



# LiteBite



The Newsletter of the Building the Community

Pharmacy Partnership

## 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. CDHN are here to help you develop your ideas into community-pharmacy partnership projects that work to meet local needs using a community development approach.

# 500 BCPP Projects Funded!!...

## Marking the occasion @ EBM

Homelessness continues to be a significant challenge in Northern Ireland and a problem that afflicts the lives of many. There are numerous reasons for homelessness; family dispute, breakdown in living arrangements, addiction, mental ill health, debt, tenancy breakdown and so on.

The effect of homelessness impacts on individual lives for years and this influence goes beyond the immediate lack of accommodation. It impedes an individual's health, financial and social wellbeing.

*"For this reason, no one organisation or agency can address these issues in isolation. There is now a greater need than ever to respond to homelessness in a coordinated multi-agency approach... and for each partner to contribute their expertise and resources to promote social inclusion."*  
(NIHE Homelessness Strategy for Northern Ireland 2012-2017)

Hosford is a hostel within East Belfast Mission (EBM) working relentlessly to do just that. They provide a professional service to actively respond to the needs of homeless people and support them towards independent living. EBM believe that everybody matters and at Hosford that means valuing everyone's right to a home.

**BCPP** are very proud to announce that they have recently funded their 500th project and to mark the occasion went on a day out to one of their recently funded projects Hosford at East Belfast Mission. CDHN Director and the BCPP team, along with Steering Group chair Dr Norman Morrow and members Dr Vanessa Chambers and Cathy Harrison were in attendance.



Dr Norman Morrow, Chief Pharmaceutical Officer NI, Joanne Morgan, CDHN Director, Sharon Bleakley, BCPP Programme Manager

During the visit we were welcomed by Hosford manager, Aidan Byrne and Andrea Donnan, (project assistant) who gave us a tour of the new Skainos project at EBM and the experience of seeing a live BCPP session. On this occasion, the pharmacist along with the participants and cook were making homemade food. There was a lot of laughter and energy in the room and a great sense of togetherness and a chance to discuss health issues in an informal manner.



Dr. Norman Morrow (Chief Pharmaceutical Officer NI), Pharmacist Joanne McAuley (McDowell's Pharmacy), and participants of BCPP project at Hosford



BCPP Steering Group members & Team, Andrea Donnan EBM.

The aim of the BCPP project is to build on the success of their previous projects to improve the knowledge, skills and confidence of participants including residents, other local hostel users and ex-homeless in partnership with the local pharmacist. With the pharmacy situated a few doors away, it provides easy access to the pharmacist and a link to other services and organisations. The sessions will be based around cookery through Root Soup, a social enterprise initiative. The programme focuses on the pharmacist attending sessions that will work to build a trusting and positive relationship with the target group. Those involved will be encouraged to take a proactive approach to their own physical, mental and emotional wellbeing.

**The day also marked the retirement of Dr Norman Morrow, the chair of the BCPP Steering Group and Chief Pharmaceutical Officer NI. We would like to wish Norman every happiness in his well-earned retirement and to say a HUGE thank you for all his leadership and commitment to BCPP.**

## Making Monday a FUNday!

The Monday Club, based in Cookstown, is an over 50s group who meet every Monday and have just completed their first BCPP project. Having attended a funder's fair, members Sally and Eileen spoke to the BCPP Information Officer, and went back to the committee with the idea of getting involved. All members agreed that a BCPP project would be beneficial to the club, and help address health issues, alleviate social isolation and promote participation in their community.

*“Roberta, the pharmacist was described by the group as a real people person”*

Roberta gave the group ownership of the programme, allowing them to choose health topics close to their hearts e.g. Medication, arthritis, skin conditions and diabetes.



Members of The Monday Club committee

One lady in the group had just been diagnosed with an irregular heartbeat, prescribed Warfarin and was “scared”. Talking to the pharmacist reassured her and helped her feel in control of her medication and diet.

They also carried out a session on healthy hearts and the pharmacist brought a friend who had suffered a heart attack climbing Slieve Donard Mountain to share his experience with the group and life after a heart attack.

Following the project, members continue to call to the pharmacy for advice and a chat with Roberta. They feel comfortable speaking to her about concerns they have about their own health or that of a friend or family member.

### Handy Hint

>>> Make sessions interactive... Titled “Skin”, the pharmacist led the session covering the theory of skin conditions. This was followed by a more practical approach with a beauty therapist from Boots completing a makeover on one of the participants making it fun and educational simultaneously.

# “Different Strokes for different Folks”

**Cookstown and Magherafelt Volunteer Centre (CMVC) is one of five local volunteer centres who are members of the Association of Independent Volunteer Centres (AIVC), set up to protect the interests of a ‘people centred’ approach to volunteering, to ensure that local organisations help provide local solutions to local needs.**

CMVC first became involved with BCPP several years ago to work with adults with learning disabilities. This group was identified through the drop-in service they provide and over the course of several BCPP projects worked alongside the late Iain McKay, the pharmacist in Moneymore. Speaking of Iain, Michele who manages the Centre said ... “he had a great way of engaging the group and aiming sessions at the right level and was extremely involved with the community.” The centre was devastated when Iain sadly passed away at the end of last year. In Iain’s last project a participant commented that they liked

“being able to relax with others... speaking up for myself and feel that I’m being listened to.”

All participants felt more in control of their health.

Michele was keen to share the learning benefits of BCPP and by securing funding for a new project, she felt equipped to address what she could see at first hand was a new need. People interested in becoming a volunteer would call into the centre but a lack of confidence and little awareness of their own capabilities stood in the way of making volunteering a reality. Unemployment was high in the area, especially among men which was thought to be having an overall negative effect on their health and wellbeing including their mental health. Getting them involved with a BCPP project was something that could be done to reach out to them.

Prior to the first session, there was a lot of nervousness as having such a broad programme could have meant that with participants needs being so diverse and a gender divide not everyone would engage. However, they needn’t have worried. The group of 12, four of which are men bonded from the very first session. On a weekly basis, participants choose what subjects to cover ensuring that they are relevant to their health right now.

The pharmacist involved with the project is Steven McKay from Moneymore Pharmacy, Iain’s son and this is the first time he has been involved with BCPP. Steven has said he “gets it” and can see how beneficial this type of working is. Furthermore, he cannot believe the difference in the participants from when the workshops first started to the present time. He is really happy with how it is going and is finding himself staying well after the sessions have ended, chatting with the group, carrying out 1-1’s and soaking up the atmosphere. This approach is resulting in good

relationship building with the group and the pharmacist and his eager presence is breaking down barriers of approaching the pharmacist should the group need any advice or guidance.

Testament to the success of the project so far has been the uplifting feedback gathered from the participants, one group member, Theresa said of the project “Brilliant, thoroughly enjoying the project. Was not aware of what all the pharmacist could do and wouldn’t have thought to ask but now I feel I can” while Brieged added “Every week has been helpful and the pharmacist went into detail to explain sleeping problems and helped me personally. This project has given me the confidence to do something.

“The men are also gaining a lot from their involvement in the project; Martin said “I have learnt a lot of useful techniques from motivation to sleeping. The talks have been useful and I now feel I can go to my pharmacist”

and John commented saying, “The pharmacist has been really helpful and I am more aware of what they do. The pharmacist tested my blood sugar level which was a bit high and he will test it again for me”.

Topics addressed so far include sleep problems, minor ailments, health checks and mental health. The pharmacist has been co-facilitating sessions alongside a personal development tutor and has been supporting participants on a 1-1 basis. Michele added that the support from BCPP is helpful - being able to pick up the phone if issues arise and get guidance on how to move the project forward.



*The Pharmacist, Steven McKay is pictured with some of the participants from their BCPP project*

For over 10 years, through BCPP, pharmacists in the community have had a great opportunity to build closer relationships with their local communities and work in partnership with other providers to identify and tackle local health issues with a focus on utilising a community development approach. Now the HSCB in conjunction with the PHA are seeking to take forward and develop this role further through the development and roll out of **HEALTH<sup>PLUS</sup> PHARMACY**, a new regional programme. Already having a role in maintaining and improving health, this programme will seek to enhance pharmacist's public health role. Over the next few months pharmacists and their staff will be getting ready to take part in this through training.

This opportunity builds on the evidence emerging from BCPP over the last couple of years, that through enhanced community engagement, local people will have:

## >>> IMPROVED ACCESSIBILITY AND ENGAGEMENT IN LOCALLY TAILORED SERVICES

Evidence- BCPP participants know where to go to get health and support - increased from 57% to 72%

## >>> BETTER USE AND UPTAKE OF PHARMACY SERVICES, ADVICE AND SUPPORT

Evidence - BCPP participants were more confident in going to the pharmacy for advice – increased from 61% to 82%

## >>> IMPROVEMENTS IN HEALTH AND OVERALL WELLBEING

A General Health Questionnaire, a subjective measure of psychological wellbeing, indicated the percentage of those perceiving they had poor psychological wellbeing – decreased from 39% to 14%

**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.cdhn.org](http://www.cdhn.org).**

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

**Level 1 Closing date – Thursday 19th September 2013 @ 4pm**

**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.

**Level 2 Closing date – Thursday 14th November 2013 @ 4pm**

**Level 3** funding is for those who have completed and evaluated previous BCPP projects and are keen to sustain their work. They can receive a maximum of £10,000 per year for a maximum of 3 years.

**Level 3 Closing date – Thursday 14th November 2013 @ 4pm**

*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.cdhn.org/bcpp](http://www.cdhn.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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