

BCPPNews



Welcome to BCPP News, the newsletter brought to you by the Community Development and Health Network (CDHN) through its Building the Community-Pharmacy Partnership (BCPP) Programme. We hope you enjoy reading about some of the projects we have funded recently and the great work they have been doing through the BCPP Programme.

Women's Tec and Crossin's Chemist

BCPP 'nails' 800th project

CDHN recently celebrated funding its 800th project through the BCPP Programme. To date, CDHN has invested £5.3 million in grants on behalf of the Health and Social Care Board (HSCB) to tackle health inequalities. It was celebrations all round, as this milestone coincided with the HSCB announcement that CDHN was successful in its bid to continue the delivery of the BCPP Programme.

Women's Tec and Pharmacist Kevin McDevitt from Crossin's Chemist were the two partners in this 800th project. Women's Tec provides non-traditional training courses to women such as carpentry and plumbing and has a great reputation for engaging women who are vulnerable and have experienced some level of crisis in their lives.

Kevin, the pharmacist, met with the group at the beginning of the project. Together they drew up a plan for the interactive sessions and topics they wished to cover including mental health, the role of the pharmacist, prescription medication and women's health. AWARE came along to one of the sessions and together with Kevin, spoke to the women about mental health and outlined the valuable support they currently offer.

The project was very successful and had a positive impact on members in terms of confidence. At the start of the project only 40%



Joanne Morgan, Director, CDHN; Kathy Martin, Strategic Impact Manager, CDHN; Dr Mark Timoney, Chief Pharmaceutical Officer, DoH and Joe Brogan, Head of Pharmacy and Medicines Management, HSCB.



Representatives from PHA, HSC, Crossin's Chemist, Women's Tec, Department of Health, CDHN, CPNI and Pharmacy Forum at the 800th project celebration event in Women's Tec, Belfast.

of participants felt confident going to the pharmacist for advice and by the end of the project, every participant felt confident doing this. The project also had a positive impact on the participants' mental health. At the beginning of the project, eight participants had poor psychological wellbeing and this was reduced to four participants by the end.

One participant said 'I felt that this course acted as a vital link between individuals who were struggling with personal situations and information sources where they could gain invaluable support and advice. The pharmacist had a wealth of knowledge and he had so much time to speak with me and other members of the group.'

At a celebratory event, representatives from the Department of Health, HSCB, Pharmacy Forum, Community Pharmacy NI and BCPP projects heard first hand about the project from the women themselves.

Kathy Martin, Strategic Impact Manager, CDHN, said *"We are delighted to celebrate this achievement and showcase the excellent work that our projects do. It was a great opportunity to hear the experiences of BCPP participants and highlighted the importance of delivering services locally."*

McCartan's Pharmacy and National Childbirth Trust (NCT)

No one uses a pharmacy more than a mother in those first 1,000 days!

According to the National Childbirth Trust (NCT), the first 1,000 days of a child's life are the most important. NCT is the UK's largest charity of parents, they provide information and support during pregnancy, childbirth and early parenthood. The organisation offers a range of services including a telephone helpline, breastfeeding peer support, antenatal education, Bumps and Babies as well as mums' groups.

Local Newry Pharmacist, Stephanie Haughey from McCartan's Pharmacy, is a member of Newry's NCT. Stephanie realised life as a new mum is a time of great change and recognised the need for a pharmacy project with pregnant mums, new mums and breastfeeding mums. As a pharmacist and a mum, Stephanie knew no one uses a pharmacy as much as a mother in those early years of parenting. Stephanie approached Seana Talbot from Newry NCT and, together with a group of mothers, designed a project and came up with a range of health issues to explore. Some of these issues included maternal mental health, diet and exercise, childhood ailments and social needs.

The successful project ran for six sessions and removed the stigma of the pharmacist being unapproachable in the dispensary. The women realised how much support they could avail of and strong relationships were forged with Stephanie, the pharmacist, and with each other.

Stephanie said "Our project helped this group of women bond with each other and establish a link with their community pharmacy. It introduced them to many new schemes that they had not known about including minor ailments, smoking cessation and reviews of medicine use - all of which are free services. I really enjoyed hearing their stories and experiences."

Seána Talbot, NCT, said "The early days of maternity leave can be a lonely time and many mums encounter postnatal depression, issues with feeding, sleep deprivation and social isolation. The purpose of this project was to get mums out of their homes and help them to socially interact with their peers and their pharmacist. To feel that you aren't alone in what you are experiencing is a great boost to confidence in today's generation where mothers often feel that they are doing everything wrong. It also gives mothers a chance to let others learn from their experience."



Pictured are the new mothers with Pharmacist Stephanie Haughey at their final session of their wellbeing project. Over the six weeks, the mums and mums to be covered topics such as nutrition, exercise, self-motivation, mindfulness and relaxation along with plenty of time for chat!

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Stephanie Haughey

When asked what they liked most about the project, one mum said "I liked the opportunity to meet other local mums and we now meet up once a week. I learnt so much about other groups in my community that I can use for support and information following the birth of my little girl."

Impact

Stephanie said "The project helped educate the women and took a holistic approach looking at emotional, mental and physical health throughout this time of great change in their lives - 'the 1st 1,000 days'. Group discussion created a dynamic that was inclusive of all the

mothers' needs. This will have changed the lives of the mothers and, in turn, their babies and wider family members. Opening up their local pharmacy as a resource in the community has offered mothers a medical professional who is available without an appointment. This offers reassurance to mothers so that they do not feel they have to wait on an appointment with their GP."

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Seana Talbot

Rural Health Partnership and Northern Pharmacies, Cullyhanna

Building confidence and improving health

The Rural Health Partnership has 30 years of experience in working at grassroots levels in community development and health projects and has a good working knowledge of the issues for men in this local area. For their Level 2 BCPP Project, the group partnered with Pharmacist Emer Geoghegan from Northern Pharmacies, Cullyhanna who led the project.

The project goal was to work with a group of 15 men aged between 30-55 to build confidence, self-esteem and social capacity. A lot of young men in the community are very involved in the local football club. Through this they are regularly training and playing matches which leads to a healthy lifestyle with regular exercise and a healthy diet.

However, once these men "pass their playing days" they tend to miss out on this important aspect of their life. They go from exercising two to three times a week to perhaps not getting any exercise at all. This can also lead to a change in their diet resulting in a less healthy lifestyle overall with many developing mental health issues. These mental health illnesses in turn impact on weight and other health issues such as cardiovascular disease.

Teresa Nugent, Rural Health Partnership, said "As a group, we wanted to give these men something to focus on. We did this by promoting activities that they could become involved in and therefore improved their lifestyle as a whole."

Impact

Pharmacist Emer Geoghegan said "Participants have a much greater knowledge of where to go if they have a question about their health. They have got to know me and now think it is less daunting to approach me for help. I now know more of the men in the local area who previously wouldn't have visited the pharmacy, so I now understand their needs, especially their reluctance to see their GP.

Emer continued "This project has allowed us to build on and strengthen our relationship with Rural Health Partnership. A running group has been formed in the village which is improving the health and fitness of the local community not just the target group in this project. It has therefore had a lasting effect, not just on the participants, but on the whole community.

The men in the group now have a better understanding of how to go about their daily life in a healthier way. They have more options for exercise and know more about a balanced diet and how to fit this in around other aspects of their life such as family, work, etc."

Topics covered included:

- Alcohol And Drug Awareness
- Physical Activity
- Weight Loss
- Understanding Food – Cookit Programme With Fathers and Sons
- Mental Health
- Cancer Awareness – In Partnership with Man Alive
- Diabetes
- Smoking Cessation
- Care in the Sun



Members of the group ready for some physical exercise



The cancer bus was a great success with the men were queuing up for appointments whereas generally in the past it was difficult to get men to engage

Teresa Nugent, Rural Health Partnership, said, "The most positive aspects to date are that men are willing to look at their behaviour and ask for help. The community physical activity event was a huge success and it was the men/fathers who took the lead role which led to families and children getting involved. It really demonstrated the fathers as good role models and showing positive learned patterns of behaviour."

One of the partners they linked up with was PIPS Newry and Mourne who delivered a suicide safer community workshop to help people identify the risks of suicide and how to use the appropriate vocabulary and intervention skills. This provided an ideal opportunity to give men permission to talk about their emotional and mental wellbeing in a safe environment.

Cloughfin Community Association and The Medical Hall, Sixmilecross

Live the life you love...

Cloughfin Community Association (CCA) is a voluntary group founded in May 1987 to address isolation in the area following the closure of Cloughfin Primary School in 1977. Their motto is 'Live the Life you Love' and their work includes projects relating to health, sickness and relief of poverty.

CCA partnered with the local pharmacist Paul Tallon of Sixmilecross for their Level 2 BCPP project. Guided by the findings of Level 1 they decided to work with mainly over 50s and focus on the mind, positivity, confidence building and memory.

Rosemary McMullan, Cloughfin Community Association said, "We wanted to enable participants to take control of their health and general wellbeing through promotion of exercise and good diet but also to have a greater awareness of wellbeing issues and of the links available to our community where help/advice can be attained when needed."

The project has now established links with many different organisations which they collaborated with for some of their sessions. A councillor from Cruse, a bereavement care organisation, visited the project members to give advice on positive ways to cope with living after bereavement, especially during times of celebration, for example, Christmas, birthdays, anniversaries. The members then made beautiful memory posters.

The project also ran food and nutrition sessions which were invaluable as the group learned about healthy nutritional choices and were involved in preparing and cooking dishes



Members making their memory posters

from start to finish. Paul Tallon, Pharmacist, also discovered his enthusiasm for cooking healthy meals and will be putting it into practice at home!

The participants formed a bond with each other and the pharmacist. They now have a better understanding of how to obtain help through the pharmacy, for example, blood pressure check, review of medication and advice on minor ailments as well as advice on how to stop smoking.

The project also organised walks, sessions on fall prevention, first aid, Christmas celebrations and talks on sleeping well. Participants commented that they felt the programme was very welcoming, they enjoyed meeting new people and said it was great craic! Some participants even commented that they wished it never had to end.

OTHER NEWS

Health Plus Pharmacy Initiative reaches its 'Golden Phase'

The Health Plus Pharmacy initiative is pleased to announce it has accredited over 50 Health Plus Pharmacies and has moved into its 'golden phase'. The Health Plus Pharmacy family welcomes their latest additions – J V Campbell Pharmacy of Portrush and McKeevers Chemists, Fivemiletown - after their dedicated teams reached all of the Health Plus quality standards in pharmacy environment, staff development and community engagement.

Health Plus Pharmacies is an initiative between HSCB and PHA whereby community pharmacies work towards delivering specialist advice in health promotion and health improvement, have a dedicated health promotional area and trained staff and also work closely with their local communities to improve their local health and wellbeing.

With the recent National Institute for Health and Care Excellence (NICE) guidelines released on 'Community pharmacies: promoting health and wellbeing' (NG102), this is a critical time for community pharmacy to engage with the Health Plus Pharmacy initiative.

Recommendations made by NICE, such as integrating community pharmacy into existing care and referral pathways through the creation of neighbourhood health and wellbeing hubs, are embraced by the Health Plus Pharmacies and are part of the initiative ethos. In this way, Health Plus Pharmacies are actively showing this new vision for community pharmacy. Not only are patients experiencing the positive effects of Health Plus Pharmacies but the trained Health and Wellbeing advisers are reinforcing health and wellbeing of their fellow staff.



Celebrating reaching the 'golden phase'

The Health Plus Pharmacy family is developing an internal pharmacy support network to share good practice and is engaging with multiple community organisations across the country. It is hoped that through this continuous internal and external engagement, specific health promotional services can be provided. Already 10 Belfast Health Plus trained pharmacies are providing Phase 2 of Community Pharmacy Alcohol MOT pilot, hoping to raise patient awareness of drinking habits and helping patients create action plans to become healthier.

If you are a community organisation wishing to become more involved with pharmacy or you are a community pharmacy interested in joining our Health Plus Pharmacy family, please contact Katie by email on:
healthpluspharmacy@hscni.net



Series of 'What Works?' Events



Joanne Morgan quizzing participants using Kahoot during our 'What Works?' event in Derry

CDHN, in partnership with PHA, recently completed a series of five regional workshops, networking events and BCPP funding clinic themed around 'What Works?'

We took this opportunity to hear about what is working in your communities and what needs to be improved, what is working to get people involved and what is working to improve community health. By bringing people together, we found out what could be done to make things better and what support communities need to be able to do this.

CDHN believes that people are experts on their own lives and they are best placed to decide what they need. All the information from the five events has been collated, analysed and shared with both PHA and participating CDHN members. The information fed into the Community Development Framework which was finalised and launched in June. CDHN's Director is co-chair of the implementation group for this work.

BCPP Funding



Level 1 funding is for community groups/voluntary organisations or Pharmacists who are interested in exploring community health through a new community-pharmacy partnership. It consists of a maximum of £2,500 for a project that takes place over six sessions and can last up to six months.

Level 2 funding is for community groups/voluntary organisations and pharmacists to work in partnership with each other to address locally defined needs and bring about sustainable improvements in health and wellbeing. You must have a clear vision of what you want the project to achieve. Grants of up to £10,000 are available for a year long project. Please be aware that we can support you to develop your partnership, ideas and application. Contact us if you are thinking of becoming involved.

Information on closing dates, our new Application Forms and Guidance Notes can be downloaded from www.cdhn.org/bcpp

We will also be hosting a funding workshop before the Level 2 closing date so please check our website and Facebook page for dates. Our previous funding workshops have been very well attended and participants found them to be extremely useful in helping them with their application form.

