ensures a proactive and innovative approach to enhancing staff health and wellbeing and promoting a culture where health and wellbeing is embraced by all our staff.

UMatter website

To mark the third anniversary of the launch of the SHSCT Umatter website, a staff survey was conducted in May 2021 on Umatter and the Friday Focus health and wellbeing weekly email update.

A total of **802** responses were received. **73%** of staff responding had used the Umatter website. **35%** of respondents felt that the Umatter site had been extremely or very effective at supporting their health and wellbeing and **33%** said it was somewhat effective.



Health Champion Network

- Network of **74** Health Champions
- 9** new champions
- Info/support for members
- 5** meetings held in 2021/22
- Responsive, seasonal info & resources

www.u-matter.org.uk

Workplace Health Champions

SHSCT continues to support a network of workplace health champions to embed health and wellbeing within their teams, cascade information and encourage participation in health-promoting activities and behaviours in and outside of work.

Virtual health champion meetings continued throughout the year to provide champions with updates on new initiatives, resources, campaigns and health and wellbeing related policies. **More...**

[CONTACT US](#)



40,307
USER VIEWS



by staff during 2021-22



138,906
PAGE VIEWS

802
STAFF SURVEY
responses



Umatter used mostly for:

Health advice	42%
Health & wellbeing info	35%
Available staff supports	34%

FRIDAY FOCUS EMAIL

78%
of respondents read
Friday Focus



40%
said it prompted them
to visit Umatter

73% are Umatter users

Friday Focus now
available on our staff
app **SHSCT Connect**



Menopause Cafes / World Menopause Day

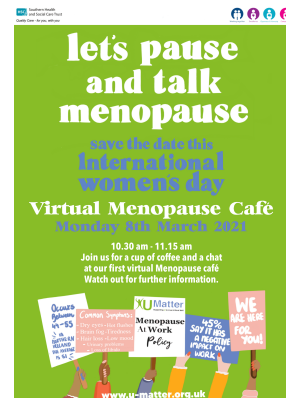
Work continues on supporting women in the workplace impacted by the menopause.

The Trust hosted two menopause cafés in March and November. These provided a shared safe space to discuss the impact of the menopause and share information on sources of support including the Trust's [Menopause Policy](#) and [Toolkit](#). The virtual events featured open group chat, break out rooms where small numbers could talk and also a virtual poll.

The poll revealed most felt the topic was less of a taboo in the workplace.

Poll findings

Most participants were at the peri-menopause/ menopause stage. Around two fifths felt informed and prepared for menopause. The most challenging symptoms were the psychological and physical symptoms:- mood, anxiety, forgetfulness, tiredness, hot flushes, muscle cramps. **More...**



Cancer guide for staff



The Trust recognises that many of our staff may have personal experience of cancer or may be in contact with colleagues or a family member affected by cancer. This guide was developed to provide useful advice, information and top tips to consider in supporting staff affected by cancer.

For further resources and information on cancer prevention, detection and support see the cancer zone on Umatter.

[SHSCT 'Supporting Staff Affected by Cancer' - Guide for Staff and Managers | U-Matter](#)





Breastfeeding Peer Support Volunteers



Breastfeeding peer support services have been providing support to breastfeeding mothers in the Southern area for over 10 years. The community-based volunteers deliver support and information to pregnant women and breastfeeding mothers in their own areas. **More...**



[CONTACT US](#)

Vaccination centre volunteers

Trust volunteers acted as a point of information for large numbers of people attending the Centre.



The volunteer's main role involved offering support and displaying a friendly, reassuring presence, so that those attending the centre felt supported. **More...**



[CONTACT US](#)



Community Sector Training

Adult safeguarding	8 courses
Child safeguarding	33 courses



Child and adult safeguarding courses delivered



Community groups trained from across the Southern Trust area



Community volunteers and staff trained

Safeguarding in the community

Forty-one safeguarding programmes were delivered by Community Sector Training to a variety of community and voluntary groups working with children / young people and adults. Trainers worked with community groups to adapt courses for effective online delivery. **More...**

[CONTACT US](#)

During COVID-19 the impact of loneliness and social isolation on our communities was of heightened concern. Community Development staff in our Promoting Wellbeing locality teams have led on a number of new initiatives to support collective action in raising awareness and addressing the impact of loneliness across the generations.

Launch of ABC Loneliness Network



The ABC Loneliness Network was launched online in June 2021. It brings together a partnership of over 80 organisations, aiming to:

- raise awareness of loneliness across the generations
- share practice and learning
- reduce the stigma and barriers to participation
- initiate actions which address loneliness **More...**

Conversation on Loneliness

In the Newry & Mourne area, we hosted a workshop entitled 'A Conversation on Loneliness', where over 50 people attended the Zoom event. A joint plan has been produced for delivery from 2022-23. **More...**



Kindness Post Box

The Kindness Post Box is a partnership initiative piloted by the Loneliness Network. It is a community focused project based on the idea of bringing little bursts of happiness to those most isolated and affected by difficult times. **More...**

Chatty Benches

Five brightly painted 'Chatty Benches' have been installed across the area to help bring local people together, thanks to a partnership between Armagh City, Banbridge and Craigavon Borough Council and the ABC Loneliness Network. **More...**



Promoting Wellbeing locality manager with Council and Trust colleagues at launch of Chatty Bench.



[CONTACT US](#)



"I really enjoyed making my card for the older people; I wanted them to know when they feel sad to look at my card to make them happy again."

Staff across the Division are involved in close to a hundred different partnerships - a huge investment in collaborative working. These range from statutory driven groups like **Community Planning** and **Neighbourhood Renewal Partnerships**, to support for local projects to address identified need. Joint investment with organisations like **Macmillan** has enabled significant service enhancement in cancer services and support.

Macmillan Information and Support Service

The Macmillan Information and Support Service provides access to quality cancer information and helps everyone with cancer live life as fully as they can, providing access to physical, financial and emotional support.

See more about how the service continued to deliver through Covid restrictions. **More...**

Reaching out pilot scheme

We wanted to look at other ways we could reach out to patients to ensure that their information & support needs were being met and to maximise their health & wellbeing.

In partnership with the Breast Care Team, we developed the Breast Optout Pilot, followed by the Colorectal Optout Pilot (bowel). The pilot ensures that all newly diagnosed breast cancer and colorectal cancer patients receive a supportive conversation from the Macmillan Information and Support Service within 2 weeks of diagnosis, with patient consent.

More...

Personalised care - giving choice and control

SHSCT has been funded by Macmillan to support a project to increase access to personalised care for everyone diagnosed with cancer. **More...**



Support Service provision
2021-2022



656

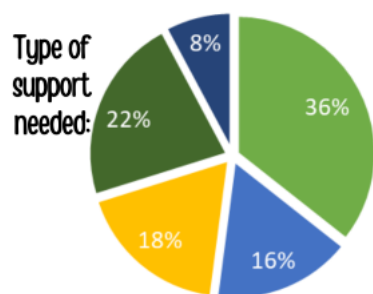
contacts with people affected by cancer

80%
female contacts

Top 3 tumour sites

1. Breast
2. Lower GI
3. Gynae/Haematology

Type of support needed:



■ Emotional
 ■ Financial
 ■ Physical
 ■ Clinical
 ■ Practical



[Regional MISS promotional video](#)

[Macmillan News - MISS](#)

[CONTACT US](#)

The Verve Network empowers local communities with the support, resources and local expertise to address health inequalities by supporting healthy living. Funded by Department of Communities under its Neighbourhood Renewal programme, this year saw further programme innovation and extension of the model. We also launched our new website at www.verve-network.co.uk



New Verve Forest Bathing Programme

As part of the Verve Health Programme for Craigavon Neighbourhood Renewal areas, eight local people were trained as forest bathing guides by Eco-wellness Ireland. **More...**



CONTACT US

Community Planning and participatory budgeting

Communities Leading Change is a Participatory Budgeting Initiative allowing residents to decide how to spend part of a public budget by voting on which projects will have the biggest impact in their community.

Find out how we supported these projects in:

- Newry and Mourne
- Mid-Ulster
- Armagh, Banbridge and Craigavon.



Verve Network (Newry and Mourne)

In autumn 2021, we secured support under community planning to extend the Verve model to Newry and Mourne, in partnership with the Clanrye Group.

Over just 6 months, **13** community groups across the area formed the Verve healthy living network, **10** individuals completed their Level 3 Health Facilitator training to become Community Health Trainers and **50** individuals received one-to-one health coaching. **More...**

Covid mitigations



Over the past two years, we have worked through Community Planning Partnerships to agree distribution of funding to mitigate some of the Covid impacts. This Poverty Support Fund proposal, for example, enabled funding and support to reach some of the most needy individuals and families.

These are just a sample of the numerous involvement projects that have delivered service improvement across the Trust in 2021-22, supported by our User Involvement Team.

From 'Contact Rooms' to 'Family Spaces'

Find out how the voices of young people helped staff make the change from 'Contact Rooms' to 'Family Spaces', supported by the Looked after Children's Team and our PPI Team and funded through a winning Dragon's Den pitch.



View the feature and video on pp. 28-29 of the QI newsletter



NMS Service User Forum



NO MORE SILOS

NMS Service User Forum Members on a walk round of the new urgent care centre

A new No More Silos Service User Forum was established in the Spring, with support from the PPI Team, to facilitate close partnership working between service users and the NMS project management team. As a result service users are embedded across key aspects of the project. **More....**

Traction therapy trial

The Orthopaedic Occupational Therapy Service requested PPI support in involving service users in development of a new Traction Splint to be used instead of invasive hand surgery, reducing recovery and rehabilitation times.

We provided advice on how to engage effectively with their service users. Service users supported the team to develop a survey to gather feedback on using the splints or having the surgery.

The survey was piloted and even its earliest findings indicate the splint is providing much better outcomes. The project team are now drafting a support information leaflet with service users.

Family Liaison User Involvement Pathway

A number of families involved in a Serious Adverse Incident (SAI) were invited to assist the Trust in the implementation of SAI recommendations. This was a unique situation and therefore required joint working between the PPI team and service teams involved. **More...**

Mental Health Forum and UCSIG



The Mental Health Forum and the User & Carer Service Improvement Group (UCSIG) ensure mental health core workstreams, projects, service developments and quality improvement initiatives progress with the lived experience voice actively and equally contributing. **More...**

User involvement in SAI investigations

“Hello everyone, my name is Sheila Darling and I have been working on a level 3 SAI [Serious Adverse Incident] as part of the team who investigated hospital-acquired Covid between Daisy Hill and Craigavon area Hospitals.... I felt it was important someone was on this panel from the communities affected, and I was that person. I was treated as an equal member of the panel, my views were sought and acted upon... I was consulted at every stage... and provided robust challenge when necessary.”

Find out more from Sheila about her experience on the Panel...

Maternity Voices Partnership

The User Involvement team has been supporting the Maternity Voices Partnership since May 2021. The group was re-established following the COVID -19 pandemic to address the challenges experienced due to restricted service delivery. The aim of this group is to improve outcomes for mothers, babies and families.

In recent months, this proactive group has co-produced a Birth at Home Policy and have set up a Communication Group to support mothers, babies and families to receive helpful information. **More...**

Community Dental Team

PPI team worked with colleagues within Community Dental to help them to promote their service, seek user feedback and develop methods to engage further with their Service Users. This service is already doing a lot of positive work within the community to promote oral health care and this project helped to raise awareness of their team.

[CONTACT US](#)

About us

Promoting Wellbeing Division sits within the Directorate of Older People and Primary Care, but works across all directorates and programmes of care.

We provide services, programmes and training to support individuals and communities to live longer, healthier, active lives. Staff seek to build capacity within communities to reduce health and social inequalities, helping them achieve a better quality of life for people in the Southern Trust area.

We employ a range of specialist staff, including health improvement specialists and community development practitioners, ensuring local delivery of regional strategies for health and wellbeing.

Contact us

Find us online at <https://southerntrust.hscni.net/your-health/>

A full staff directory is available at <https://tinyurl.com/yjvunyrt>