

## **Newry and Mourne District Council**

Report of Wellbeing Action Partnership Meeting held in the Boardroom, District Council Offices, Monaghan Row, Newry, on Friday, 28<sup>th</sup> April 2006 at 9.30 a.m.

### **In Attendance:**

Fergal O'Brien, Community Development Unit  
Geraldine Donaghy, Confederation of Community Groups  
Eddy Curtis, NMDC  
Aisling Rennick, Investing for Health Officer  
Brian Quinn, Community Representative  
Patrick Kelly, ROMAL  
Bertie Flynn, Community Representative  
Micheal Keenan, SELB  
Eileen Murphy, Newry Women's Aid  
Liam Donnelly, Simon Community  
Kieran Devlin, Health Promotion  
John Farrell, Environmental Health Dept  
Paul O'Neill, Newry Sports Centre  
Briege Magill, Administration Officer, NMDC

### **Apologies**

Mary Doran, Newry Chamber of Commerce  
Kathleen Smyth Newry and Mourne Women

Fergal O'Brien, Chairman, welcomed everyone to the Meeting.

### **Report of Wellbeing Action Partnership Meeting held on 24<sup>th</sup> February 2006**

Read: Report of Wellbeing Action Partnership Meeting held on 24<sup>th</sup> February 2006.  
(Copy circulated)

*On the proposal of Geraldine Donaghy, seconded by Paul O'Neill, it was agreed the report of the WAP Meeting held on Friday, 24<sup>th</sup> February 2006 be adopted as a true and accurate record, same having been circulated.*

### **Matters arising from WAP Meeting held on 24<sup>th</sup> February 2006**

*It was agreed to again ask Moira Aiken to forward copy of leaflet used to publicise the Mental Health Capacitor Training, to Briege for circulation to all WAP members.*

Eileen Murphy confirmed that at least one place was offered to the area's Pharmaceutical Advisor/LHSCG in relation to the Pharmaceutical Awareness Seminar delivered by Pam Armstrong on 10<sup>th</sup> and 11<sup>th</sup> January 2006.

Geraldine Donaghy advised that in relation to the item on the Community Infrastructure Programme, she had spoken to Jim Bagnall who had informed her that the Better Estates Initiative was now included as part of the Neighbourhood Renewal Partnership and would not be revived in its own right.

## **Progress Report from WAP Sub Groups**

### **(a) Physical Activity Sub Group**

#### Provision of Hoist

Paul O'Neill circulated an update regarding the request from Teresa Ross, LHSCG, to provide a hoist to enable use of trampolines for rebound therapy at Newry Sports Centre.

Paul said Sport Trampolines can have a secondary use as an aid to assist people with profound mobility and other disabilities gain experience of physical activity and benefits have been reported in muscle toning, co-ordination and general well-being.

Paul said at present the existing stock of four sports trampolines at Newry Sports Centre were international competition sized and were widely used for Club activities as well at regional, inter-regional and international competitive level. The trampolines were accessible to most users, with and without disabilities, via an especially built removable staircase. In this way the Sports Centre offered a full programme of club, competition, coaching and disabled use.

However, Paul said, people with profound disabilities and having little or no independent mobility could not access the trampolines without the use of a hoist. This, he said, precluded use of the existing stock of sports trampolines for Rebound Therapy.

Paul said there appeared to be two options:

- (a) To seek out and purchase a mobile hoist, which would provide the necessary lift-height – estimated cost £4,250 (To date Paul had been unable to find a mobile hoist which was compatible with the current full-sized Eurotramp trampolines in the Sports Centre)
- (b) Purchase of smaller height trampoline plus large mobile automatic hoist with slings – estimated cost £7,500

*On the proposal of M Keenan, seconded by E Curtis, it was agreed in principle, that WAP would contribute towards the cost of providing a hoist in Newry Sports Centre,*

*subject to a satisfactory overall package/match funding being obtained. Paul to investigate the matter further, contact Teresa Ross of the Local Health and Social Care Group re funding and report progress back to the next meeting of WAP.*

Paul said at the last WAP Meeting it had been agreed to re-activate the Physical Activity Sub Group but due to work commitments, this had not yet happened. He said there were many programmes running in both Newry and Kilkeel Sports Centres, which contributed to improvement of health and wellbeing.

*Paul agreed to circulate a summary of such activities being carried out or proposed, for both Newry and Kilkeel Sports Centre, to the next meeting of WAP.*

#### Paediatric “Over to You” Programme

Kieran Devlin then presented an evaluation report of the Paediatric “Over to You” Programme. He said an audit of the pilot indicated that the six week programme of aerobic exercise, nutritional education and behaviour modification in Newry Sports Centre with multidisciplinary involvement had generalized health benefits for obese children which led to reduced weight, improved endurance, flexibility etc. Kieran said follow-up reassessment results at six months would indicate if benefits have been maintained long term.

Kieran said he felt the programme needed to be delivered over a longer period - at least twelve weeks and needed to have more appropriate age matching. He said many parents had indicated they were not interested in a follow up programme.

Paul O’Neill said he was disappointed with the negative evaluation as the leisure staff had put a great deal of effort into the project. He said perhaps there was a need for greater parental education and involvement with the possibility of “treating the whole family” approach being taken to the problem of childhood obesity.

*Following further discussion it was agreed that the Physical Activity Group and the local area group on obesity in children and young people take on board the number of suggestions made including bringing information on obesity to schools, youth groups, educating parents and incorporating it into programmes such as Cook-It etc and to look at research undertaken by Paul Bradley – “What it’s like being a young person today in Newry and Mourne”. Any further programme proposals to be brought back to WAP for consideration.*

#### Smoking Cessation

Kieran Devlin circulated an evaluation report of the Smoking Cessation Clinical Initiative. He said whilst the initial concept of having this service based in the community and delivered by people from the Community was extremely laudable it did not work out in practice. Some of the Community Smoking Cessation Specialists never undertook any classes despite repeated requests. He said the Trust’s Health Promotion Department were continually trying to identify prospective smoking Cessation Specialists

for future training and service delivery but before they undertook such training the requirement to deliver a service had to be made very clear to them.

Kieran said the focus had now moved from a community based approach to a Primary Care focus. General Practitioners in the Newry City area were now involved with the Health Promotion Department to establish Smoking Cessations clinics within their own practices. This initiative had produced good results as clients were being assessed with regard to their attitudes towards smoking and their desire to receive smoking cessation support. It was hoped that when the initiative was up and running, these GP clinics would become self-sustainable.

*It was agreed M Keenan would liaise with K Devlin regarding development of suitable smoking cessation programmes for youth clubs etc.*

**(b) Mental Health Sub Group**

Eileen Murphy said at the last meeting an evaluation report had been circulated regarding the one day Capacitor Training and the two day Pharmaceutical Awareness Project.

She said it was hoped to hold follow up training to the Pharmaceutical Awareness Seminar which had been delivered by Pam Armstrong on 10<sup>th</sup> and 11<sup>th</sup> January 2006, for those who had expressed an interest in training to deliver this programme.

**(c) Ethnic Minorities Sub Group**

Application to Peace 11 - In the absence of Kathleen Smyth, Aisling Rennick informed those present that to date there was no indication whether or not the joint application with Louth County Council to PEACE 11 Measure 5.2 Cross Border Cooperation between Local Authorities, for funding for a Cross Border Minority Ethnic Development Project, had been successful.

Welcome Pack for BME/Migrant Workers

At the last WAP Meeting it had been agreed to have the English version of the Welcome Pack ready by early April and to launch the final version in different languages by early summer, with a series of roadshows to help launch the leaflet/pack.

Aisling circulated a first draft in English of the proposed Welcome Pack, which was to be produced by WAP, in conjunction with the Community Safety Partnership. Aisling said it was hoped to add a section on “Culture” to include amongst wider cultural issues, matters such as noise levels, litter etc.

After further discussion, it was noted that the following items should also be included:

- Youth service contacts
- Waste/Refuse disposal – how to get bins/dispose of waste etc

- Health and Safety at Work
- Health advice such as Needle Exchange Scheme

*It was agreed Members would come back to Aisling with any additions/amendments by mid May and that Aisling would contact user groups regarding content of pack.*

*It was agreed that professional advice be sought regarding style, layout etc.*

*It was also agreed, on the suggestion of Patrick Kelly, that Aisling liaise with Lyn Harvey in Banbridge to obtain feedback regarding the production of the Banbridge Pack.*

### **Polish Needs Assessment**

Fergal said members should read the contents of document circulated regarding the Polish Needs Assessment and asked that the results of this survey be disseminated to a wide range of agencies in the Newry and Mourne area. He said the Polish Community had a committee elected who were interested in not only helping themselves but also in being a resource to other agencies. He said that the next steps for the Polish Resource Centre would be to make funding applications as they currently were out of pocket funding St Colman's premises from their own resources.

### **Progress Report regarding Community Infrastructure Programme**

Members considered the progress report for period January – March 2006 as circulated by Geraldine Donaghy giving up to date position regarding the above Programme.

Geraldine said the LSP were looking at re-profiling unspent monies.

In reply to a query from Fergal, Geraldine said attempts were being made to continue with and to build upon the work already carried out and the momentum built to date.

### **Update re SIHP Partnership and SIHP Issue Groups**

Aisling Rennick provided the following update: -

#### **BME/Migrant Workers Research**

SIHP is commissioning a major piece of BME/migrant worker research covering the whole southern area. Invitation to tender was advertised w/c 27 January and an assessment panel has been agreed. It is hoped that the initial desktop research will be completed by June 2006.

### Small Grants Programme

SIHP again provided a small grants programme giving funding of up to £1000 to community and voluntary groups towards activities which address the key Investing for Health targets of healthy choices, poverty and disadvantage, neighbourhood and environment and education and lifeskills. This year 86 applications were received and SIHP were able to fund 33 projects including 10 from the Newry and Mourne District. Projects assisted included purchase of a tandem for Newry and Mourne Watch Club to enable cycling for people with visual impairment, purchase of two kayaks and associated equipment for the A Team to encourage physical activities for people with learning difficulties and support to Carnagat Area community Association to provide healthy snacks and drinks to the children attending a Saturday club. Other groups which received help were Culloville Community Association, Martins Lane CA, Attical Health and Wellbeing, Kilkeel Swimming Club, Linen Hall CA, Annalong Parent and Toddler Group and Newry Simon.

### Schools Environmental Programme

The Neighbourhood and Environment Issue Group provided funding to 13 primary and nursery schools to carryout environmental projects involving the pupils and teachers. Schools receiving funding included St Colman's, Kilkeel and St Mark's Dromore Road, Warrenpoint.

### Mental Health Funding

SIHP provided £30,000 to Mental Health projects. The funding was distributed through the 3 Health and Social Services Trusts (£10000 to each area). As agreed at the last WAP meeting £2,500 each was supplied to Health in the City and South Down Family Health Initiative with a further £5000 to a joint project between the Rural Health Partnership and Mental Health Forum.

### Community Energy Awareness Worker

Funding has been provided to employ a Part time Community Energy Awareness worker in partnership with TADA Rural Network. Interviews were held on 13 February and an appointment has been made.

*Aisling to circulate name and contact details of Community Energy Awareness Worker to all WAP Members.*

*It was agreed to invite the Community Energy Awareness Worker to the September WAP Meeting and also Aoibheann Downey from the Council's Environmental Health Department to make a presentation regarding the Air Quality Strategy.*

### Environment Week

The Neighbourhood and Environment Issue Group has provided funding in the sum of £5,000 to Newry and Mourne District Council towards ECO week activities.

### Healthy Eating

The healthy choices issue group has funded the following projects:-

- Cook-it training – Board wide
- Unicef Baby friendly status – Armagh and Dungannon
- Human milk bank project – Newry and Mourne

### Accident Prevention

£10,000 towards 10 year smoke alarms to be provided in conjunction with NI Fire Brigade – Board wide.

Safety awareness booklet for all Primary 1 children – Board wide.

### Smoking Cessation

Contribution of £1000 towards Southern Area Health Promotion Department initiative on policy development and awareness raising within the youth sector.

### Address the high rates of suicide among young people.

Group to fund ‘Mind Out’ Programme: curriculum based programme developed for use in schools with young people aged 15-18 yrs. Programme aims to promote positive mental health for young people through an exploration of stress, coping, sources of support (family and community) Module runs over 2 yrs. 10 1 hr sessions delivered in the first yr, three follow up sessions in the second yr. £4,000.

*Aisling to give Brian Quinn contact details for PIPS*

### Promoting positive mental health in older people

WEA completing the delivery of courses to engage ‘older persons’ groups in educational, social and wellbeing activities in the Armagh, Dungannon & Newry Council area. Extension of programmes in the Craigavon and Banbridge council area.

## Capacity Building

Tom Moore, Newry & Mourne LSP is being supported to participate in the All Ireland Institute's Public Health Leadership programme  
Poverty & Disadvantage Issue Group is facilitating awareness raising sessions on BME & Migrant Workers. 2 sessions are complete, 2 planned and 2 more will be planned for January.

## Rural Isolation

Main area of work is the commission from the Rural College Draperstown to carry out a mapping exercise / needs assessment / research on the impact of rural isolation on poverty and the impact of poverty on rural isolation. Desktop exercises have identified 3 rural disadvantaged wards (Altmore, Bannside and Binnian) and 3 pockets of disadvantage in rural areas (Loughgall, The Birches and Silverbridge) where primary research with families with children under 5 will take place.

## Health in the City Conference

Aisling said the Health in the City event would take place in the Canal Court Hotel on 30<sup>th</sup> May. Anyone who had not received an invitation and would like to attend should contact her.

She said the Health Improvement Plan should be the beginning of a model of best practice in terms of health improvement and was a plan, which needed to have long term commitment from all agencies. At the event, volunteers would be sought to sit on a steering group, which would continue to drive the plan and identify appropriate resources to enable this to happen.

John Farrell said more reference could have been made in the plan to Newry and Mourne District Council and he felt that factors such as air quality etc should have been included.

Aisling explained that the 6 themes in the plan had been chosen based on the priorities set by the Health in the City conference in 2005 and by consultation with community, voluntary and statutory organisations. The list was not exhaustive and it was intended that the event on 30 May would provide an opportunity for organisations to add further actions, which they were able to deliver. This was the reason the event had been entitled "Towards a Health Improvement Plan for Newry City". This was intended to be a dynamic and evolving process.

Following further discussion it was agreed that if anyone had anything to add to the proposed plan, they should contact Aisling by Tuesday, 2<sup>nd</sup> May as the Plan was going to print on 3<sup>rd</sup> May.

### **Challenge for Change Conference**

*It was agreed to convey to the appropriate Council Official, Brian Quinn's complaint that the fee for the Challenge for Change Conference being organised by Community Relations Section of the Council was much too expensive.*

### **Trauma Unit – Daisy Hill**

Brian Quinn said the WAP Committee should be taking action regarding the statement that the Trauma Unit at Daisy Hill Hospital would be relocated to Craigavon Area Hospital.

It was noted the Council were meeting representatives from the Trust on Tuesday, 2<sup>nd</sup> May. Following further discussion it was agreed that Fergal would contact the Trust as a matter of urgency. \*\* See Footnote.

### **Date of Next Meeting**

Next Meeting - Friday, 23rd June 2006 at 9.30 a.m. in the Boardroom, District Council Offices, Monaghan Row, Newry.

There being no further business the Meeting ended at 12.00 noon.

**Signed: B Magill**  
**Administration Officer**

\*\* After the WAP Meeting, Fergal contacted Mr Eric Bower of Newry and Mourne Trust.

The main messages from the Trust in relation to this issue is that:-

1. The Trust feels that bypassing Daisy Hill Hospital for those patients involved in trauma would not be seen as in the best medical interests for patients
2. Given that the cases that this is likely to impact upon (estimated at 20 per annum out of a total of 33,000 patients) the proposal is not seen as a threat to Daisy Hill Hospital.