



## SPECIAL EU PROGRAMMES BODY

# Project Case Study: Community Health Sync Project Benefiting Scottish Patients

### THEME:

Cross-Border Health & Social Care

### FUNDING(ERDF+Match)

€4,857,560.24

### 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 Galloway.

**Start Date:** 01/09/2016

**End Date:** 30/04/2022



<http://cawt.hscni.net>



@communityhealthsyncproject



@CAWTCrossBorder

CAWT's Community Health Sync Project has been implementing a cross-border and community-based approach with two hubs in Dumfries and Galloway. They are set up to better promote healthier lifestyles by targeting the risk factors associated with long-term conditions and mental health. Some people have needed support through conversation and found help and / or coping strategies to live through the pandemic.



Whilst opportunities for signposting to community activities have been reduced in Dumfries and Galloway, due to the COVID-19 pandemic, CoH-Sync staff have continued to provide support to the community by engaging through telephone calls, remote video sessions, social media and a range of other approaches to reach people in need, vulnerable people and those experiencing loneliness, isolation and a loss of purpose and social support.

CoH Sync work and support has included, delivering an eight-week virtual mindfulness course, where participants have reported feeling less self-conscious while enjoying the online group work from the comfort of their own homes. Hubs have provided pharmacy support in delivering prescriptions to those shielding. Work is also on-going with Fareshare, the UK's largest charity fighting hunger and food waste, by door-to-door food delivery rounds in the community and forging relationships between clients and staff.

Both CoH-Sync hubs continue to create innovative ways to support the local community in making changes to their lifestyle choices and have plans to link with a range of projects such as Quit your way, Community Link Workers, Lets Prevent (diabetes prevention) Staff Health and Well-being initiatives post pandemic, young adults with learning disabilities and a programme to support senior students at Wigtownshire High school and Stranraer College.

Currently the Hubs are embarking on a new hybrid model of intervention delivery with both staff and Third Sector organisations engaging with CoH-Sync participants. Both Scottish hubs look forward to the positive differences they can bring to the lives of the community in 2021 and plan to be more active and visible in the community, amidst the pandemic, as the year develops.