

Investing in the Community and Voluntary Sector


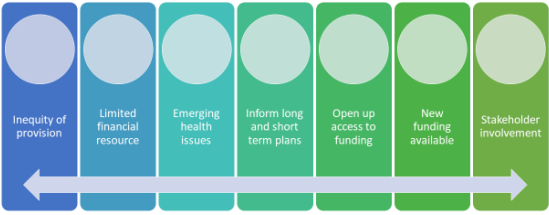
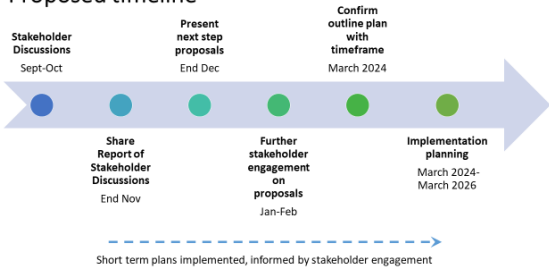
Stakeholder Engagement Report (Autumn 2023)






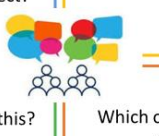
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APPENDIX 1: Workshop Slides

<p>Investing in the Community & Voluntary Sector Stakeholder Engagement Sessions</p> 	<p>Aim of these workshops</p> <p>To help us consolidate and strengthen our investment in the community and voluntary sector</p> <p>Key questions we want to ask:</p> <ul style="list-style-type: none"> • How can we work well together to achieve shared aims? • How can we collectively make best use of our limited resources?
<p>So why review?</p> 	<p>Just to clarify...</p> <p>We are not coming with a prepared plan We are not reducing our funding to the sector We are not changing current contracts immediately We are not ending the conversations here.</p> <p>Current contractual arrangements remain in place.</p>
<p>Opportunity</p> <ul style="list-style-type: none"> • Shape and inform both process and priorities • Raise issues and concerns so we can work through these • Bring forward new ideas and innovation • Profile what's good and could be strengthened • Involve your service users and communities in informing the process 	<p>Proposed timeline</p> 
<p>Purpose and focus of funding</p> <p>Aim: To strengthen individual and community resilience and wellbeing through early intervention and prevention</p> <p>Outcomes: Individuals can access activities and supports in their community that help them to:</p> <ul style="list-style-type: none"> Build social connections Access information and advice Live long, healthy and active lives Live independently at home for longer <p><i>With support targeted at those at risk of poorer health outcomes</i></p>	<p>Targeting resources</p> <p>INFORMATION ANALYSIS DIRECTORATE Health Inequalities NI 2023</p> <p>Life expectancy at birth</p> <ul style="list-style-type: none"> • Men in most well-off areas live 7.3 years longer than in poorest areas • Women in most well-off areas live 5.1 years longer than in poorest areas <p>Healthy life expectancy</p> <ul style="list-style-type: none"> • Men in most well-off areas have an extra 11.2 years of healthy life • Women in most well-off areas have an extra 15.1 years of healthy life <p>Disability free life expectancy</p> <ul style="list-style-type: none"> • Men in most well-off areas have an extra 9.8 years without disability • Women in most well-off areas have an extra 11.3 years without disability
<p>What do we invest in?</p> <ul style="list-style-type: none"> • Support for families of children with disabilities • Parenting programmes • Community health and wellbeing activities • Community development support • Advice services • Traveller support • Ethnic minority support • Arts for health and wellbeing • Carers support • Older people's programmes • Transport • Support for older people's groups • Support at home service for vulnerable older people • Good morning services 	<p>How do we invest?</p> <ul style="list-style-type: none"> • Mostly legacy community contracts, rolled over on annual basis • Procurement through Public Tender, as appropriate • Commissioning and investment through partnerships <p>Community development support:</p> <ul style="list-style-type: none"> • £1.3m secured for CVS in 2022-23 <p>PWB Investment: Approx £0.8m recurrent <i>Additional funding secured in-year</i></p>

<h3>Why fund services in the community and voluntary sector?</h3> <p>Social Return on Investment £</p> <ul style="list-style-type: none"> • More than a service - connections, creating sense of belonging • Building the social fabric of 'community' - improved quality of life • Local investment with local employment, training and volunteering opportunities • Innovation and creativity to respond to need • Ability to leverage in additional funding and wider resources. <p><i>"We can never do for a community what a community can do for itself."</i></p>	<p>Over to you...</p> <h3>Where should we invest?</h3> 				
<h3>1. What has changed? What is changing?</h3> <p>Think about...</p> <ul style="list-style-type: none"> ...the current issues and challenges ...the changes that are ahead of us 	<h3>2. What should we be supporting and investing in?</h3> <p>Think about....</p> <ul style="list-style-type: none"> ...What is needed? ...What is happening already that works? ...New ideas or projects 				
<h3>Purpose and focus of funding</h3> <p>Aim: To strengthen individual and community resilience and wellbeing through early intervention and prevention</p> <p>Outcomes: Individuals can access activities and supports in their community that help them to:</p> <table border="1"> <tr> <td>Build social connections</td> <td>Get access to information and advice <i>Carers support & advice</i></td> <td>Live long, healthy and active lives</td> <td>Live independently at home for longer <i>Good morning call services</i></td> </tr> </table> <p><i>With support targeted at those at risk of poorer health outcomes</i></p>	Build social connections	Get access to information and advice <i>Carers support & advice</i>	Live long, healthy and active lives	Live independently at home for longer <i>Good morning call services</i>	<p>Over to you...</p> <h3>How should we invest?</h3> 
Build social connections	Get access to information and advice <i>Carers support & advice</i>	Live long, healthy and active lives	Live independently at home for longer <i>Good morning call services</i>		
<h3>3. How should we invest?</h3> <p>Guiding principles:</p> <ul style="list-style-type: none"> • Any services procured through contracts should be provided and available Trustwide • Opportunities for funding should be available Trustwide • Funding mechanisms should be able to address both urban and rural need <p>Do you agree?</p> <p>Are contracts the right approach?</p> <p>Think about...</p> <ul style="list-style-type: none"> ...Alternative ways to provide funding? ...Pros and cons of each approach? 	<h3>4. What will help us make the most progress towards these outcomes?</h3> 				
<h3>What will help us make the most progress towards these outcomes?</h3> <table border="1"> <tr> <td>What service or project?</td> <td>Who for?</td> </tr> <tr> <td>How should we fund this?</td> <td>Which outcome(s) will it support?</td> </tr> </table> 	What service or project?	Who for?	How should we fund this?	Which outcome(s) will it support?	<h3>eTenders</h3> <p>The Southern Health and Social Care Trust advertises social care tender opportunities, as appropriate, via the Northern Ireland Portal for Public Procurement (eTendersNI).</p> <p>If you have not already registered on the eTendersNI platform, please access https://etendersni.gov.uk/epps/home.do and register your company to allow you to tender for current opportunities.</p> <p>Useful links:</p> <ul style="list-style-type: none"> • How to register with the platform: https://etendersni.gov.uk/epps/walkthrough/en/EO_1.htm • How to include CPV codes of interest: https://etendersni.gov.uk/epps/walkthrough/en/EO_3.htm <p>Notification of Tenders</p> <p>Providers are also advised that they should regularly review the Southern Health and Social Care Trust's web site for any notifications - https://southerntrust.hscni.net/get-in-touch/procurement</p>
What service or project?	Who for?				
How should we fund this?	Which outcome(s) will it support?				

APPENDIX 2: Where should we invest?

Building Social Connections

This is a list of what our stakeholders told us about the assets in our communities that are already helping to **build social connections....**

Transport

- Transport for older people needed. Think beyond the DART and DACTS
- Community transport
- Training for individuals within community encourage interaction (e.g. D1 training for those wanting to get back into community. Can drive within their community. Reduces isolation helps with mental wellbeing)
- More subsidised transport links between hospitals

Connecting Young people

- Targeting and providing support to young people at risk and from disadvantaged communities. Social support, a place to go and emotional support
- Youth clubs/youth services. Youth programmes, across community organisations in the rural areas to bring young people together. Community hubs
- Sports Inspire award – joint volunteering programme between UGAA, Ulster Rugby & IFA especially for young volunteers – to tackle issue of lack of volunteers, improves community activity & social interaction. DFC funded volunteering programme through the 3 governing bodies. Over 100 clubs in Ulster have completed phase 5 – more clubs to come on board in phase 6
- Youth club – once per month for adopted young people aged 10-14yrs. To promote connection, emotional support, mental and physical wellbeing through workshops, mindfulness sessions and fun!
- Boys group – for adopted young people aged 10-16yrs. To promote connection, physical and emotional wellbeing through sport & fitness
- Youth provision - voluntary & statutory
- REACT. – work one to one with young people – mentoring 1 2 1. One umbrella of networking

Connecting Families

- Homestart Craigavon – volunteer befriending for families with young children at home. (get access and advice to parents)
- Expansion of Homestart and Sure Start – make them universal!
- Home visiting volunteers for families with children under 5. Parent to parent peer - support, modelling, encouragement, increasing confidence
- Men/Women's sheds, public library, day activities programmes, support programmes for parents through Homestart and Surestart
- Greater emphasis on parenting skills/monitoring
- Armagh family support hub networks – reduce duplication of resources. VIBE: they are creating a community hub in Armagh. REACT – 1to1 mentoring + referral
- Incredible years

- Home Start Armagh & Dungannon - reducing social isolation – maternal/infant mental health. Parent support – under 5's. Volunteer, home-based and parenting programmes
- Sure Start should be available across all areas
- Family groups –small parent & toddler groups for isolated and socially disadvantaged families. Free transport provided, food provided, peer support (buddy system), connection with key member of staff. Promoting healthy lifestyles and connections
- Mums and tots groups – give people opportunity to socialise / talk. Tackle isolation



Peer support

- Carer support - Opportunities for carers to have some time out; Support events that are truly respite for carers
- Action Cancer peer mentoring programme (linking people with a history of cancer to newly diagnosed to give support)
- Women’s Aid – our current ‘Hope & resilience’ wellbeing project helps provide a pathway for women to move from crisis intervention into thriving and independent living. This project supports women to rebuild their social connections, improve their physical and mental health helps them return to education / employment. This is just one strand of our overall wrap around services.
- (covers all outcomes) Dementia voice, opportunity for people living with dementia to shape services – live independently for longer, live long healthy active lives, build social connections, access to info and advice ([Alzheimers Society gemma.hanna@alzheimers.org.uk](mailto:gemma.hanna@alzheimers.org.uk))
- Sibling support groups – especially for families who have a person with a disability in the family
- The mental health forum capacity building programme – creating opps for lived experience involvement in mental health service planning
- Peer support for parents, older people, disability
- Building social connections within the Traveller community and with the wider community.
- Evening – social connections for adults with ASD, LD, Neurodiversity > 18+
- Peer supports to develop friendships in local areas

Inclusion

- Cedar – inclusion matters. (Southern Trust are only ones that doesn't have the service) supports socially isolated adults with sensory / physical disability into the community
- Learning English to promote independence and gain access to vital services
- Traveller support services (building social connections), access information & advice.
- Toybox project, Traveller & Roma support, children aged 0-4 + families (education/advocacy/empowerment)
- BAME support service. Access to health, GP, hospital, social services. Holistic health – housing, debt issues, benefits. Over 50 Health project
- Cedar foundation. Community inclusion services - work with people with BI/LD to engage in community services, such as BIF/Bolster. This aids social connections for service user group. Cedar also have their own groups which promote social connections, however we feel our staff/services demonstrate a real strength in working in partnership with others. We strongly believe in capacity building which enables people to fully participate in full range of activities on offer.

Whole community approaches

- Warm hubs / living spaces
- Drumgath ladies programme of activities
- The Verve Network
- ABC Loneliness Network
- Programmes for community in Coalisland area in new Lilac centre to connect local community (Lilac charity)
- Intergenerational work
- Rathfriland regeneration classes & events
- Rural health partnership S.A. currently running a range of social connections peer groups in person – unique programme working with farming families
- ABC intergenerational network
- Activities to get people out and about and active
- Rural hubs one stop shop
- Small projects with little bureaucracy £500 - £3,000 that can build on the work already being undertaken in a community – can be added to arts projects, sports clubs, community groups, mens/hens sheds
- Chatty spaces - Bolster
- Stress Management workshops – encouraging discussions and connections
- Support organisations who have reach to provide practical support in relation to wellbeing & connectedness! We have reach we just need more resources.
- Link neighbourhood groups within the Coalisland & Dungannon areas
- Support for informal get together – fund running costs of projects, food costs, volunteer costs

Connecting Older people

- Befriending/ social schemes. Befriending for older people/ people with dementia.
- Befriending support
- Befriending – side by side sitting – provides support service user and those who care for them
- Kindness post box - Expand for members to distribute kindness postbox
- Build social connections U3A – Carers Support groups – Community groups
- Rural Active Ageing should be set up in all community spaces Active age groups

- HIM (Health in Mind) Mens only group to meet and chat. Gain knowledge and make social connections
- Pay neighbours to help care/provide respite
- Support for older peoples groups
- Consolidated older peoples groups – good morning, handyman project
- South Tyrone men’s shed
- Heritage 4 Health – I would like to see this expanded across the Borough
- Lot of great projects / services in place that meet real needs already & important to continue these eg Good Morning/Transport etc. Important not to lose what is working very well
- Chair yoga / light lunch – reconnecting and socialising
- Older people’s group support
- Support for older people to encourage them to engage with groups & activities that helps their physical & mental wellbeing. Organisations that maintain a network of older people to keep them engaged
- Support for older peoples groups
- Older people support services
- Luncheon clubs social events for older people
- Invest in older people’s groups to improve the overall health and wellbeing of members
- Referrals from MDTs being introduced to older people’s groups. Improving their access to services and awareness on what’s available to them.
- Wider availability to Good morning service
- Small grants for community/voluntary sector example luncheon clubs
- Invest in older peoples groups to improve the overall health and wellbeing of members
- Mid Ulster Agewell creating small group meet-ups with Good Morning call members to reduce isolation & loneliness and encourage increased social connections and reduce post-covid anxiety
- Widen the good morning service by maybe using men’s shed members for example. This would also help to empower men’s shed members
- Good morning calls – Great service
- (covers all outcomes) singing for the brain virtual/face to face. - Alzheimers Society – stimulating environment

Connecting community groups

- Social prescribing services collaboration
- Community groups liaise with local Volunteer Centre offices to signpost claimants to community groups to volunteer and reduce their work related activities
- Locality meetings are really beneficial with connecting services
- Providing mental wellbeing courses to organisation reps
- Networking, linking & signposting to likeminded services

New ideas

And these are some of the new ideas that they also felt could help to **build social connections....**

Youth

- More work in the youth clubs in local areas. So that all the different youth clubs work together. Work more in schools to deliver programmes
- Young (adopted) women's group – age 11-16yrs. Internet safety. Resilience. Emotional wellbeing. Mental health. To meet up once per month for discussion topics
- Community organisations working in partnership with schools to create opportunities for students to volunteer time and gain experience etc (Agewell Mid Ulster) – working with local school at present to start student programme for delivering Good Morning calls to older people (students – experience, vol org – help, older person – reduce isolation)
- Support for neuro-diverse young people to have social activities
- Befriending Service for young people – someone with similar ages and life experiences to combat loneliness eg a mentor or befriender
- Strive NI –Based in Belfast/ Bangor – nothing like this SHSCT. Lots of support for kids/young people but you have to be referred by social worker. Not everyone has a social worker and that is a barrier for families who are desperately crying out for help
- Opportunity for partnership working for trust and voluntary organisations to provide ASD services within Southern Trust
- Youth cafes after hours (5pm)

Connecting families

- Parenting programmes specifically for neuro diverse. (access to info)
- Parenting programmes for children at level 3 & 4
- Greater need for intergenerational work – other volunteers share their skills with younger parents
- Parental support for children with Autism. Looking in SHSCT for health and wellbeing for parents. Difficult to access services if no social work involvement
- Dads group – for dads who have adopted a child/children to meet up with men who are in similar situations – snooker, walk & talk – to promote men's mental health

Supporting Inclusion

- Social Inclusion programmes. Bringing people together to share and learn, food, sport, health, traditions
- 'Our Futures Project' by Guide Dogs NI – works with children and young people (8-25yrs) with sight impairment to build independence, mobility and social connections
- My Guide Service (Guide Dogs NI) pairing a volunteer up with a person with a vision impairment to guide them and access their community
- My Time to Play Guide Dogs (NI) Early Years group for children who have visual impairment and they may have complex needs 0-5yrs
- BAME befriend project link with wider community
- BAME community meeting forum
- More multi-cultural celebration together
- Inclusive activities rather than separate

Connecting older people

- Niche volunteer training - Dementia & specific age related training
- Don't rely on older people's groups – some people may never attend. Think of activity events
- Bring services into communities to target older people who can't get out
- Older people 'clinics' in rural communities. These clinics can have a range of support services
- Projects to recruit and support older volunteers.

Whole community

- Community navigators specific to areas – experts by area that can refer to localised projects
- Idea in Europe – possibly called Companeros. Open living room area – people can come to an open space for a chat and cup of tea, open in day time hours
- Support for Rural hubs that can be work spaces with resources to have supports for Early years right up to Active Ageing groups. Support for the continuing of Community Transport to allow people to get about
- Loneliness bus – attends different towns and villages – community meet together + make connections (running in England)
- Development of Friendship groups – App speed dating for gaining new friends across all ages – enable people to make new connections
- Isolation busters – volunteers to encourage and support individuals to attend groups and link into local communities
- Community empowerment programmes. Building social and community connection opportunities for employment within HSC and C+V sector (even short term)
- Befriending projects
- Volunteer incentive schemes
- Digital poverty – teach computer literacy. Teach reading and writing
- Community allotments – in shared spaces
- More investment into supporting women in need
- Groups like Richmount Rural Association expanded into all rural areas.
- Transport services to help people get out to activities

Connecting community groups

- Provide forum to gain info and build relationships with service providers and groups
- Share information between groups
- More collaborations between organisations – this happens but it's very limited to certain organisations
- Joint projects among similar organisations. Intergenerational projects. Giving young people a say on services. Networking among organisation and groups
- SHSCT into community facilities and vice versa - bridge the gap
- Grant aid for projects which actively share resources
- Support for collaborative working among charities
- Share existing premises with other voluntary organisations.
- Quarterly meet ups of all comm/vol groups to share ideas – build connections
- Directory of voluntary/community services – ideally digital
- Trust facilitated networking/partnership creating opportunities. Development of the idea of community partners, rather than competitors

APPENDIX 2: Where should we invest?

Getting access to information and advice

This is a list of what our stakeholders told us about the assets in our communities that are already helping individuals to **get access to information and advice....**

Existing community programmes

- Community led counselling service
- Community advice service
- Community advice. Volunteer Now – on volunteer training & funding
- Community advice provided information + advice + support often the first point of contact when the person or family has an issue
- Collaboration and partnerships like community safety partnership, family support hubs. Sharing of resources
- Community advice services

Targeting specific population groups

- Traveller support – supporting links to access services such as OT, beyond just initial referral support.
- Providing access to info and advice on the full spectrum of public services in a manner that reflects and meets needs of Travellers (Traveller Support)
- Access and Information service, SHSCT
- Drugs / Alcohol Support services locally
- South Tyrone Men's shed
- Family support hubs - Partnership approach to family support
- Parenting plus – ADHD programme, special needs programme. Incredible years – all programmes. Parenting NI programmes
- Empower parents/ link into women's centres
- BCM – parent support service, guidance & advice to parents 0-16 yr olds + onward referral
- Multi lingual access to community health champion training
- Volunteering for young people with mental health issues, neurodiversity & for older people
- Support for older people's groups
- Housing support for young people (16-25yr olds) – Dungannon (Armagh) Magherafelt. We offer a holistic approach focusing on 6 key areas: housing, money management, social networks, health & wellbeing, education/employment & independent skills. Ideally we would like to support more service users in more areas for example Newry, Portadown, Cookstown, we discuss this with funders but other agencies are tendered so a duplication but these services have long waiting lists, meaning if someone moves to Portadown there is a gap of support offered.



Advice for those with specific health issues

- Specific topic information. Cross organisation support for some similar complaints e.g. bladder and bowel issues
- The mental health forum – information, advice and signposting for members of the public and professional staff
- Menopause group to help support people going through the menopause. Gain vital information to help those going through it and their families
- Covers all outcomes – Dementia Advice/Dementia information programme – for info/support. Face to face visits. Signpost to other services: eating/drinking, finances, understanding. Support with practical things southern@alzheimers.org.uk
- The Well, Kilkeel. (mental health support)
- Guide dogs family support team – get access to information
- Action cancer positive living programme – uses life coaching methods for moving forward positively after cancer.
- POPYRUS (suicide prevention) website free downloadable resources in over 100 languages with volunteers out in the community
- Action Cancer general services -skin cancer detection service and breast screening

New ideas

And these are some of the new ideas that they also felt could help individuals to **get access to information and advice....**

How to address barriers to accessing information

- Access to information and advice: must be able to get access to info and advice in a format they understand hence learning English : cost effective
- More accessible ways of accessing services using technologies e.g. virtual appointments etc. easier to access information.
- Accountability eg if contracting a service in the community allow the organisation to then implement a process for eg DNA's for appointments. This is accountability for the service user + also allows the organisation to have more control as well as a financial implication for S/U

- Introduction to – parenting – social media + communication – autism + parenting. Well woman courses – menopause – mental health + family wellbeing
- Information programmes (regulars, socialised, info) - virtual (and alternative) face 2 face
- Better available support for our volunteers and club. Find it difficult to get through to community services for advice and help
- Training/support for elderly – IT. The older generation don't have smart phones + can't access the internet. They need support to be able to access services

Support targeting specific groups

- More support available for 26+ year olds similar to BCM eg Housing Support. Groups offered to young people eg connections café
- Single point of contact for families with a child with disability for sign posting and support. Involve parents and carers in design and implementation inc volunteering opportunities
- Would love 1) menopause education in schools, kids reach parents. 2) menopause talks offered to existing community/sports/social groups. 3) early intervention help – so info to women in their 30's before they suffer
- Menopause support
- Menopause road trip – info bus. Wellbeing centre – neutral shared space with into on all services + time slots for visitors
- Awareness sessions among BAME communities to challenge issues around autism/neuro diversity – perception it is not an issue

Hub/Navigator/Directory approaches

- Social prescribing
- Database – so we can see who does what
- Social prescribing – very important but resources must follow referrals through journey. More collaborative and networking need to work efficiently effectively.
- Portal for a referral of individual – replicating Northern Trust portal. Connected Community Care – Belfast Trust
- Community assistance centres
- Register of available premises – groups spending money on private sector
- Bring pop up services into smaller communities so those who can't travel to access service. Transport is a huge issue
- Healthy living centres – expansion in communities who don't have them. How do we reach those communities who don't have that support?
- What if community offerings was in a central place. Use ABC Active as example + expand ABC Social ABC Mental. Search services by type location etc. Age selection – activity type sport/dance/location
- Digital literacy, digital directory
- Rural health partnership – a register of services & organisations in the area 'who's doing what', digital via website or social media, access to information
- What is in the local area? A need to ensure that organisations have access to provide information to a wider community – digital - someone to add information – resourcing

Access for families

- Homework clubs for children to be at equal level to their peers
- Emotional wellbeing – how it affects physical, mental wellbeing. You + others. Less to do's (ie pressure), more encouragement + empowerment. Emotional + nervous system regulation
- Behaviour support for families awaiting diagnosis
- Real Birth – antenatal programme for 'hard to reach' families. Target families who traditionally would not access services. Address reduction in pre-birth education – no longer provided in Newry & Mourne by maternity services – covers life after birth, breaking patterns of neglect & generational neglect & abuse
- Support for families on waiting lists for services; providing advice, strategies and signposting to help prevent issues from becoming debilitating and causing long-term harm
- Increased early help/intervention. Needs based – not diagnostic lead services/help.

APPENDIX 2: Where should we invest?

Living long, healthy and active lives

This is what our stakeholders told us about the assets in our communities that are already helping individuals to **live long, healthy and active lives....**

Children & Families

- Daily mile project in schools.
- Infant mental health services, targeting disadvantaged families with children under 1. Incredible years, baby massage, sleep support, sensory play
- Toybox – Early Years the organisation for young children. Children aged 0-4 + families. Traveller and Roma. (live long healthy lives) Across NI funded by D. Education. Annual funding insecure.
- Our journey through disability - Co-production between services and parents/carers of children / young people with a disability
- Bushcraft services to include forest schools, nature programmes
- Parenting programs: universal, sleep specific, disability specific, focus on children's health and wellbeing
- There used to be a service/funding pot called Eat, Sleep, Learn, Play – it was fab! Practical resource to help families with beds, toys, household items

Young people

- Crisis Café Newry – run by young people for young people
- Portadown gets active – Newry equivalent? Proven programme- addresses food poverty, inactivity in C+YP + independent living. Peer leadership + OCN qualifications. YP feed into local comm. Groups
- Funded work placements and support for the ever increasing population of Y people and adults with autism

Older people

- Good morning services
- Men's Shed
- Support for older peoples groups
- U3A Walk Leader groups.
- Community transport
- Living independently – good morning good neighbour – Southern age well – Clanrye, supported carers – support groups
- Hospital appointments – support for community transport
- Providing access to wellbeing programmes ie dementia friendly, carer friendly (support to attend)
- Transport – impossible to offer Trust wide service in this rural area
- Older people's morning/afternoon groups. Rural transport
- Befriending service (volunteer run) for older people, disability & mental health
- Support active older people's groups

- Age NI live more move more programme to be delivered to older people's groups throughout Mid Ulster area. Age Well Mid Ulster currently working with Age NI regarding this programme going forward
- South Tyrone Men's Shed
- Older people's groups
- Funding for social clubs, older peoples groups
- Community transport – more than A-B it's a life line + needs enhanced funding
- Support for older people's groups
- Regular, consistent social opportunities for (all) older people, Incorporating information, signposting to other services. e.g LLTCA (Laurencetown)
- Intergenerational connections
- Age Friendly strategy and Action plan
- Wildflowers – Midlife Women (Physical-Mental-Social). Menopause info signposting what you can do to help yourself. Women supporting women sharing ideas
- Golden threads – Relate. Healthy relationships to reduce DV and coercive control
- Dementia support
- Acute Care at Home team – information about service shared better
- A consolidated vibrant older people's network
- Support for older people
- Community transport vital for older people to get to groups and services e.g. DART
- Mid Ulster Agewell Home maintenance scheme. Requires more funding and for a longer term

Ethnic minorities

- BME, traveller, Roma gypsy must be able to access these vital services is a priority because of their high morbidity
- Traveller Support. Supporting self-referrals and access to screening services. Delivering health programmes and services

Disability focus

- Dedicated disability travel service – open up access to opportunities for disabled people. Many carers are elderly, don't drive, would reduce taxi costings
- More sheltered accommodation for people with disabilities
- The Cedar foundation. Inclusion Works Service and other community inclusion services – have the ability to support people with Brain Injury/learning disability develop capacity & strategies to engage in health & wellbeing activities such as Fit4U, Nordic walking etc. Such support aids and develops healthy habits/lifestyle. Cedar further support people with BI/LD to train as volunteers to help at activities which benefits the individual and the activity (ensures longevity of activity)

Cluster programmes

- Creative Ireland projects – really excellent examples of engaging marginalised communities. Community development/empowerment
- Arts Care: providing art workshops within and outside of Southern Trust.
- Rural health partnership (RHP) SA providing healthy 'Happy Out' programme – healthy eating, exercise, nutrition – living healthy lives. RHP – young families programmes
- The Verve Network
- Gilford community club
- Verve Network appears to be working well in Craigavon NR areas

All ages – physical activity

- Incentivise physical activity
- SHSCT running club – build social connections
- Walking groups
- Community based adult health programmes including discussion based and physical based activities - localised projects
- Hiking Hens walking group – is a free walking group based in Rostrevor for woman 14-75 age range. Walking every Wednesday, twice a month at weekends – founder Maria O’Grady
- Walking tracks @ community facilities/sports facilities
- Action cancer services supporting cancer clients, family members and children. Counselling and complementary therapies. Coaching for lifestyles changes. Supporting healthy exercise safely e.g. yoga / pilates/ physio
- Walking Groups,

All ages – mental wellbeing

- Suicide prevention training – for community, statutory & schools
- Counselling services (Mid Ulster area, for people with cancer and their family members) Lilac charity
- Earlier support for people who are experiencing low mood. Before they get to stage of requiring mental health
- Early intervention support for mental health to reduce isolation, build connections
- Complementary therapy for cancer clients (Mid Ulster area). Outside Neighbourhood Renewal area (NRA) Lilac charity
- Mental health support
- The mental health forum – ‘Talk 2 Me’ free counselling service – agency and self-referral low to moderate presentations: mild depression, anxiety, low self-esteem, loneliness, isolation

All ages – healthy eating

- Food & health essentials training. Delivered across all Trusts – free. Virtually and face to face. Need to get more community workers trained to deliver the nutrition programmes
- Cook it programmes e.g. link into slow cooker
- Council slow cooker programme – allows parents a free slow cooker and how to use it (healthy lives)
- Dietician webinars & support – expand reach + promotion of these
- Social connect – sustainable project to connect people to have peer support locally – MS Society
- Greater open spaces – nature. Greater access/provision to public allotments/garden projects
- Allotments in community. Greater access to green spaces.
- Rural health partnership SA. Social prescribing service working really well; demand for service increasing

New ideas

And these are some of the new ideas that they also felt could help individuals to live long, healthy and active lives....

Children & Families

- Pre-school playgroups – volunteering – need governance support under voluntary committees who are employers and registered persons. No one funds this. Playgroups committed for living long healthy lives
- Accessible fitness and wellbeing programmes for all (parents with babies, older people, teens, newcomers/asylum + refugees)
- Volunteer Wellbeing coordinators to go into family homes and help with nutrition diet, food, managing on a budget! Afterhours – evening support at tea time etc
- Universal Surestart for families – rural areas in particular have little or no services for families
- Autism programme to deliver physical activity sessions for the cared for, support groups for parents and support groups for siblings
- Support for parents at home to identify key individual problems that impact children from outset
- We need more debrief services for women after birth trauma. Working groups for postnatal mummies. More education locally for pregnant who vape
- Universal healthy eating programme to be run through pre-schools/nurseries. Early Years did run a PHA funded programme – ceased due to lack of funding. Live long healthy lives

Young people

- inn
- Crisis café to be extended to the ABC/Dungannon area
- Early intervention with addiction services – promotion in schools to advise of dangers and consequences.

Older people

- South West Age Partnership – in western area. - assists older people and groups to run activities – live independently at home for longer
- Ageing well project for BAME
- (Physio led) Strength & balance exercise/otago programmes to be available for delivery to older peoples' groups (prevention or falls/accidents & reduced hospital admissions – living longer at home independently etc). Mid Ulster Agewell – very keen to have staff/volunteers trained to deliver this type of activity programme to older peoples groups (& day centres?) throughout the Mid Ulster District Council area (in partnership with Trust)
- Support to assist people living at home to connect to the community and avail of opportunities
- More funding for age sector platforms
- LGNI (Linking Generations NI) work – older people
- Intergenerational projects – sharing skills, expand on current links, adapt sports
- Bike share schemes

- Day trips for elderly to reduce social isolation, to support integration into society more, reduce social isolation
- More luncheon groups for elderly, to aid social isolation and help with cost of living crisis
- Reduce travel costs (taxi) – fund community transport. Fund partnerships in NI
- NMCT funding
- Travel voucher for OAPs - Improve access to services
- Blue zone areas – value of walking to lifelong health – flexible bodies

Disability

- Volunteer buddy programme to support adults with additional support needs or mobility challenges.
- 18+ specific transitions services for young people with disability, capacity building and increasing independence
- More support and encouragement for disabled people to keep as active as possible

All ages

- Movement, not exercise - keep it real, relevant & simple. Information delivered in interactive sessions – shared experiences, peer support, less alone.
- Traveller Health trainer programme Scotland – best practice model. Multiple opportunities + employment. Addressing health + social inequalities
- Telehealth/telecare packages (time-limited) to facilitate easier discharge from hospital
- Addictions – all ages. Gambling/drug epidemic. Local advice/support services (and information)
- Hospital transport for our cancer clients (from Mid Ulster area) Lilac charity
- More recognition and appreciation of user involvement re time, expertise, resource. Alternative innovative ways to engage
- Health professionals co-located or holding workshops in voluntary organisations eg blood pressure checks in the prison visitor centres – health visitors visiting family support projects for advice giving
- New health professionals need more in depth training to support vulnerable new comers
- IT support for people with mobility and other health issues
- Financial support for people in crisis – help towards heating & electric or food
- Increase in the use of the Verve Network across the Trust
- Greater partnership work with multi-disciplinary teams for appropriate referrals into services
- Transport partnerships between Trust & Vol groups.
- Build on the good practice, set up new advocacy service to other new comers
- Foraging walks
- Get in touch with nature.
- Affordable Nourishment. Community based learning
- Herbal & nutrition classes/workshops
- Teaching people basic cookery skills. How to budget, financial management
- Have a community nutrition team that can facilitate all nutrition requests – training or delivery to all community needs
- Community kitchens for ethnic minorities - teach food health more
- Honesty café to offer training + employment opportunities for adults with additional support needs

APPENDIX 2: Where should we invest?

Living independently at home for longer

This is what our stakeholders told us about the assets in our communities that are already helping individuals to live independently at home for longer....

Housing supports

- BCM housing support for older people – assists service users for up to 2 years through one-to-one support. Holistic approach to keep people safe and well.
- Support for older people with hoarding and cluttered homes
- Red Cross support
- Support at home services for older people
- Support (practical/information) to keep people in their own familiar /safe/local environment
- PCSP home safe scheme

Transport services

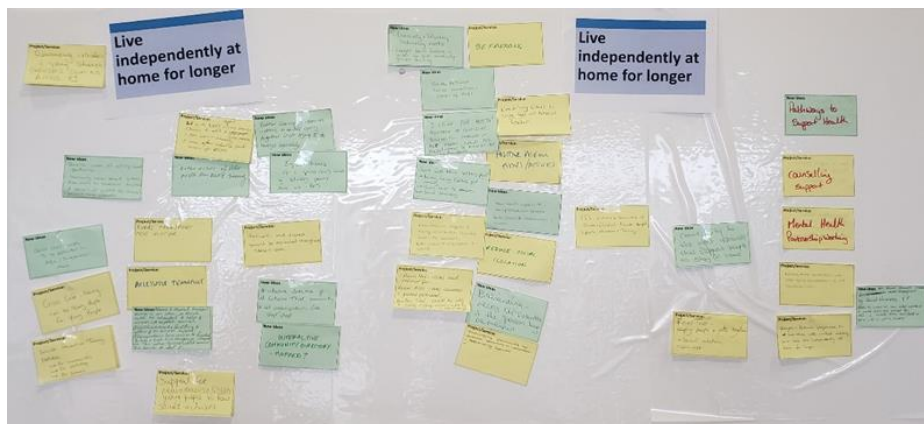
- Community transport to enable older vulnerable people to remain living at home for longer
- Rural transport
- Home to hospital transport services for rurally isolated older people
- Transport in the community – Bolster
- Community Transport – could be further developed
- Community Transport with cross border and cross council funding
- Armagh Community Transport
- Better linkages in terms of transport for rural areas
- Rural transport Mid-Ulster
- Accessible transport

Social contact

- Older people support network - Southern Agewell Network
- Investment in older people's movement
- Support for older people's groups
- South Tyrone Men's Shed
- Invest in Sheds for Life (a health programme)
- Good morning call service.
- Mid Ulster Agewell - Good morning call service.
- Agewell partnership mid-Ulster should be replicated throughout SHSCT area
- Good morning calls – could be extended
- Supports for older BAME population
- Reminding volunteers of going through process such as Access NI
- Befriending
- Positive ageing events/activities

Carer support

- Support for families, adults and children where autism impacts on life
- In-house sitters to allow carers to get out for respite



New ideas

And these are some of the new ideas that they also felt could help individuals to live independently at home for longer....

Support for carers

- Practical support for carers (e.g. around housework or transport) to help them to care for family members in their own homes
- Poverty / cost of living support potentially via council as a wrap around service. To include direct financial support, transport to attend appointments (eg debt clinic) & signposting where appropriate
- Paid sitters using DLA or AA already in payment, rather than expecting health service to pay for it
- Specialised volunteer service – support families who have unique or challenging situations – disabilities, complex disabilities

Support for older people

- Training for seniors in use of smartphones so they can access services
- Virtual wards
- Getting groups together for facilitated art projects
- BAME befriending service. Over 50+ walking groups
- Befriending - helps the volunteer and the person being befriended
- English classes run by voluntary groups
- Better activities for older people from BAME community

Support for community providers

- Frailty awareness workshop to help wider society understand the impact of frailty and how to counter it
- Community & voluntary networking events
- Interactive community directory mapping
- A collective database of all Southern Trust community and voluntary organisations – one stop shop.

APPENDIX 3: Group Proposals

Older people's supports

What service or project?	Who for?
Support age sector platforms/older people's groups	Older people
Shared Lives Programme	Older people and their families
Enhanced Good Morning	Community in general
Strength & Balance (x2 proposals)	People with limited mobility; older people
Intergenerational projects - pairing Men's sheds with youth clubs/schools	Youth and older people
Meals on wheels / community cooking	Older people, in partnership with schools, colleges and community groups
Ageing well project - isolation, loneliness, befriending (x2 proposals)	Older people, based on the Impact agewell model trustwide
Intergenerational projects	Young people and older people
Providing full service to encourage participation, transport, healthy nutritious meal, interesting issues/activities, health information, befriending service	Older people
Prioritise dementia friendly communities	

Navigation

What service or project?	Who for?
Person-centred service that identifies the barriers preventing service users to access community activities - support them to build social connections by sourcing and supporting them into activities that already exist	People with disability who have no/little social connections within the Southern Trust
Information and advice for minority communities	All minority groups (specific information)
Statutory database	Developed and maintained by statutory bodies in partnership with CV sector
Navigator services	For a range of groups, old, young, EM
Interactive Community Directory	Community in general
Calendar of network events	Vulnerable people, carers, support org's

Improved access to services - Directory/database navigation/signpost	All age ranges
Community Navigator - grass roots knowledge and links, signposting and identifying gaps	All age ranges
Community Connector Programme	People experiencing loneliness
Social Prescribing	

Hub model

What service or project?	Who for?
One Stop Shop - Navigation/signposting/information using one phone number. Flexibility to do home visit and link in with existing support services. Link in with existing services and providers.	Families of a child/young person with a disability
Ukrainian style support	Multi agency/wrap around support for all
Rural men's issues support	Men's health
Community based MDT teams (not GP based model)	Cradle to grave
Loneliness Bus (Connection Bus to drive around various locations with pop up café on board, especially rural, low mobility etc)	All age ranges
Journey Through Disability Project: Hub approach - services that support the access to and navigation of services with navigator on the ground	From birth to end of life.
Advice service on a one stop shop mobile model with advice phone in and navigator link worker	18+
Digital literacy programmes through information hubs	Service users/staff/carers
Access to service for BAME community - To include advocacy, holistic health, health promotion & ageing well focus	
Community Clinics supported by community transport, advice services, navigator support & a directory of services	Rural areas. People with limited finances
Provide small community hubs to link to services	
Pods – Local clinics based within the community	

Health and wellbeing activities

What service or project?	Who for?
Verve Network - replicated throughout SHSCT	Everyone - older people, young people, people with disabilities, people with long-term health conditions
Physically confident communities - community S&B, Falls prevention, body confidence for kids, young people and also those between young and old	All age groups
Women MH issues - mild-moderate & early intervention service. Physical -hiking, yoga, nature, outdoor. Emotional - talk therapies, silence walking. Social - hiking, coffee house, nutrition. Mental - hiking, talk therapy	Women
Hiking groups - walking, yoga, nature: emotional, physical, social, mental	Women
Mens Sheds Support network - connections. Advocate/Befriender/to encourage men to attend and talk to others.	For younger men & young men with disabilities
Funding to go on early intervention - should be the focus. Less structured programmes	Children (families) under 5 yrs - foundations of healthy lifestyle - parents can meet those needs
Project supporting healthy food/lunch clubs/food information/etc & access to health information	
Enabling natural/organic food growing and nutrition (combining nature based activities/therapeutic)	Cradle to grave
Utilise local resources (ie nature & wellbeing) for community-based approaches to HWB	

Social activities

What service or project?	Who for?
Befriending	Parents of children with disability. Parents with young children. Older people, housebound & isolated. Ethnic minorities new to the area.
Parenting support groups	Universal - outside of SureStart areas
Additional needs parenting project	Parents of children with additional needs
Chatty spaces, Youth cafes, Sibling support. Inter Club programmes with physical activities, incentives - gym passes.	Young people aged 4-8 (9-13, 14-18 priority age bands) 19-25
Community Clinics. Social spaces/cafes. Good morning. Befriending	Vulnerable people, older people

Build interest groups (e.g. nature or educational)	
Building connections	for Travellers and Ethnic Minorities

Transport

What service or project?	Who for?
Access to services (Transport)	Older people
Provision of transport and child care	women and children impacted by domestic and sexual abuse
Community Transport	Parents with disabilities - no access to own transport
Transport - Hospital to hospital bus	regular service between DDH and CAH
Transport - through Community Transport, more than A to B - social connections, friendships build. We are the enabler - a project can be amazing but if people can't access it, it won't succeed.	Community Transport are throughout NI - there are 11 partnerships which would provide transport support if properly funded.
Transport to enable access	Trustwide
Community Transport	For all needing support to engage with programmes & services

Mental health

What service or project?	Who for?
Mental health support - more training of mental health ambassadors	Men's health Older persons living in rural areas
Mental health programmes	Teenagers as early intervention
Mental health support	all age ranges
Intervention in crisis	people with MH issues

Carers

What service or project?	Who for?
Young carer support programmes	Young carers groups Young children and young adults
Creases for Carers - ironing service	Carers
Carers projects	Socially isolated carers

Family support

What service or project?	Who for?
Family support	Parents and families at home for support Parents with young children. Older people, housebound & isolated. Ethnic minorities new to the area.
Early intervention - start early and ensure inclusion	Younger population/new comers etc

Other

What service or project?	Who for?
Addiction services	All of society
Housing	Older people People with families People with disabilities
Networking events	Smaller organisations to share learning
Access to community venues for groups	Adults and older people
Digital active resources	Service users / other voluntary groups

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