



LiteBite

The Newsletter of the Building the Community



Pharmacy Partnership

SEPTEMBER 2012

HELLO AND WELCOME!

Welcome to "Lite Bite", a newsletter brought to you by the **Community Development and Health Network (CDHN)** through its **Building the Community-Pharmacy Partnership (BCPP) Programme**. In this issue we continue to convey the message of BCPP through stories from our BCPP projects. We are showcasing coverage of our 10 year celebration and are delighted that the event, endorsed by Minister Poots, was such a success. We hope this edition gives you an insight into BCPP projects at work and information on new rounds of funding. Remember, CDHN are here to help you develop your ideas into community-pharmacy partnership projects that will work to meet local needs using a community development approach. If you require support or have any comments or suggestions, please contact us.



CDHN staff members with Health Minister Edwin Poots

A DECADE OF DEDICATION

Marking a decade of communities and pharmacists working together at the heart of Northern Ireland's communities, **Building the Community Pharmacy Partnership (BCPP)** hosted a celebration event in Lisburn Island Civic Centre.

Minister Edwin Poots, opened the event and visited Lisburn Downtown Centre and Lisburn YMCA, two local BCPP projects. On the project visits the Minister spent time chatting with participants that included carers, people experiencing mental health issues, a deaf group and young mothers. He even managed a game of pool in the YMCA!



Dr Norman Morrow, Cathy Harrison, Minister Poots, Pamela Shields and Sharon Bleakley at the celebration event

"The BCPP project has given clients an alternative outlet for health advice. It has helped boost confidence levels and assisted in the development of healthy relationships in the home."

Brenda Coyle, Pharmacist

- **Windsor Women's Centre, with Pharmacist Martin Kerr, McMullan's Pharmacy**, demonstrated the strong partnership that has developed between them over recent years in their work with young mothers, older people and ethnic minority groups in the area.

- **The Link Family and Community Centre with Patricia Finnegan, Boots**, support people with addiction problems and Patricia and Anne Faloon from The Link spoke at the conference. Anne emphasised how Patricia's down to earth approach has been a major influence on the project's success. She added *"We have seen a reduction in the use of A&E services and the guys are much more compliant with their use of medicines. The clients look forward to being able to chat with Patricia about the issues they are facing."* To watch their BCPP video visit www.cdhn.org/bcpp.



Minister Poots visited Lisburn Downtown Centre and spent time chatting with participants

The conference included videos, interviews and presentations. BCPP projects showcased included:

- **Shepherd's View, First Housing & Support Services, with Lloyds Pharmacy**, supporting young, homeless parents broaden their understanding of their health.

Anne Faloon, The Link and Patricia Finnegan, Boots talked about the benefits their BCPP project has on their group of people with addiction problems



At the conference Minister Poots congratulated CDHN on the successful delivery of BCPP saying that he had witnessed first-hand how successful the BCPP programme is at developing a better understanding of communities, their health needs and how to meet them.

At the conference, Breakthru, a drug and alcohol charity led by Bernie McHugh with Gareth Brown, Boots in Dungannon told attendees about their Living It Up project. Bernie said, "We have delivered two projects, one aimed at women involved in our counselling scheme and the other gave older people the chance to enhance their understanding of health". The BCPP project enabled us to support participants through a group based approach and we have achieved great outcomes."



Bernie McHugh, Breakthru, and Pharmacist Gareth Brown, Boots Dungannon, explain the benefits that their BCPP project has had in the community

Pharmacist Gareth Brown added, "I wasn't sure what to expect but I love that I'm no longer stuck in the dispensary every day and have learned more about the community I work in."

LCG chair, BCPP Steering Group member and pharmacy contractor, Sheelin McKeagney spoke about the benefits of running a BCPP project and the contribution this way of working can make to Health and Social

Care in N Ireland. He Said "I realised how important, social health and wellbeing is when delivering a talk about antidepressants to a community group. My unwittingly blazé approach meant I spent it discussing pharmacological matters when one lady burst into tears and left. Far from being the clever guy in the room, I realised how little I knew about wellbeing. As pharmacists, we spend years



Pharmacy Contractor Sheelin McKeagney spoke about the benefits of running a BCPP project

learning about medicines and often know a patient's blood glucose level rather than knowing if they live alone or not. It is vitally important to have an appreciation of the community's wellbeing – and I cannot think of a better way of achieving this than by getting involved with BCPP."

Anita Gribbin, Gribbin's Pharmacy, Toome, was interviewed by BCPP Programme Manager Sharon Bleakley about the positive impact the project 'Time For Mums' has had on her community. Anita had noticed a high number of young mothers who were visiting the pharmacy for antidepressants with many being socially and rurally isolated. Over the 8 years of being involved in BCPP, Anita feels the project has helped develop

"ENTHUSIASTIC PRESENTATIONS AND FANTASTIC CASE STUDIES. EXCELLENT FORMAT OF VIDEOS, PRESENTATIONS AND INTERVIEWS – IT WAS MOST ENGAGING!"

Comments from attendees

their community and the women had such a belief in the support they received that they set up their own community group. Looking through her records, Anita also noticed that this target group has a reduced rate



Anita Gribbin, Gribbin's Pharmacy, Toomebridge, was interviewed by BCPP Programme Manager Sharon Bleakley about her role in the project, Time For Mums

of medication usage since the project began. Pamela Shields, Interim Director at CDHN said, "It is great to see what can be achieved with true partnership working. Tackling health inequalities is complex and BCPP clearly demonstrates how this is possible at a strategic and local level. Community development models such as BCPP are key to transforming our care, placing communities at the heart of how things are done. I look forward to seeing what BCPP will achieve within CDHN over the next decade." Dr Norman Morrow closed the celebration event by reiterating the importance of collaborative working, the passion and compassion of those involved and the continued need to build on the success of BCPP Programme. He congratulated the team saying they have brought excellent knowledge and expertise to the project and have made the work real and meaningful, even earning national recognition.

CDHN would like to thank all those who made the BCPP Celebration event so special, especially those who contributed and participated on the day.

"A WELL ORGANISED AND STIMULATING EVENT WHICH SHOULD INSPIRE THOSE ALREADY INVOLVED TO FURTHER DEVELOP AND PROMOTE THIS PARTNERSHIP AND INNOVATIVE APPROACH."

Comments from attendees



"WHAT WOMEN WANT"

Turning 18 is a big deal in a young woman's life so when Granaghan and District Women's Group turned 18 they threw a party and launched their BCPP Project at the same time – a double celebration.

The Women's Group, based in Swatragh, is run by volunteers and they have organised many courses over the years such as IT, yoga, cookery and digital imagery. Deirdre Bradley said, "After so many years of working together we are confident in our ability to run a BCPP project for local women on topics that they want to learn more about. Our main goal is to improve the women's lifestyle and mental health." Swatragh is a rural area, isolated from a wide range of services with evidence of high levels of heart disease, mental health issues and diabetes. The BCPP project came about after their local pharmacist, Gabrielle Logan, applied to BCPP for funding for a level 1 project and approached the group for their help. Following on from this, the group identified the need for a health project to support women to become more physically active, develop confidence and improve

their mental health. They achieved Level 2 funding and the positivity surrounding the programme has been a fantastic motivator.

With a mixture of information sessions, one to one support and fun activities, the programme is going from strength to strength. Gabrielle sources facilitators and tailors her talk so that they complement each other to deal with issues raised by the group. They recently hosted Body Stress Release practitioners and Gabrielle spoke about urinary incontinence. Gabrielle said, "Nearly one in ten women experience leaking of urine so we discussed the causes and what can be done to help tackle such a sensitive issue." The community support for the project has been a great motivator for Gabrielle and when people make positive changes in their lives it is very rewarding for both parties. The social aspect of getting to know customers outside the pharmacy and seeing them interact with each other in such a positive manner is very satisfying.

Moira, Bernie and Maria modelling their haute couture 'designer' Motivation jackets at the BCPP sessions

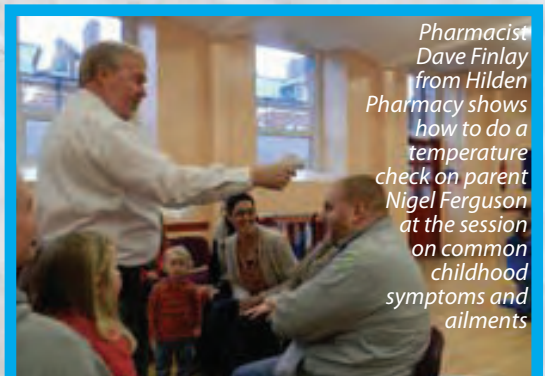


DAMASK COMMUNITY OUTREACH

Damask Community Outreach, based in Lisburn, teamed up with community pharmacist Dave Finlay in Hilden Pharmacy for their Level 1 BCPP project. They had 3 sessions with over 60's and 3 sessions with young parents covering topics that included medicine management, healthy eating, childhood ailments and diabetes. Both groups benefitted by being able to discuss the health issues and learning more about the ways in which the pharmacist can offer help and advice. The fact that the groups were able to choose the topics to be covered gave them a real sense of ownership of the project.

Jane Dawson, project co-ordinator said, "Dave's input as a pharmacist was pivotal to the success of

this project and he enjoyed connecting with members of the community and with representatives from other organisations. Members of both core groups enjoyed the sessions and the lively atmosphere. Dave developed a good rapport with the participants who said they would feel comfortable approaching him for confidential advice in the future."



Pharmacist Dave Finlay from Hilden Pharmacy shows how to do a temperature check on parent Nigel Ferguson at the session on common childhood symptoms and ailments

NEWLY FUNDED PROJECTS

BCPP are happy to announce that between January and June this year, we have funded 34 projects, made up of 9 Level 1's and 25 Level 2's.

The Level 1 projects are with:

- Headway
- Whitehouse Pharmacy
- St Colman's Parish Community Group
- Ballykeel Together
- The Monday Club
- McGlaughlin's Pharmacy
- Rosewood Beacon Centre Support
- Vineyard Community Exchange
- Greenway Women's Group.

The Level 2 projects are with:

- Clogher Valley Surestart
- Cookstown and Magherafelt Volunteer Centre
- Bellaghy Women's Group
- Rural Health Partnership
- Beragh Community Association
- REACT
- First Housing and Support Services
- Benedy Community Association
- Carrick YMCA
- Randalstown Arches
- Dromore Sports
- West Armagh Consortium
- Oasis Caring in Action
- Cookstown and Dungannon Women's Aid
- AMH North Down and Ards
- North Belfast Senior Citizens Forum
- Women of Clonduff
- Belfast Central Mission
- Springwell Centre
- ARC Healthy Living Centre
- Bogside and Brandywell Health Forum
- Portglenone Enterprise Group
- Craigavon Intercultural
- TABBDA
- The Link

CDHN is a member led regional voluntary organisation. Our mission is to end health inequalities using a community development approach. For more information on CDHN visit our website www.cdhcn.org.

To become a member contact Ruth Murphy on T: 028 3026 4606 or E: ruthmurphy@cdhn.org

Funding now available!

Level 1 funding is for those interested in developing ideas and a community pharmacy partnership. It consists of a maximum of £2000 for a project that can last up to 9 months.

The closing date for Level 1 funding is Thursday 27th September 2012.

Level 2 funding is for those with established partnerships who have a clear vision of what the project wants to achieve. It consists of a maximum of £10,000 for a project that can last up to 2 years.

The closing date for Level 2 funding is Thursday 15th November 2012.

Please keep in mind that we offer support in developing your partnership, ideas and application. Contact us if you are thinking of becoming involved. Application packs can be downloaded from www.cdhcn.org/bcpp. For further information call us on **T: 028 30 26 46 06**. We are here to help!



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COMMUNITY DEVELOPMENT
AND HEALTH **NETWORK**

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