



# WESTERN INVESTING FOR HEALTH TEAM

## ACTIVITY REPORT

### 2008 / 2009

Incorporating the activities of the Western Drugs and Alcohol Team, Tobacco Control Group, Health Promotion Commissioner, WHSCT Health Promotion Department, Western Health Action Zone, Community Food and Nutrition Team, Community Development Unit, Big Lottery Health Programme and the Western IFH Core Team.

31 March 2008



**Cook it!**  
fun, fast food for less



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## SECTION 1: INTRODUCTION

Within the WHSSB area the wider health improvement agenda is strategically placed under the Investing for Health function. Health improvement is viewed in its widest context with the IFH Manager holding a directors position within WHSSB and sitting as a member of the Boards Senior Management Team (SMT) with direct access to the various Board committees. This allows for a more integrated approach to addressing health improvement and addressing health inequalities across all functional areas of the Boards business. This structure also ensures that health improvement is to the core of the wider commissioning work of the Board and therefore directly impacts on the service delivery of the Trust.

The Investing for Health team at the WHSSB is made up of the following elements:

- Western Investing for Health Core Team (WIFH)
- Western Health Action Zone (HAZ)
- WHSSB Community Development Unit
- WHSSB Health Promotion Commissioner
- Western Drugs & Alcohol Team
- Western Tobacco Control Group
- Interagency Coordinator
- Community Food & Nutrition Team
- Non Financial Monitoring & Evaluation

In addition, the work of the Health Promotion Department in Westcare is closely aligned with the work of the IFH team both in terms of the delivery of the various health promotion strategies and in the delivery of additional work they carry out. As part of the restructuring of service design and delivery a Health Improvement Advisory Panel (HIAP) was established to support the role of the HP Commissioner in terms of developing the priorities for health promotion and health improvement for the HPSS and its interagency partners. The HIAP is chaired by the IFH Manager.

The Western Investing for Health Partnership (WIFH) has developed a strategic themed approach to the delivery of the IFH Strategy in the WHSSB area. The themes were developed following extensive consultation and are population aged-based, they are:

- Early Years;
- Teenage Transition;
- Adulthood;
- Later Years.

The vision for WIFH is “**Healthier Happier Longer Lives for All**” and our mission is “**To inspire others to work together for positive living**”. This report reflects the broad range of initiatives that the various functional areas of IFH in the west have taken forward in the past year to bring about positive change in the populations health and well-being.

The purpose of this report is to inform you of the activities of the wider health improvement team in respect of contributing to the 7 objectives laid out in the original IFH Strategy of March 2002. The report also reflects the actions that have been taken against the WIFH strategic approach. Furthermore the report provides details of how the investment on health promotion/health improvement activities has been invested in the following strategies:

- Investing for Health
- New Strategic Direction – Alcohol and Drugs
- Tobacco Control Group
- Sexual Health Strategy
- Teenage Pregnancy Strategy
- Mental Health Promotion
- Fit Futures/ Physical Activity/ Diet & Nutrition
- Accident Prevention

In addition to the above the IFH team have actively been engaged and led on the development of a delivery plan for the Suicide Prevention Strategy – Protect Life. In particular:

- Integrated Community Development Project - CLEAR
- Information & Publicity Campaign
- Conference for those bereaved by suicide
- Training
- Multi-media and Youth projects
- Family Support / Intervention
- Mental Health & Debt
- Community Response Plan
- PSNI Reporting

The work of all the staff that has been part of the wider IFH team has to be acknowledged and the individuals are listed in the appendices. The staff team meet on a regular basis under the Western Health Improvement Group (WHIG) to review the strategic workings of the team and learn from each other's experience and priorities. It is recognised that there is a significant challenge in managing, informing and communicating with such a diverse team of people but there is strong commitment from all to continue to improve the efficiency and effectiveness of the WIFH team.

A key challenge for the future is the implementation of RPA and the creation of a Public Health Agency. Staff formally employed by WHSSB will transfer over to the PHA and are fully committed to ensuring the new organisation will deliver on health improvement and addressing health inequalities.

There remains a challenge for restructuring of Health Improvement within WHSCT and the need to ensure that health promotion continues to be commissioned from the Trust Health Promotion Department.

**SECTION 2: GLOSSARY OF TERMS:**

<b>CDU</b>	Community Development Unit (WHSSB)
<b>WIFH</b>	Western Investing for Health Partnership
<b>WHAZ</b>	Western Health Action Zone
<b>WDACT</b>	Western Drugs and Alcohol Coordination Team
<b>WTCG</b>	Western Tobacco Control Group
<b>HLC</b>	Healthy Living Centre
<b>HPD</b>	Westcare Health Promotion Department
<b>CFNT</b>	Community Food and Nutrition Team
<b>WHIG</b>	Western Health Improvement Group
<b>PHA</b>	Public Health Agency
<b>RPA</b>	Review of Public Administration

### SECTION 3: OVERALL CORPORATE ACTIVITY

**This table highlights a range of activities undertaken as part of the overall corporate activity. Some of the actions outlined below may not fit neatly within one or other of the seven IFH objectives. Other actions cut across all seven and therefore have been included in this table to minimise duplications of reporting throughout the document.**

<b>IFH Aim 1: To improve the health status of all our people</b>	
<b>IFH Aim 2: To reduce inequalities in health</b>	
Corporate/ General Key Developments	<ul style="list-style-type: none"> <li>• HPC ensured provision, monitoring and quality assurance of Smoking Cessation Services from a range of providers across the WHSSB area</li> <li>• HPC commissioned smoking prevention initiatives and activities which focus on the needs of pregnant women, young people and those experiencing disadvantage,</li> <li>• HPC led Western Tobacco Control Group, to ensure that agencies maximised common resources to drive the tobacco agenda</li> <li>• HPC led inter-agency Sexual Health Steering Group, to ensure a collaborative and evidence-based approach to sexual health and well-being across the WHSSB area through inter-agency working to provide education, training, information and services, with a focus on the needs of young people.</li> <li>• HPC led Physical Activity Steering Group to prepare and monitor a physical activity action plan to support effective collaboration between health service, councils and voluntary agencies for the delivery of information, skills training, and activity provision to increase levels of physical activity particularly among the sedentary population</li> <li>• HPC led Mental Health Steering Group to prepare and oversee an action plan for the delivery of positive mental health and well-being initiatives that increase knowledge and skills, challenge stigma and raise awareness of positive mental health and well-being for the well population and those who are vulnerable</li> <li>• HPC led Allocation of resources to address the Fit Futures Agenda, to address childhood obesity.</li> <li>• HPC worked with Children’s Services Planner to raise the profile of health improvement in service planning for looked After Children, their carers and staff. Targets included in regional strategy and programmes delivered for foster parents.</li> <li>• HPC led on delivery against the Home Accident Prevention Strategy. Key outcomes were             <ul style="list-style-type: none"> <li>i) Establishment of an injury surveillance post in Altnagelvin Area Hospital to interrogate and disseminate statistics on the unintentional injury</li> </ul> </li> </ul>

	<p>experience of people, focusing on children under 5 and those over 65 years of ages. Statistics were used as the basis for community based interventions.</p> <ul style="list-style-type: none"> <li>ii) Support for HAZ Safety Officers scheme through provision of safety equipment.</li> <li>iii) Support for Local Home Accident Prevention Groups</li> </ul> <ul style="list-style-type: none"> <li>• IFH Student Media Awards – The Western Investing for Health Partnership established the Media Awards to encourage up-and-coming journalists to examine a more balanced approach to issues surrounding health and well-being. The awards came about as a result of concerns held by Public Health professionals around how the media reports on key health issues. Research carried out by the King’s Fund in the UK attempted to equate illnesses to how they were reported in the news and press. The Western IFH Partnership has worked with the Colleges of Further and Higher Education in the West to encourage those students who are considering a career in media to undertake a piece of research around a public health issue and produce a article, picture or story that could highlight the initiative. Within the award scheme there were four main categories; <ul style="list-style-type: none"> <li>•Best Radio Piece</li> <li>•Best Moving Image piece</li> <li>•Best Photographic Image</li> <li>•Best Written Piece</li> </ul> </li> </ul> <p>Local and regional experts in local media, marketing and the NI OFCOM representative are all involved in the judging panel, along with Public Health medial professionals and IFH partnership members. This year’s awards ceremony was moved to the NWRC Londonderry campus.</p> <ul style="list-style-type: none"> <li>• IFH refocus on the Media awards has brought in more colleges and extended the awards to Universities across the Province. Higher standard of entry due to consolidation of linkages between IFH staff and college staff</li> <li>• IFH Commissioning of an impact analysis of Health Promoting Homes programme to assess the longitudinal impact of the programme over the past five years.</li> <li>• Under the Debt and Consumerism theme HAZ have worked in partnership to develop the Money in Mind Training for Trainers and to assist a range of community groups and organisations to roll out the programme</li> <li>• The Community Development Strategy remains a key priority for the Board. In order to ensure that the actions agreed in the development of the strategy are delivered the Community Development Manager has worked closely with representatives from the new WHSCT to review and adapt the three legacy Community Development Action Plans into one merged plan for the Trust.</li> </ul>
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- he Board continues to be committed to the principle of genuine engagement with our service users. To assist with the delivery of this the Service Level Agreements with the 5 generic Community Networks were maintained. Through these agreements, the Board during 2008/09 have been able to work with the Networks to organise public meetings/focus group sessions in localised geographies on a number of issues to ascertain the views of local people. In addition community development staff has assisted the Trust, RQIA and NIPEC in the development of their respective PPI and Patience Experience strategies.
- The Community Development Manager has delivered a number of training programmes to various groups on user involvement and community development approaches theses included; Students on the Social Work Degree course at the University of Ulster, Western Childcare Partnership group, WHSCT Social Work Training Programme. The programmes focused strongly on the benefits of theses approaches.
- Over the last number of years there have been numerous joint initiatives and projects, and the inclusion in 2008/09 of the centres as providers of services for clients referred under the Conditions Management and Long Term Conditions Programme has proved very successful. In addition the centre has delivered a number of initiatives/ programmes to help address the following five overarching Public Health Priorities: -
  - Obesity
  - Smoking
  - Alcohol
  - Sexual health
  - Mental health

Between them the five centres have reached 26462 during the last eighteen months. People have become involved in health and health promotion activities across a range of ages, social situations, geographies and interest areas. The Board provides a contribution towards the centres core funding which equates to £9.45 per person/child this has also helped to ensure their sustainability and continued delivery of these essential health and social care programmes.
- Launch of Community Food and Nutrition Team (CFNT) in April 2008 at Annual Networking Day, promoting new expanded remit of team in providing training and support for food projects such as Cook it! that are based in the community.
- CFNT Annual Networking Day open to those involved in food projects and focussed on Food Labelling with workshops on Reading the Nutrition Box, Guideline Daily Allowances, FSA's 'Traffic Lights' system and Legal Issues of Food Labelling.

	<ul style="list-style-type: none"> <li>• CFNT Field to Fork resource – also launched during the Annual Networking Day – included nutrition information provided by the CFNT.</li> <li>• CFNT took part in the Big Lottery Celebration at Rathmore Centre, Londonderry to promote the success of local projects funded by the Lottery.</li> <li>• CFNT took part in the Regional Cook it! Celebration in Lurgan organised by the HPA to highlight the success of the Cook it! teams from 2004 –2008.</li> <li>• CFNT Dietitian made presentations on the development and remit of the CFNT to representatives from the Northern Health and Social Care Trust and the Western Investing for Health Partnership.</li> <li>• CFNT Dietitian paid visits to community food projects and Community Dietitians who support the projects in England, Scotland and Ireland. These visits were funded by the Community Nutrition Group of the British Dietetic Association who awarded their Innovation Award for 2008 – 09 to the CFNT Dietitian.</li> <li>• CFNT UU Food and Nutrition Student completed year’s placement with team. No student was available for 2008-09.</li> <li>• CFNT Food Values programme – designed to enable participants to budget when buying food and get good nutritional value for money without increasing food bills was revised and rewritten so that the programme could be delivered with or without cooking included.</li> <li>• CFNT -Funding for a pilot of FOOD VALUES has been sought from Safefood and it is hoped that the pilot will commence in April 2009.</li> </ul>
Development issues	<ul style="list-style-type: none"> <li>• HPC Revised health promotion action plans to take account of increasing need for performance monitoring. Promoted use of Strategic Direction for Health Improvement to increase understanding and consistency in planning for Health Promotion/Health Improvement</li> <li>• HAZ -The Debt theme will continue into next year with the evaluation of the programme to date and further roll out in Key organisations and communities</li> <li>• HAZ will continue to work with partners to ensure the implementation of the 3 year action plan arising from the Research into Health and Social Needs of Ethnic Minority Groups</li> <li>• Policy makers and clinicians are seeking new ways to promote increased patient involvement in their own care particularly patients/clients who suffer from a long term condition. Supporting patients and public to self care and self manage is now considered to be a core function of a patient-centred HPSS, embodying values which are shared with social care services, based on individuality, rights, choice, privacy, independence, dignity respect and partnership. The Western Board has been the first of the</li> </ul>

four Boards to try and address this issue, and over the last few months has trained 25 tutors, made up Health Care Professionals, Community & Voluntary sector staff and people with LTC from across the Board area who in turn have delivered a series of self-management courses based on a model developed by Kate Lorig from Stanford university. This model has been delivered in America, Europe and mainland Britain for a number of years but not only was this the first time it was tried in Northern Ireland it was also the first time a partnership approach had been adopted. To date 14 courses have been delivered and early evaluations would indicate that the courses have been very successful. On a recent visit to Northern Ireland Kate Lorig expressed her amazement at the progress made within the Western Board area in such short period time and also praised the Board for its innovative partnership approach.

- The Community Development Team played a pivotal role in the development, application and subsequent securing of INTERREG IV funding for the delivery of a social inclusion project which aims to tackle health inequalities across the border region, through a coordinated approach focusing on the “hardest to reach” and most vulnerable population groups.
- Development of CFNT offered extended support and training for other food projects as well as maintaining training and support for Cook it!
- CFNT Cook it! training continues to be held twice a year.
- Agreement with Omagh College reached whereby Dietitian from CFNT provided lectures and training workshops on nutrition for catering students and 1<sup>st</sup> year BA Early Years students. In return for this input, use of kitchen and restaurant facilities for Cook it! training is provided by the College without charge.
- CFNT Visits to new tutors prior to commencing delivery of their first Cook it! Courses are provided. These are carried out usually by Training and Development Officer and are designed to make sure the Tutor is well prepared to commence delivery. Visits to groups during Cook it! delivery carried out by Dietitian to answer nutrition queries. Tutors can phone CFNT at any time regarding queries or difficulties that may arise.
- CFNT -During 2008-09 the Training and Development Officer’s post was unfilled for most of the year and this affected the quality of support offered to Cook it! Tutors.
- CFNT have provided input to HPA’s development of a version of Cook it! for adults with Learning Difficulties. This work is ongoing.
- CFNT -A UU Food and Nutrition Student has been offered a placement for the year 2009-10.

## SECTION 4: ACHIEVEMENT AGAINST IFH OBJECTIVES

### IFH Objective: 1 - To reduce poverty in families with children

Key issues – Unemployment, benefit dependency, debt, social exclusion, targeting social need, life long learning, urban regeneration, children's support

#### Early Years

- IFH Health Promoting Homes delivered to over 130 families in this financial year throughout the WHSSB area. Health promoting homes model taken on by number of primary schools through extended schools programme. Field to Fork module developed and integrated with the Health Promoting Homes Programme – focuses on seasonality and buying food on a budget.
- HAZ Continuation of the Money in Mind project which is a programme of Financial Lifeskills coupled with practical advice and support
- IFH/HAZ Inclusive Play Project continues into next year with the completion of 2 outdoor natural play areas and a supporting programme of Play opportunities for the most vulnerable children and families. The Impact evaluation is running concurrently.
- WHAZ continue to support the Young Fathers Project through the Steering group and Management sub-group. The project aims to support Young Fathers establish a nurturing relationship with their children.
- WHAZ will continue to work in partnership to bring forward actions tackling Poverty and Disadvantage among Ethnic Minority groups.
- Through the IFH Early Years sub-group a DVD for Traveller Families has been developed to raise awareness about Hurlers Syndrome and the option of Bone Marrow Transplant as treatment.
- The issue of Fuel poverty among families is supported through WHAZ/ WIFH with the development of a number of pilot initiatives including the Warm Zones Scheme.
- Cook it! delivery to parents of families continues through Health Promoting Homes, Surestart organisations etc
- CFNT Workshops on Weaning, Feeding Under 5s, Salt and Healthy Snacks delivered to staff and clients of community and voluntary sector organisations working with families
- CFNT Workshops on 'Healthy Eating' and 'Feeding the Under Fives' delivered to the Western Education and Support Team staff.
- IFH/HAZ Information on shopping and nutrition provided for inclusion in a DVD on Food Shopping developed by Bogside and Brandywell Health Forum.

- CFNT developed a booklet 'Have a Healthy Wealthy Christmas' for use at the Shepherds View Winter Wonderland in December. The booklet included information on defrosting and cooking a turkey, recipes for Christmas dishes and hints on how to save money when shopping for food at Christmas.
- CFNT provided a fun workshop on healthy eating – including a nutrition quiz using the 'Rickety Wheel', soup tasting and recipes - for community organisations and families attending the Shepherds View Winter Wonderland.
- Nutrition information for Families Together programme being jointly run by Homestart and Lifestart in Fermanagh.
- HPD Health Promoting School Award saw 58 nursery, primary, post primary and special schools participate this year. 38 schools retained Gold award from the previous year.
- HPD – 'Bank Your Smile' initiative is a community-led initiative that seeks to address the oral health and nutrition needs of 0-11 year olds in this area. Tooth brushing and nutrition programmes (healthy breaks and healthy lunch boxes) are currently being delivered in all 23 primary schools, and all nurseries and pre-schools in the area.
- HPD supported the launch of 'Sweet Smiles' a community oral health awareness event to school children, teaching staff and dental staff from the West Bank area of L'Derry.
- HPD completed the pilot Breakfast Club Programme with schools across the western area.
- HPD co-ordinated the delivery of the 'Smile 4 Life' programme (0-4) age group with the distribution of dental packs and feeding cups.
- HPD in partnership with Community Dental Service supported the delivery of the 321 oral health and Smartsnacks programme in all special schools across the western area.
- HPD in partnership with Community Dental Service continue to deliver Oral Health Education and Brushing programmes in special schools across the western area.
- HPD in partnership with school nursing implement a brushing programme to all schools in the western area.
- HPD developed, launched and distributed the Breastfeeding Policy. The policy is for use by all staff who have contact with parents, infants and young people. It aims to provide clear and consistent information to enable mothers to make a fully informed choice as to how they feed and care for their babies. A leaflet is also available to be given to new mothers to assist in the continuation of breastfeeding.
- HPD distributed Feeding Policy for the First Five Years to all health professionals working with parents and children

	<p>under five in the western area. This policy, which is primarily for the use of health professionals, provides evidence-based information on healthy nutrition for pregnant women, infants, young children and the wider family. The emphasis is on providing clear and consistent advice and support for parents, as they make their own nutritional choices, which will influence the health and well being of the next generation.</p>
Teenage	<ul style="list-style-type: none"> <li>• HAZ - The Young Fathers Project delivers a range of parenting and life-skills programmes to ensure the best start for the baby/child.</li> <li>• CFNT Cook it training to staff from organisations working with teenagers and young people followed by delivery of Cook it! to clients by the Tutors.</li> <li>• Support for Cook it! tutors working with young people on budgeting for food.</li> <li>• HPD supported oral health/physical activity fun days for pupils in Templemore, L'Derry</li> <li>• Focus groups were conducted with 120 pupils in post primary schools. These examined attitudes to health behaviours in relation to oral health and nutrition. Recommendations were made to influence further work with this target group.</li> </ul>
Adulthood	<ul style="list-style-type: none"> <li>• IFH Food Poverty DVD developed by Bogside and Brandywell Health Forum in association with Community Food and Nutrition Team, funded by Western IFH. Focuses on Credit Crunch Cooking and making the most of affordable cooking on a budget. Will be distributed as a pilot programme to homes in the Triax neighbourhood Renewal Area of Derry City.</li> <li>• IFH Ex-prisoner led Community Allotments programme funded in Neighbourhood Renewal area of Strabane District Council Area. Project will involve a wide range of community organisations and some local businesses signed up to provided educationally focussed community allotments including focus on diet and nutrition, emotional health and well-being, physical activity etc.</li> </ul>
Corporate/ General	<ul style="list-style-type: none"> <li>• CFNT Presentation on FOOD VALUES to Early Years subgroup to generate interest in programme and its future development.</li> </ul>
Key Developments	<ul style="list-style-type: none"> <li>• IFH Development of policy between five District Councils and DARD on the implementation of Community Allotments Initiative. Will lead to funding form Western IFH in 2009-10.</li> <li>• CFNT Food Values budgeting programme revised and rewritten in response to identified need during consultation with community and voluntary organisations</li> </ul>

**IFH Objective: 2 - To enable all people and young people in particular to develop their skills and attitudes that will give them the capacity to reach their full potential and make healthier choices**

Key issues – Educational attainment, life skills, citizenship

Early Years

- WHAZ continues to support the Young Fathers Project in terms of overseeing the management of the project in partnership with the lead agency.
- WHAZ debt project provides financial life-skills training and practical support to vulnerable participants
- The IFH/HAZ Inclusive Play Project improves access to Play for children and parents with disabilities and their families
- CFNT Healthy eating activities for children developed by UU Nutrition student and piloted with primary school children taking part in cooking classes organised and delivered by Bogside and Brandywell Health Forum.
- CFNT provided ideas for food activities for Churchtown Community Association’s summer children’s activities.
- IFH Training on Field to Fork for organisations delivering Health Promoting Homes
- IFH Assistance for Surestart organisation in planning activities from Field to Fork for use with local Primary school children.
- Delivery of Food 4 Play training modules for Play Workers in collaboration with Playboard
- HPD -150 primary schools were involved in the HPD Munch Box Challenge Initiative that is 70% of all primary schools in the western area.
- HPD co-ordinated MEND Child Obesity Awareness Training for 25 health professionals and front line staff.
- HPD promoted Healthy Breaks Initiative throughout the WHSCT in partnership with the Community Dental Service.
- HPD developed a snack leaflet for use by parents and carers of children within the WHSCT and made available for distribution through HPD Resources and Graphics Department.
- HPD and Breastfeeding Awareness Week - Publicity coordinated through celebration days in collaboration with Trust staff (health visitors, dietitians, GPs etc.) 750 breastfeeding newsletters and posters distributed to breastfeeding support groups throughout the WHSCT.
- HPD developed and distributed the Vitamin K Policy to all health professionals working with antenatal and postnatal mums.
- HPD co-ordinated small grants scheme throughout

	<p>WHSCT breastfeeding support groups to raise awareness of breastfeeding in the western area</p> <ul style="list-style-type: none"> <li>● HPD designed, co-ordinated and distributed breastfeeding support cards and posters for all breastfeeding mothers.</li> <li>● HPD assisted in the Altnagelvin audit of Feeding Methods in Infants &lt;1300g to continue to improve and develop neonatal services in Altnagelvin.</li> <li>● HPD provided all health professionals working with parents of children under five in the Western Area with up-to date information on feeding guidelines.</li> <li>● HPD distributed CATCH Pack (Children and Teachers Creating Health), a nutritional resource pack for use in primary schools throughout the western area.</li> <li>● HPD in conjunction with community dietitians, delivered dental hygiene/healthy eating sessions to 170 children at 2 summer camps in L'Derry.</li> <li>● HPD Promoting Oral Health Resource and Toolkit - health visitors and health professionals received training on how to use the Promoting Oral Health resource and toolkit.</li> <li>● HPD distributed the Promoting Oral Health parents leaflet to all health centres and Surestarts in the WHSCT. Parents leaflet on 'Promoting Oral Health' was translated into 5 foreign languages.</li> <li>● HPD in partnership with Community Dental Service supported the delivery of the 321 oral health and Smartsnacks programme in all special schools.</li> <li>● HPD completed the pilot Breakfast Club Programme with schools.</li> <li>● HPD co-ordinated the delivery of the 'Smile 4 Life' programme (0-4) age group with the distribution of 24,000 dental packs and 6,000 feeding cups.</li> <li>● HPD delivered Dental Trauma training to 70 teachers and 20 sports coaches at the WELB conference.</li> <li>● HPD delivered training in childhood obesity to foster carers in partnership with social services.</li> <li>● HPD in partnership with community dietetics delivered an awareness session on weaning and oral health to mothers in Derry Well Woman.</li> <li>● HPD - staff trained to provide increased opportunities for children aged between 18 months and 5 years to be more physically active in their early years setting.</li> <li>● HPD in partnership with University of Ulster established opportunities for Creative Dance in a primary school setting.</li> <li>● HPD coordinated Games For All training to participants from youth and education in order to equip them with the knowledge to deliver a series of activities for disabled and non-disabled children.</li> <li>● HPD organised and facilitated 2 Handling Children's</li> </ul>
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	<p>Behaviour training courses and 2 Self Esteem training courses to 100 participants from community, voluntary and statutory sectors who work with parents and those in a parenting role.</p> <ul style="list-style-type: none"> <li>• HPD supported an extensive evaluation of the Lifeskills Project from January 2006 – December 2008.</li> <li>• HPD delivered 2 accredited NCFE Level 1 courses to 20 participants from community, voluntary and statutory sectors.</li> </ul>
Teenage	<ul style="list-style-type: none"> <li>• IFH Follow to LIFE programme - Originally developed by the NIFRS to target disaffected young people, IFH added value by creating a referral process via the Community Safety Partnerships to access the most vulnerable young people. A programme developed which saw a partnership approach with IFH leading and securing 2 programmes per council area, purchase of training equipment for the WHSSB only and the training of retained fire officers in each of the Council areas to build a rapport with the young people. An evaluation in Year 4 highlighted the need for a further programme which engages the young people to be fully involved in full time education, training or employment, so as to build their skills to achieve healthier choices (IFH objective 2). This years activity focused on consultation as to the needs of the referral agents and the LIFE participants and the first development stage of a follow on programme, reports are available on each of the stages.</li> <li>• IFH Youth Manifesto - An effort to involve young people in shaping the future development of the IFH strategy. Research was completed on young peoples needs and a manifesto produced and presented to Stormont, by Youth Forum NI and completed by Inside Out. The Manifesto was delivered to various organisations who could begin to meet these needs identified, including; <ul style="list-style-type: none"> <li>○ Sexual Health</li> <li>○ Community Relations</li> <li>○ Drugs and Alcohol</li> <li>○ Safety</li> <li>○ Voice of Young People</li> <li>○ Employment</li> <li>○ Facilities</li> <li>○ Emotional Support</li> </ul> <p>The Teenage Transition subgroup is taking this forward by developing a Board wide youth reference group.</p> </li> <li>• CFNT Cook it! Tutors recruited from organisations working with teenagers including those working with young people who are homeless, on mentoring schemes or who have been in care</li> <li>• HPD delivered a number of smoking prevention programmes in post primary schools across the western area. The smoking cessation programme for young</li> </ul>

	<p>adults 'Teenage Kicks' was also delivered.</p> <ul style="list-style-type: none"> <li>• HPD developed a quality assured teaching pack to support the introduction of the Regional Initial Assessment Tool and work with drug using young people.</li> <li>• HPD -In partnership with Opportunity Youth, two 'Getting it Together' programmes were delivered, which targeted looked after children, children excluded from school and children within the probation service. Evaluation completed and report published.</li> <li>• HPD 'R U OK' cards – 15,000 cards developed and produced in support of Lifeline number. Mobile advertising campaign completed with post primary schools across the western area. Ulster bus campaign was also completed. Free text option for young people was piloted with the campaign with excellent uptake.</li> <li>• HPD developed and distributed desktop mats containing a range of support services available in mental health services.</li> <li>• HPD organised a Walk For Life event in partnership with Contact Youth for pupils and teachers.</li> <li>• HPD Closer Look at the Oral Cavity Pack distributed to post primary schools and provided instructions for teachers on use of pack.</li> <li>• HPD co-facilitated and delivered training on the Step For Health Challenge in 20 post primary schools across the western area with school nurses.</li> <li>• HPD supported the organisation and delivery of health fairs for 350 students in Omagh and Enniskillen FE Colleges.</li> <li>• HPD delivered information session on the Healthy Walking Bus Initiative to children and parents in Holy Trinity School, Enniskillen</li> <li>• HPD Healthy Habits Challenge promoting physical activity, nutrition and oral health was launched and supported in Lisneal College and Lisnaskea High School.</li> <li>• HPD in partnership with University of Ulster established opportunities for Creative Dance in a post primary setting.</li> <li>• HPD facilitated Hip Hop Body Shock Training to youth and leisure centres in the western area.</li> <li>• HPD coordinated Games For All training to participants from youth and education in order to equip them with the knowledge to deliver a series of activities for disabled and non-disabled children.</li> <li>• HPD Breastfeeding Education Pack – All post primary schools in the western area were encouraged to build into 08/09 school year plans.</li> <li>• HPD ran an onsite sexual health programme Chlamydia screening sessions in partnership with FE colleges and community pharmacy during February.</li> <li>• HPD assisted in the development of a needs assessment tool for teachers and year heads regarding sexual health</li> </ul>
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	<p>and wellbeing programmes in the school setting.</p> <ul style="list-style-type: none"> <li>• HPD -In support of sexual health agenda, personal development programmes were delivered. These included Choices and Bout Ye for young people and Parents supporting Sexual Health Programme.</li> <li>• HPD organised and facilitated 2 Handling Teenagers Behaviour training to 45 participants from the community and voluntary sectors that work with parents and those in a parenting role.</li> <li>• HPD delivered Talking Teens course to 20 participants from the community and voluntary sectors that work with teenagers.</li> <li>• HPD provided a health promotion stand for 250 students and 70 teachers in North West Regional College and University of Ulster.</li> <li>• HPD Bone Fun Days delivered to post primary schools in order to promote good bone health.</li> </ul>
Adulthood	<ul style="list-style-type: none"> <li>• WIFH development of Transitions Pack for teenagers in care who are moving into adulthood. Developed in conjunction with the WHSCT the pack will outline sources of support, practical advice and general information for teenagers as they move into adulthood.</li> <li>• WIFH development of a role-modelling programme to engage young people and their parents/guardians in physical activity programme. Active Families Coordinator for the programme employed in partnership with Western Group Environmental Health.</li> <li>• CFNT Healthy eating workshop for staff and volunteers working with street drinkers through Foyle Haven, Londonderry.</li> <li>• Support provided for Cook it! delivery by organisations working with adults with disabilities.</li> <li>• Training of Cook it! tutors from Foyleview Resettlement Unit at Magilligan Prison and assistance with delivery of nutrition information during first session.</li> <li>• Cook it! support visits to Tutors and participants at Foyleview Resettlement Unit, Magilligan Prison.</li> <li>• HPD delivered drug and alcohol training courses including, DAIT course, Hidden Harm, FASD, You, Your Client and Blood Borne Viruses and Alcohol &amp; Domestic Violence. The courses are competency led and support the implementation of the NSD for alcohol and drugs through the promotion and development of a competent workforce within the WHSSB area to respond to alcohol and drug related harm.</li> <li>• HPD through Community Support Services Project, supported the on-going work of the Fermanagh Alcohol and Drugs Forum.</li> <li>• HPD organised Take Action Conference in partnership with Fermanagh, Foyle and Omagh Drug and Alcohol</li> </ul>

	<p>Forums that showcased models of good practice for alcohol and drugs from all over the United Kingdom and Ireland.</p> <ul style="list-style-type: none"> <li>• HPD carried out a sexual health survey with parents at ARC Healthy Living Centre regarding sexual health and life skills courses.</li> <li>• HPD supported the delivery of HIV Awareness training sessions to school nurses and health visitors throughout the Western area.</li> <li>• HPD developed and distributed a sexual health newsletter for those working in the sexual health field across the Trust area</li> <li>• HPD co-ordinated World Aids Day Campaign in association with KISS Project worker and provided resources for community/Stat/ voluntary organisations</li> <li>• HPD held training needs briefing day for teachers in St. Cecelia's College L'Derry. As a result, training programme developed to support teachers in the delivery of RSE.</li> <li>• HPD developed and delivered Oral Health and Nutrition training to staff working with clients with learning disabilities in Adult Training Centres and Day Care Centres across the western area. Toothbrushing and healthy snacks programmes now established in most facilities.</li> <li>• HPD delivered Oral Health training and resources delivered to adults with learning disabilities.</li> <li>• HPD developed oral health guidelines for use in nursing and residential homes in partnership with clinical nurse advisors and nursing home managers.</li> <li>• HPD co-ordinated MEND training for Western Trust staff.</li> <li>• HPD developed an obesity leaflet for use by adults within the WHSCT and made available for distribution through the HPD Resource and Graphics Department.</li> <li>• HPD developed and distributed the Food and Nutrition Policy and leaflets to patients, clients and staff in the western area.</li> <li>• HPD co-ordinated and managed the Fermanagh Active Living Project (FALP).</li> <li>• HPD co-ordinated and supported the Fit For Life exercise referral scheme in Castledearg and Limavady leisure centres. This project has been shortlisted for the Integrated Healthcare Award winners in June.</li> <li>• HPD delivered 3 Walk Leader training courses. As a result, a number of walking programmes across the western area have been established.</li> <li>• HPD co-ordinated the 'Get Active in the Community' grants scheme. Grants were awarded to 31 community and voluntary groups in the western area.</li> <li>• HPD smoking cessation specialists provided a smoking cessation service to approx 1500 clients. The service</li> </ul>
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	<p>was offered in a variety of settings including hospitals, mental health and learning disability facilities, health centres, local communities, workplaces and schools. Target groups included all smokers with particular emphasis on young people, pregnant women, disadvantaged adults and manual workers.</p> <ul style="list-style-type: none"> <li>• HPD provided Brief Intervention Training to approx. 1,000 HSC workers in primary and secondary care. Smoking cessation information was also delivered to staff attending induction training.</li> <li>• HPD organised and facilitated activities for No Smoking Day 2009.</li> <li>• HPD promoted public awareness of the dangers of sunbathing and supported UCF in highlighting the dangers of sunbeds during care in the sun week.</li> <li>• HPD provided breast cancer awareness training to staff in Aberfoyle Medical Practice and members of general public in Pilots Row Leisure centre.</li> <li>• HPD organised health checks for Trust staff in Erne Hospital.</li> <li>• HPD in partnership with Bogside and Brandywell Initiative ran a health and wellbeing fair for taxi drivers. Attendees availed of health checks and advice on prostate and testicular cancer.</li> <li>• HPD delivered 3 Talking to your Children About Tough Issues practitioner courses to 30 practitioners who work with parents and those in a parenting role.</li> <li>• HPD delivered 5 Talking to Your Children about Tough Issues courses to 50 parents from across the western area.</li> </ul>
Later Years	<ul style="list-style-type: none"> <li>• HPD supported the Fuel Poverty Campaign across the western area. This campaign aimed at financially disadvantaged older or disabled people and their carers and families with children on low incomes.</li> <li>• HPD delivered carers training information sessions to the Senior Citizens Consortium in Omagh and Fermanagh.</li> <li>• HPD presented Oral Health and Nutrition information to older people at Senior Citizens Consortium Conference.</li> <li>• HPD delivered Alcohol and Working with Older people to participants from the statutory and voluntary sectors in Enniskillen.</li> <li>• HPD facilitated a Movement to Music training course for 16 staff working with older people in the Southern sector.</li> </ul>
Corporate/ General	<ul style="list-style-type: none"> <li>• IFH have led on the strategic implementation of D.E. Extended Schools Programme in the WELB &amp; SELB area.</li> <li>• HPD organised World Mental Health day conference to support links between strategies.</li> <li>• HPD organised Obesity Conference examining the</li> </ul>

	<p>psychological aspects of the increasing levels of obesity in the Western area. The conference raised awareness about the need for behaviour change in effecting a positive outcome in weight loss.</p> <ul style="list-style-type: none"> <li>• HPD organised a Valentine’s Sexual Health Conference that promoted local projects and services in the western area.</li> <li>• HPD delivered Community Health Educators training to community, voluntary and statutory sectors throughout the western area.</li> <li>• HPD delivered Understanding Groups training to community, voluntary and statutory sectors throughout the western area.</li> <li>• HPD delivered Introduction to Health Promotion training to community, voluntary and statutory sectors throughout the western area.</li> <li>• HPD organised a Step for Health Challenge for 140 Trust staff. The challenge promoted oral health, nutrition and physical activity messages</li> </ul>
Key Developments	<ul style="list-style-type: none"> <li>• Development of the IFH Active Families Programme and employment of an officer with WGEH. Programme will develop over 2½-year period and target up to 300 families from disadvantaged areas across WHSSB. Potential strategic linkages to other key health on and leisure-based programmes and policies. Delivery for first time in NI of accredited Lifestyle Management Qualification.</li> <li>• CFNT Development of information for Cook it! Tutors who have a participant with coeliac disease at a Cook it! course and support and help with adjusting recipes or sourcing suitable ingredients so that coeliac participants can fully take part in Cook it!</li> </ul>

**IFH Objective: 3 - To promote mental health and emotional well being at individual and community level.**

Key Issues - self esteem, emotional well-being, preventing suicides, sense of belonging

<p>Early Years</p>	<ul style="list-style-type: none"> <li>• The HPC Commissioned ‘Nurturing Parent’ training for Surestart staff in partnership with Surestart and WHSCT to facilitate delivery of this programme to parents.</li> <li>• WIFH Health Prompting Homes Programme includes module on personal development linked to prevention of obesity. Over 130 families completing programme this financial year.</li> <li>• The WIFH/HAZ Inclusive Play project provides opportunity for Family activities.</li> <li>• The HAZ Money In Mind project improves the emotional well-being and sense of control among participants</li> <li>• The IFH Research into Health and Social Needs of Ethnic Minorities will include actions around tackling racism, discrimination and Prejudice</li> <li>• The HAZ Young Fathers project reduces the isolation of Young Families and develops family infrastructure</li> <li>• HPD organised a promoting mental health and emotional wellbeing seminar for professionals across the western area. The seminar provided practical advice for professionals and others who work regularly with children and young people who need additional support around emotional health and wellbeing.</li> </ul>
<p>Teenage</p>	<ul style="list-style-type: none"> <li>• HPC Commission Aware Defeat Depression to deliver Mood Matters to schools across the WHSSB area</li> <li>• HPC Commissioned life-skills programmes for children and young people</li> <li>• HPD -In partnership with Opportunity Youth, two ‘Getting it Together’ programmes delivered, which targeted looked after children, children excluded from school and children within the probation service. Evaluation completed and report published. This project has been shortlisted for the Integrated Healthcare Award winners in June.</li> <li>• HPD supported the delivery of Self-esteem training for young people in Limavady.</li> <li>• HPD funded a Creative Writing Programme to promote emotional health of young people across the western area. This programme is endorsed by the Royal College of Psychiatry as a holistic tool to promote emotional health and wellbeing in young people.</li> <li>• HPD ‘R U OK’ cards – Cards developed and produced in support of Lifeline number. Mobile advertising campaign completed with post primary schools across the western</li> </ul>

	<p>area. Ulster bus campaign was also completed. Free text option for young people was piloted with the campaign with excellent uptake.</p> <ul style="list-style-type: none"> <li>• HPD delivered self-esteem building to 24 teachers from schools across the western area. Participants were provided with practice based esteem building activities and materials.</li> </ul>
Adulthood	<ul style="list-style-type: none"> <li>• HPC Commissioned Foyle Tranquilliser initiative to provide a range of programmes and activities to support long term users of tranquillisers</li> <li>• HPC Supported needs assessment for training on mental health and suicide prevention</li> <li>• IFH Research into the content, availability and quality of support for businesses interested in assisting/addressing the emotional health and well-being of their employees.</li> <li>• HAZ The debt project improves emotional well being and reduces stress due to financial pressure</li> <li>• CFNT Delivery of Cook it! to adults with mental health problems through local voluntary organisations.</li> <li>• HPD delivered 6 Mental Health First Aid courses to teachers, parents, community workers and health professionals.</li> <li>• HPD contributed to the development of MHFA for Northern Ireland and to the regional review of training on mental health and suicide prevention. Two additional instructors have been trained.</li> <li>• HPD delivered stress management/self esteem workshop to healthcare professionals throughout the western area.</li> <li>• HPD finalised the dental stress audit tool kit and contributed to the audit report. A stress first aid kit has been launched as a result.</li> <li>• HPD delivered Managing Stress to dental and Trust staff across the western area.</li> <li>• HPD delivered mental health and stress management training to members of the PSNI.</li> <li>• HPD delivered a public awareness talk to participants on managing depression as part of Aware Defeat Depression public events.</li> <li>• HPD delivered mental health promotion sessions to individuals including student nurses at the University of Ulster</li> <li>• HPD provided support in recognising mental and emotional health problems to clients who work with vulnerable groups</li> <li>• HPD provided Seeding Grants to community and voluntary groups in support of World Mental Health Day and World Suicide Prevention Day.</li> <li>• HPD developed and delivered a pilot “whole practice” approach to mental health in the primary care setting.</li> <li>• HPD organised the distribution of 75,000 Concerned</li> </ul>

	<p>About Suicide leaflets to households throughout the Western area.</p> <ul style="list-style-type: none"> <li>• HPD delivered 11 ASIST training programmes to 200 participants from community, voluntary and statutory sectors.</li> <li>• HPD delivered Safetalk training for trainers to participants from community, voluntary and statutory sectors.</li> <li>• HPD in partnership with Ultrasis, provided training to primary care staff and community/voluntary staff involved in online CBT service provision.</li> <li>• HPD delivered computerised CBT (CCBT) training to GP practices and representatives from the community setting across the western area.</li> <li>• HPD facilitated computerised CBT information sessions to GPs throughout the Western Trust.</li> </ul>
Later Years	<ul style="list-style-type: none"> <li>• HPC Commissioned work to better understand and address the needs of older people following bereavement, through provision of activities designed to increase social contact.</li> <li>• HPC Commissioned work to support the needs of carers on mental health and emotional well-being</li> </ul>
Corporate/ General	<ul style="list-style-type: none"> <li>• WIFH have lead on the development of a new project for the reporting of suicides by PSNI to HSC and HPD have developed a new family support initiative.</li> <li>• WIFH have jointly led on the development of a Community Response Plan to prevent potential clusters.</li> <li>• WIFH developed a new integrated Community development Project called CLEAR, which is being lead by a community-led partnership.</li> </ul>
Key Developments	<ul style="list-style-type: none"> <li>• WIFH Adulthood sub-group will invest in the provision of support for employees and unemployed people who have mild to moderate depression. Links to the prevention of other determinants for ill health including obesity, alcohol misuse etc.</li> <li>• The issue of addressing Foyle Bridge as a high-risk location for individuals who are trying to take their own life by suicide remains a challenge. WIFH are currently working with DRD in respect of this issue.</li> </ul>

<b>IFH Objective: 4 - To offer everyone the opportunity to live and work in a healthy environment and to live in a decent affordable home</b>	
Key Issues - Fuel Poverty, New housing, Housing Improvements, Workplace Health	
Early Years	<ul style="list-style-type: none"> <li>• IFH / HAZ Work to tackle Fuel poverty in families with children is being piloted through the Warm Zones Scheme</li> <li>• The IFH Ethnic Minority study will explore the issues and barriers around working in N.I</li> </ul>
Adulthood	<ul style="list-style-type: none"> <li>• IFH Research into the content, availability and quality of support for businesses interested in assisting/addressing the emotional health and well-being of their employees.</li> <li>• HPD has contributed to the development and implementation of the Western Trust Smoke Free Policy. The policy was formally launched in March by the HPD with extensive media coverage throughout the western area. HPD developed and distributed a range of publicity material including leaflets and posters to staff, patients and visitors.</li> <li>• HPD encouraged and promoted the benefits of healthy lifestyles through provision of the Healthy Habits challenge in the workplace.</li> <li>• HPD provided A Health and Wellbeing Fair to Trust staff. The fair provided health checks and complementary therapies, fitness tests, smoking cessation, cancer prevention, oral health and healthy eating advice.</li> <li>• HPD organised a Step for Health Challenge for 140 Trust staff. The challenge promoted oral health, nutrition and physical activity messages.</li> </ul>
Later Years	<ul style="list-style-type: none"> <li>• CFNT Support for food projects in NRAs including Cook it! delivery, and Workshops on Healthy Eating for Older People with tasting sessions.</li> </ul>
Corporate/ General	<ul style="list-style-type: none"> <li>• IFH funded research into a HIA looking at the health impact of Strabane DC's Clean Air Policy.</li> </ul>
Key Developments	<ul style="list-style-type: none"> <li>• IFH Adulthood sub-group will invest in the provision of support for employees and unemployed people who have mild to moderate depression. Links to the prevention of other determinants for ill health including obesity, alcohol misuse etc.</li> </ul>

**IFH Objective: 5 - To improve our neighbourhoods and wider environment**

Key Issues – Air Quality, Environmental sustainability, Urban regeneration

<p>Early Years</p>	<ul style="list-style-type: none"> <li>• IFH/HAZ Inclusive Play Project has developed 2 areas of Natural outdoor play in 2 council areas and has also supported the development of an Interagency Play Strategy in both Council Districts</li> </ul>
<p>Adulthood</p>	<ul style="list-style-type: none"> <li>• Work on the WIFH Demonstration project for HIA of the West Tyrone Area Plan has been held in abeyance due to Judicial Review of the Development Planning System in Northern Ireland. This will be reinvigorated on completion of Judicial Review.</li> <li>• IFH RAFAEL Programme has continued with more focussed approach to 'Meet the Buyer Events'. MTB event held in Altnagelvin Hospital on three regional contracts. Increasing the proportion of fresh local and sustainable food will have a positive impact not only on health through increased nutritional intake, but also on environmental sustainability.</li> <li>• CFNT Support for allotment and 'grow your own' schemes through presentations, relevant nutrition information and advice.</li> </ul>
<p>Corporate/ General</p>	<ul style="list-style-type: none"> <li>• WIFH have led on supporting the implementation of DSD Neighbourhood Renewal; Strategy in WHSSB area.</li> <li>• WIFH/HAZ have been working with DARD on the development of an initiative to tackle rural poverty.</li> </ul>

**IFH Objective: 6 - To reduce accidental deaths and injuries in the home, workplace and collisions on the road**

Key Issues – Home Safety, Safety at Work, RTAs

<p>Early Years</p>	<ul style="list-style-type: none"> <li>• HPC Reports provided on accident experience of children under 5 and older people. Campaign delivered in community settings in response to these. Information event held to share information with those who work with children and raise awareness of the need for accident prevention to reduce accidents to children</li> <li>• HAZ Young Fathers project looks at Child Protection issues and Safety in the home as part of the Parenting programme.</li> <li>• HPD co-ordinated the delivery of Beesafe accident prevention initiative for P7 pupils in Omagh, L'Derry, Limavady and Fermanagh. Partner agencies delivered accident prevention messages on electrical safety, road safety, fire safety, First Aid, bus safety, home safety and personal safety to 1550 pupils from 44 schools throughout the western area.</li> </ul>
<p>Teenage</p>	<ul style="list-style-type: none"> <li>• IFH Roadwise - Targeting 17-24 year old males (the highest incidences of RTC's) and challenging their behaviour and attitude to driving; focusing on issues such as speeding, driving under the influence of drugs and alcohol, hazard awareness, attitude to other road users and distractions whilst driving (car overloading etc). This programme has targeted young men in general through posters in schools, Universities and FE Colleges and more targeted promotion at 'boy racers' through specialised websites and periodicals for performance cars. Travellers, migrant workers and young people with driving convictions and penalties have also been targeted through agencies such as Youth Justice NI and PSNI with the aim of lower incidences of RTC's in the WHSSB area and resulting reduced A&amp;E admissions and GP attendance due to RTC's.</li> <li>• IFH Road Safety Campaigns – Limavady Road Safety Committee facilitated a cross border inter agency driving awareness day for FE College Students on both sides of the border, with a view to promoting safer driving and signposting to Roadwise.</li> <li>• The group have also delivered a road safety awareness quiz and poster competition in schools throughout the Limavady borough area.</li> </ul>
<p>Adulthood</p>	<ul style="list-style-type: none"> <li>• IFH RAFAEL project has challenged procurement policy to encourage HPSS to purchase high quality sustainable produce from local producers. Has been endorsed by</li> </ul>

	<p>Minister for Agriculture and Rural Development who has facilitated a number of cross-departmental meeting at Ministerial level on the RAFAEL Programme. Provision of Meet the Buyer Events at Altnagelvin Site in partnership with DARD, WHSCT, Regional Supplies Service and Women in Agriculture.</p> <ul style="list-style-type: none"> <li>• Information on the Welcome Pack- available through the IFH web-site provides information on road safety for Ethnic Minority groups in 11 languages</li> </ul>
Corporate/ General	<ul style="list-style-type: none"> <li>• CFNT Establishment of closer links with EHO to deliver training and workshops on food safety and food labelling and to plan further joint delivery of training and workshops.</li> </ul>

## IFH Objective: 7 - To enable people to make healthier choices

Key Issues – Health Promotion, Oral Health, Sexual Health, Physical Activity, Diet & Nutrition

### Early Years

- HPC Commissioned a range of initiatives on physical activity, nutrition and emotional well-being to address the Fit Futures agenda
- WIFH Health Prompting Homes Programme is first integrated weight gains and obesity prevention programme in NI. Over 130 families completing programme this financial year focussing on personal development, nutrition and physical activity and how they link to obesity.
- WIFH development of Field to Fork Educational Resource. Distributed to 194 primary schools and Health Promoting Homes/Cook It delivery organisations.
- Continuation of the HAZ Money in Mind project which is a programme of Financial Lifeskills coupled with practical advice and support
- The IFH/HAZ Inclusive Play Project continues into next year with the completion of 2 outdoor natural play areas and a supporting programme of Play opportunities for the most vulnerable children and families. The Impact evaluation is running concurrently.
- WHAZ continue to support the Young Fathers Project. The project aims to support Young Fathers establish a nurturing relationship with their children through the delivery of a parenting and life-skills programme and also the offering of an advocacy service.
- WHAZ will continue to work in partnership to bring forward actions tackling Poverty and Disadvantage among Ethnic Minority groups.
- Through the IFH Early Years sub-group a DVD for Traveller Families has been developed to raise awareness about Hurlers Syndrome and the option of Bone Marrow Transplant as treatment.
- The issue of Fuel poverty among families is supported through WHAZ/ WIFH with the development of a number of pilot initiatives including the Warm Zones Scheme.
- CFNT Workshops for expectant mothers and parents on Weaning, Feeding Under 5s, Healthy Eating
- CFNT hold Mini-workshops and stands at Mother and Toddler groups, Health Fairs and Antenatal days promoting healthier snacks and healthier food choices
- CFNT answering queries on nutrition for young children from parents and child care providers
- CFNT 'Find out about Fruit and Veg' stands at

supermarkets in Omagh during the Healthy Omagh Consortium's Health and Wellbeing Festival. Stands manned by Cook it! tutors, Dietetic Students, UU Nutrition Student and CFNT Dietitian and aimed at children and parents.

- CFNT -Nutrition information provided for the Active Families initiative.
- HPD - 150 primary schools were involved in the HPD Munch Box Challenge Initiative that is 70% of all primary schools in the western area.
- HPD co-ordinated MEND Child Obesity Awareness Training for 25 health professionals and front line staff.
- HPD promoted Healthy Breaks Initiative throughout the WHSCT in partnership with the Community Dental Service.
- HPD developed a snack leaflet for use by parents and carers of children within the WHSCT and made available for distribution through HPD Resources and Graphics Department.
- HPD and Breastfeeding Awareness Week - Publicity coordinated through celebration days in collaboration with Trust staff (health visitors, dieticians, GPs etc.) 750 breastfeeding newsletters and posters distributed to breastfeeding support groups throughout the WHSCT.
- HPD developed and distributed the Vitamin K Policy to all health professionals working with antenatal and postnatal mums.
- HPD co-ordinated small grants scheme throughout WHSCT breastfeeding support groups to raise awareness of breastfeeding in the western area
- HPD designed, co-ordinated and distributed breastfeeding support cards and posters for all breastfeeding mothers.
- HPD assisted in the Altnagelvin audit of Feeding Methods in Infants <1300g to continue to improve and develop neonatal services in Altnagelvin.
- HPD provided all health professionals working with parents of children under five in the Western Area with up-to date information on feeding guidelines.
- HPD distributed CATCH Pack (Children and Teachers Creating Health), a nutritional resource pack for use in primary schools throughout the western area.
- HPD in conjunction with community dieticians, delivered dental hygiene/healthy eating sessions to 170 children at 2 summer camps in L'Derry.
- HPD Promoting Oral Health Resource and Toolkit - health visitors and health professionals received training on how to use the Promoting Oral Health resource and toolkit.
- HPD distributed the Promoting Oral Health parents leaflet to all health centres and Surestarts in the WHSCT.

	<p>Parents leaflet on 'Promoting Oral Health' was translated into 5 foreign languages.</p> <ul style="list-style-type: none"> <li>• HPD in partnership with Community Dental Service supported the delivery of the 321 oral health and Smartsnacks programme in all special schools.</li> <li>• HPD completed the pilot Breakfast Club Programme with schools.</li> <li>• HPD co-ordinated the delivery of the 'Smile 4 Life' programme (0-4) age group with the distribution of 24,000 dental packs and 6,000 feeding cups.</li> <li>• HPD delivered Dental Trauma training to 70 teachers and 20 sports coaches at the WELB conference.</li> <li>• HPD delivered training in childhood obesity to foster carers in partnership with social services.</li> <li>• HPD in partnership with community dietetics delivered an awareness session on weaning and oral health to mothers in Derry Well Woman.</li> <li>• HPD Bone Fun Days delivered to post primary schools in order to promote good bone health.</li> <li>• HPD - staff trained to provide increased opportunities for children aged between 18 months and 5 years to be more physically active in their early years setting.</li> <li>• HPD in partnership with University of Ulster established opportunities for Creative Dance in a primary school setting.</li> <li>• HPD coordinated Games For All training to participants from youth and education in order to equip them with the knowledge to deliver a series of activities for disabled and non-disabled children.</li> <li>• HPD organised and facilitated 2 Handling Children's Behaviour training and 2 Self Esteem training to 100 participants from community, voluntary and statutory sectors who work with parents and those in a parenting role.</li> <li>• HPD supported an extensive evaluation of the Lifeskills Project from January 2006 – December 2008.</li> <li>• HPD delivered 2 accredited NCFE Level 1 courses to 20 participants from community, voluntary and statutory sectors.</li> </ul>
Teenage	<ul style="list-style-type: none"> <li>• HPC led on development of a collaborative model for promotion of positive sexual health and well being, focusing on young people in rural Fermanagh. Brings together key stakeholders from education, pharmacy, ARC Healthy Living Centre, Midwifery (Specialist post for young parents), school health service, health promotion, Family Planning.</li> <li>• HPC led on a whole school model for sexual health bringing together governors, staff, pupils, parents and service providers to provide a resilience approach to sexual health focusing on year10/11.</li> </ul>

- HPC lead on development of FE Healthy Colleges Initiative.
- HPC commissioned HIV awareness training for health service staff.
- CFNT Support for Cook it! delivery with teenagers and young people.
- HPD delivered a number of smoking prevention programmes in post primary schools across the western area. The smoking cessation programme for young adults 'Teenage Kicks' was also delivered.
- HPD developed a quality assured teaching pack to support the introduction of the Regional Initial Assessment Tool and work with drug using young people.
- HPD -In partnership with Opportunity Youth, two 'Getting it Together' programmes were delivered, which targeted looked after children, children excluded from school and children within the probation service. Evaluation completed and report published.
- HPD 'R U OK' cards – 15,000 cards developed and produced in support of Lifeline number. Mobile advertising campaign completed with post primary schools across the western area. Ulster bus campaign was also completed. Free text option for young people was piloted with the campaign with excellent uptake.
- HPD developed and distributed desktop mats containing a range of support services available in mental health services.
- HPD organised a Walk For Life event in partnership with Contact Youth for pupils and teachers.
- HPD Closer Look at the Oral Cavity Pack distributed to post primary schools and provided instructions for teachers on use of pack.
- HPD co-facilitated and delivered training on the Step For Health Challenge in 20 post primary schools across the western area with school nurses.
- HPD supported the organisation and delivery of health fairs for 350 students in Omagh and Enniskillen FE Colleges.
- HPD delivered information session on the Healthy Walking Bus Initiative to children and parents in Holy Trinity School, Enniskillen
- HPD Healthy Habits Challenge promoting physical activity, nutrition and oral health was launched and supported in Lisneal College and Lisnaskea High School.
- HPD in partnership with University of Ulster established opportunities for Creative Dance in a primary and post primary setting.
- HPD facilitated Hip Hop Body Shock Training to youth and leisure centres in the western area.
- HPD coordinated Games For All training to participants from youth and education in order to equip them with the

	<p>knowledge to deliver a series of activities for disabled and non-disabled children.</p> <ul style="list-style-type: none"> <li>• HPD Breastfeeding Education Pack – All post primary schools in the western area were encouraged to build into 08/09 school year plans.</li> <li>• HPD ran an onsite sexual health programme Chlamydia screening sessions in partnership with FE colleges and community pharmacy during February.</li> <li>• HPD assisted in the development of a needs assessment tool for teachers and year heads regarding sexual health and wellbeing programmes in the school setting.</li> <li>• In support of sexual health agenda, personal development programmes were delivered. These included Choices and Bout Ye for young people and Parents supporting Sexual Health Programme.</li> <li>• HPD organised and facilitated 2 Handling Teenagers Behaviour training to 45 participants from the community and voluntary sectors that work with parents and those in a parenting role.</li> <li>• HPD delivered Talking Teens course to 20 participants from the community and voluntary sectors that work with teenagers.</li> <li>• HPD provided a health promotion stand for 250 students and 70 teachers in North West Regional College and University of Ulster.</li> </ul>
Adulthood	<ul style="list-style-type: none"> <li>• HPC commissioned Smoking Cessation Services in statutory, community and voluntary sectors to increase access</li> <li>• HPC commissioned Rainbow and HIV support centre for the delivery of education and support services for the LGBT community, and those who are HIV positive, their families and carers.</li> <li>• HPC supported partnership working between Healthy Living Centres and local pharmacists to develop community based smoking cessation services.</li> <li>• IFH / Devenish Prevention and awareness of CHD Programme. Links up with GP and Pharmacists to develop referral process to an integrated primary prevention programme. Programme now in receipt of funding from DSD Neighbourhood Renewal Programme</li> <li>• CFNT 'Find out about Food Labelling' stands at supermarkets in Omagh during Healthy Omagh Consortium's Health and Wellbeing Festival</li> <li>• CFNT Healthy eating stands at Agricultural Shows in Omagh and Enniskillen</li> <li>• CFNT Healthy eating workshops for the public</li> <li>• HPD delivered drug and alcohol training courses including, DAIT course, Hidden Harm, FASD, You, Your Client and Blood Borne Viruses and Alcohol &amp; Domestic Violence. The courses are competency led and support</li> </ul>

the implementation of the NSD for alcohol and drugs through the promotion and development of a competent workforce within the WHSSB area to respond to alcohol and drug related harm.

- HPD through Community Support Services Project, supported the on-going work of the Fermanagh Alcohol and Drugs Forum.
- HPD organised Take Action Conference in partnership with Fermanagh, Foyle and Omagh Drug and Alcohol Forums that showcased models of good practice for alcohol and drugs from all over the United Kingdom and Ireland.
- HPD carried out a sexual health survey with parents at ARC Healthy Living Centre regarding sexual health and life skills courses.
- HPD supported the delivery of HIV Awareness training sessions to school nurses and health visitors throughout the Western area.
- HPD developed and distributed a sexual health newsletter for those working in the sexual health field across the Trust area
- HPD co-ordinated World Aids Day Campaign in association with KISS Project worker and provided resources for community/Stat/ voluntary organisations
- HPD held training needs briefing day for teachers in St. Cecelia's College L'Derry. As a result, training programme developed to support teachers in the delivery of RSE.
- HPD developed and delivered Oral Health and Nutrition training to staff working with clients with learning disabilities in Adult Training Centres and Day Care Centres across the western area. Toothbrushing and healthy snacks programmes now established in most facilities.
- HPD delivered Oral Health training and resources delivered to adults with learning disabilities.
- HPD developed oral health guidelines for use in nursing and residential homes in partnership with clinical nurse advisors and nursing home managers.
- HPD co-ordinated MEND training for Western Trust staff.
- HPD developed an obesity leaflet for use by adults within the WHSCT and made available for distribution through the HPD Resource and Graphics Department.
- HPD developed and distributed the Food and Nutrition Policy and leaflets to patients, clients and staff in the western area.
- HPD co-ordinated and managed the Fermanagh Active Living Project (FALP).
- HPD co-ordinated and supported the Fit For Life exercise referral scheme in Castlederg and Limavady leisure centres. This project has been shortlisted for the

	<p>Integrated Healthcare Award winners in June.</p> <ul style="list-style-type: none"> <li>• HPD delivered 3 Walk Leader training courses. As a result, a number of walking programmes across the western area have been established.</li> <li>• HPD co-ordinated the 'Get Active in the Community' grants scheme. Grants were awarded to 31 community and voluntary groups in the western area.</li> <li>• HPD smoking cessation specialists provided a smoking cessation service to approx 1500 clients. The service was offered in a variety of settings including hospitals, mental health and learning disability facilities, health centres, local communities, workplaces and schools. Target groups included all smokers with particular emphasis on young people, pregnant women, disadvantaged adults and manual workers.</li> <li>• HPD provided Brief Intervention Training to approx. 1,000 HSC workers in primary and secondary care. Smoking cessation information was also delivered to staff attending induction training.</li> <li>• HPD organised and facilitated activities for No Smoking Day 2009.</li> <li>• HPD promoted public awareness of the dangers of sunbathing and supported UCF in highlighting the dangers of sunbeds during care in the sun week.</li> <li>• HPD provided breast cancer awareness training to staff in Aberfoyle Medical Practice and members of general public in Pilots Row Leisure centre.</li> <li>• HPD organised health checks for Trust staff in Erne Hospital.</li> <li>• HPD in partnership with Bogside and Brandywell Initiative ran a health and wellbeing fair for taxi drivers. Attendees availed of health checks and advice on prostate and testicular cancer.</li> <li>• HPD delivered 3 Talking to your Children About Tough Issues practitioner courses to 30 practitioners who work with parents and those in a parenting role.</li> <li>• HPD delivered 5 Talking to Your Children about Tough Issues courses to 50 parents from across the western area.</li> </ul>
Later Years	<ul style="list-style-type: none"> <li>• CFNT Healthy eating workshops for older people particularly those living alone</li> <li>• HPD supported the Fuel Poverty Campaign across the western area. This campaign aimed at financially disadvantaged older or disabled people and their carers and families with children on low incomes.</li> <li>• HPD delivered carers training information sessions to the Senior Citizens Consortium in Omagh and Fermanagh.</li> <li>• HPD presented Oral Health and Nutrition information to older people at Senior Citizens Consortium Conference.</li> <li>• HPD delivered Alcohol and Working with Older people to</li> </ul>

	<p>participants from the statutory and voluntary sectors in Enniskillen.</p> <ul style="list-style-type: none"> <li>• HPD facilitated a Movement to Music training course for 16 staff working with older people in the Southern sector.</li> </ul>
Corporate/ General	<ul style="list-style-type: none"> <li>• CFNT Local Cook it! training and support</li> </ul>
Key Developments	<ul style="list-style-type: none"> <li>• HPC worked with Trust Senior Managers to design an integrated sexual health service for the Western Trust, incorporating young people's sexual health clinics, adult contraceptive services, GUM services and education and prevention work in community and statutory settings</li> <li>• HPC led on the commissioning of Alcohol and Drug services for the Western Board area, putting in place community education, youth treatment and support services, Divert Hidden Harm project, community education programmes</li> <li>• HPC led on the delivery of the smoking cessation service to cope with increased demand created by the new legislation. Led on re-design of the Trust based service and introduction of Link nurses to improve service delivery in hospital and community settings</li> <li>• HPC responsible for delivery of ARC Edge project, Derry Healthy Cities Health at Work initiative, Lounge Project Omagh, Fermanagh Active Living project, Fermanagh Lifeskills project</li> <li>• IFH Adulthood sub-group will invest in the provision of support for employees and unemployed people who have mild to moderate depression. Links to the prevention of other determinants for ill health including obesity, alcohol misuse etc.</li> <li>• IFH development of policy between five District Councils and DARD on the implementation of Community Allotments Initiative. Will lead to funding from Western IFH in 2009-10.</li> <li>• IFH development of the Active Families Programme and employment of an officer with WGEH. Programme will develop over 2½-year period and target up to 300 families from disadvantaged areas across WHSSB. Potential strategic linkages to other key health on and leisure-based programmes and policies. Delivery for first time in NI of accredited Lifestyle Management Qualification.</li> <li>• CFNT providing assistance and support for Community Dietitians in other Trusts who have recently commenced working with Cook it! through sharing information, helping with training in their area and mentoring.</li> <li>• HPD organised World Mental Health day conference to support links between strategies.</li> <li>• HPD organised Obesity Conference examining the psychological aspects of the increasing levels of obesity</li> </ul>

	<p>in the Western area. The conference raised awareness about the need for behaviour change in effecting a positive outcome in weight loss.</p> <ul style="list-style-type: none"><li>• HPD organised Valentine’s Sexual Health Conference that promoted local projects and services in the western area.</li><li>• HPD delivered Community Health Educators training to community, voluntary and statutory sectors throughout the western area.</li><li>• HPD delivered Understanding Groups training to community, voluntary and statutory sectors throughout the western area.</li><li>• HPD delivered Introduction to Health Promotion training to community, voluntary and statutory sectors throughout the western area.</li><li>• HPD organised a Step for Health Challenge for 140 Trust staff. The challenge promoted oral health, nutrition and physical activity messages.</li></ul>
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**SECTION 5 – WIFH STAFF LIST**

Brendan Bonner	IFH Manager
Séamus Mullen	IFH Assistant Manager
Joni Millar	IFH Co-ordinator
Ailish O’Neill	IFH Secretary
Martin Quinn	Community Development Manager (On Secondment)
Martin Duffy	Acting Community Development Manager
Caroline Ogilvie	Interagency Co-ordinator
Cathy Mullan	CD/HP Secretary
Barbara Ward	Health Promotion Commissioner
Denyse McCallion	Senior Drug & Alcohol Coordinator
Helen Patterson	Drug & Alcohol Co-ordinator
Mark McBride	WDACT Secretary
Ann Robinson	Tobacco Control Coordinator
Siobhan Sweeney	Tobacco Control Secretary
Julie McGinty	HAZ Manager
Colette Brolly	Project Coordinator
Claire Holmes	Project Coordinator
Catherine Curran	HAZ Secretary
Ann Gallen	Cook It! Dietician
	Cook it! Development Officer
	Cook it! Admin. Assistant

## SECTION 6: WIFH PARTNERSHIP LIST

### Statutory Sector

Brendan Adams	NI Housing Executive
John Moore	Dept Agriculture & Rural Development
Patrick Cosgrove	Strabane DC
Noel Crawford	Limavady BC
Robert Gibson	Fermanagh DC
Barny Heywood	Omagh DC
Philip O'Doherty	Derry City Council
Deirdre McNamee	University of Ulster
Josephine Hasson	WELB
John McGarvey	WHSCT
Diane Brennan	WHSCT
Paul Douglas	PSNI
Paul McNaught	DSD
Terry Morrison	NIFRS

### Private Sector

	BITC
Seamus McCaffrey	The Matrix

### Community Sector

Monica Coyle	Omagh Rural Forum
Caroline Ferguson	New Horizons - Fermanagh
Paddy McEldowney	Easilift Community Transport
Brenda MacQueen	Dry Arch Centre
Eamon O'Kane	Derry Healthy Cities
David Davis	Strabane Community Network
Jeff Barr	LSP Representative
Tony Doherty	Healthy Living Centres
Darren Boyle	Opportunity Youth
Conor Keys	Omagh / Fermanagh LSP
Anita Mukherjee	Women of the World
Fiona Murphy	Omagh Women's Aid
Linda Watson	CAW / Nelson Drive Action Group

### WHSSC - User Interests

Frances Robson	WHSSC
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**SECTION 7: WIFH CONTACT DETAILS**

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