



SPECIAL EU PROGRAMMES BODY

**Project Case Study: Community Health Sync
Project Update February 2021**



THEME:

Cross-Border Health & Social Care

FUNDING(ERDF+Match)

€4,761,809.49

MATCH FUNDERS:

Department's of Health;
Northern Ireland and Ireland

LEAD PARTNER:

Health Service Executive

PROJECT PARTNERS

Health and Social Care Board - Public Health Agency; Southern Health and Social Care Trust; Western Health and Social Care Trust; Health Service Executive; and NHS Dumfries and Gallo-way.

Start Date: 01/09/2016

End Date: 31/05/2022



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**Community
Health
Sync
Project**

CAWT's Community Health Sync Project has been implementing a cross-border and community-based approach to help better promote healthier lifestyles and target the risk factors associated with Long Term Conditions.

To date (December 2020) over 7,000 people have benefited from its services. Common to all eight CoH-Sync Hubs throughout the pandemic has been the quality and level of partnership, between the numerous community organisations involved, which is helping address health inequalities in the border region.

In the North West, community support has been provided by the Bogside and Brandywell Health Forum (BBHF) and North Donegal Local Development Company (NDLDC) providing online health interventions, phone call support and socially distanced engagement.

From September 2020 to November 2020 BBHF Community Health Facilitators delivered 96 personalised health and well-being plans. Support ranged from socially distanced boot camps and walking groups, to online Zumba classes. Community Health Facilitators provided over 192 health interventions and made over 384 phone calls/virtual support follow-up calls to ensure that participants remained on track to achieve their personal health goals.

The NDLDC team developed online health initiatives such as 'Do You Wear You?' and online photography classes which were delivered from September 2020 to November 2020. These innovative online health initiatives catered to a wide range of needs in local communities. NDLDC Community Health Facilitators provided 103 personalised health and wellbeing plans, over 206 health interventions and over 412 follow-up phone calls and virtual support.



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The Cavan/Monaghan CoH-Sync Hub extended its range of online courses to include beginners art classes, life coaching and mindfulness; proving extremely popular. The team quickly addressed locally identified gaps, providing interventions to almost 120 participants since August 2020.

The Fermanagh Hub (ARC Healthy Living Centre, the Oak Healthy Living Centre and Lakeland Community Care) continues to effectively support local communities. Community Health Facilitators have been able to connect participants, by accessing remotely and online, with local health initiatives and support organisations. They have worked closely with a wide range of partners including: the Social Prescribing team; 'Stepping On Programme'; befriending call services; community outreach care workers; local GPs; Health Promotion teams and the COVID-19 Response teams. Since early September, over 80 people have been supported to complete a six-week personalised health and well-being plan, enabling each person to achieve their personalised goal(s) set. In the Southern Trust area, the Connected Health CoH-Sync Team incorporated The HSC Take 5 Steps to Wellbeing model into programmes demonstrating how staying active and connected improves mental health and wellbeing. Programmes included 'Walk and Talk,' 'Chi-Me' and fitness classes.

The South Donegal team created a variety of inclusive, free, online well-being classes and workshops. By early September 2020, Community Health Facilitators had supported over 100 people to create personalised health and well-being plans. They provided 1:1 support to assist participants achieve goals set, keeping them engaged and connected using online platforms.

Participant feedback was very positive; partaking in new creative workshops such as 'Art for Well-being' and 'Photography & Well-being'. Such courses allowed participants to focus on their well-being and reduce the stresses and distractions around them. In NHS Dumfries and Galloway's in Scotland, Dumfries CoH-Sync Hub staff and CoH-Sync Wigtownshire staff, continue to provide support via telephone and remote video support for people who are experiencing loneliness, isolation and a loss of purpose and social support. Dumfries CoH-Sync Hub has successfully delivered an eight-week mindfulness course virtually; while in CoH-Sync Wigtownshire plans are in place to deliver health programmes to groups who support young adults with learning disabilities.