

CAWT Annual Progress Report 2012



As we enter the final stages of CAWT's current EU INTERREG IVA funded programme of work, it is most rewarding to know that cross border health and social care activities are reaching and impacting upon more people than ever. The targets set by the EU funders have been surpassed, which is a tremendous achievement. Overall it was expected that CAWT partner organisations would achieve 21,840 beneficiaries. This figure has almost doubled with 45,827 people having benefitted to the end of June 2013.

The [CAWT Annual Progress Report 2012](#) gives a comprehensive overview of how each of CAWT's 12 project programme, 'Putting Patients, Clients and Families First' has performed. CAWT's sights are now set on the next EU funding phase, INTERREG V, which is expected to open from 2014 onwards. The allocation for this new programme will be agreed by the UK and Irish Governments, once there is confirmation of their allocations within the EU budget. The application process and timings of future EU funding have yet to be agreed.



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How to 'Change a Little, Change a Lot!'



At the 'Change a Little Change a Lot' Gala Awards are Michaela Boyle, MLA, West Tyrone; Edel O'Doherty, CAWT; Hilary Smith, Independent Advisory Panel Member; Lisa Doherty, Convoy Community Playgroup; Mark Pollock and Minister Kathleen Lynch, TD.

The 'Change a Little, Change a Lot' disability awards campaign, which was piloted in the Donegal and Strabane areas, concluded with a Gala Awards event in Letterkenny. At this event, which was attended by Junior Health Minister, Kathleen Lynch TD, 40 organisations were recognised. The awards encourage organisations to make their services more accessible to people with disabilities. Special guest Mark Pollock said: ***"the awards programme should be rolled out nationally. Until you walk in the shoes of someone with a disability you won't understand the impact good access can have on one's daily life. .. My quality of life***

depends on people who show leadership on access. The EU funding secured by CAWT enabled the Western Trust, HSE West, Donegal County Council and Strabane District Council to work with Mediabox and Adapt who developed these awards under the Community Awareness Programme. Due to the success of 'Change a Little, Change A Lot,' the campaign has been extended to Derry for the 2013 UK City of Culture programme, to help make participating venues more accessible to people with disabilities.

[Click here for more information.](#)

A project supported by the European Union's INTERREG IVA Programme managed by the Special EU Programmes Body and delivered by Co-operation and Working Together.

European Union INTERREG IVA Project Update

'Turning the Curve' Autism project

Over the Summer period, 'Turning the Curve' project staff have been focused on assisting young people with Autism to transition into the next phase of their lives. This includes providing support to those moving to new schools, colleges, universities, training, work and voluntary placements. This requires one to one work with each young person in order to meet their individual needs.

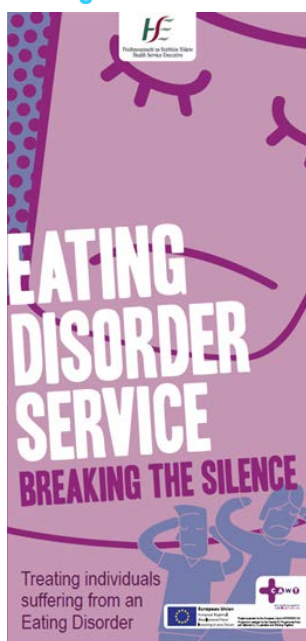
Project staff continue to help young people with Autism in developing their social and communication skills through small group activities with much of this activity happening throughout June, July and August, giving valuable respite to family members and care givers. The CAWT Autism project is now in the final stage and is being independently evaluated to inform the future direction of the project once the EU funding phase has concluded.



Southern Trust transition support staff at a recent CAWT Autism project event (left to right): Patricia Kelly; Catherine Corrigan, Margaret Garvey and Lisa Polland O'Hare.

Contact: Louise Potts, Project Manager t: 00 44 (0)28 82835768 e: louise.potts@westerntrust.hscni.net
w: www.cawt.com/autism

Eating Disorders



The CAWT Eating Disorders project continues to successfully treat individuals with eating disorders in all CAWT partner areas. Currently nine Eating Disorder therapists are meeting the client targets set by this project. As part of her work to support the project, Professor Rachel Bryant Waugh from Great Ormond Street, delivered a successful training event for 20 Children and Adolescent Mental Health Services (CAMHS) practitioners in the CAWT border region in May. A series of information events are being planned for Louth, Derry, Donegal, Leitrim and Tyrone areas in September, to raise awareness of the support available and early detection of eating disorders. These events are open to the public, GPs, other health professionals and support organisations (See events below for information event dates).

On the 1 and 2 October 2013, a two day training programme on CBT-E (a specific form of cognitive behaviour therapy used in the treatment of eating disorders) is being held in the Southern Trust area. Chris Fairburn, Professor of Psychiatry at University of Oxford, who developed CBT-E, will deliver the training programme to practitioners, therapists and dieticians from across the border region.

Contact: Kathleen Donnelly, Project Manager t: 00 44 (0)28 82835711
e: kathleen.donnelly@westerntrust.hscni.net w: www.cawt.com/eatingdisorders

Older People

The CAWT Older People's project continues to make positive impacts on the lives of older people across local communities in the border region. Over 4,000 clients in total are now benefitting from social support initiatives delivered by the project team. The project also continues to deliver assistive technology solutions to older people within their own homes, enabling them to live independently.

A notable highlight is the Newry and Mourne area staging its second Positive Ageing Week which is running from the 7th to the 13th of October 2013. The focus of the week is to celebrate and promote the positive aspects of growing old and to help older people make connections in their local communities. Positive Ageing Week will be launched on Friday 27 September in Newry by the Commissioner for Older People for Northern Ireland, Claire Keatinge.



Partner and stakeholder organisations launching the first Positive Ageing Week in Newry and Mourne in 2012.

Contact: Edel O'Doherty, Deputy Chief Officer t: 00 44 (0) 28 71272100 e: Edel.ODoherty@westerntrust.hscni.net
w: www.cawt.com/olderpeople

CAWT Development Centre, Riverview House, Abercorn Road, Londonderry, BT48 6SB

T: +44 (0)28 7127 2100

F: +44 (0)28 7127 2105

E: cawtinfo@westhealth.n-i.nhs.uk

European Union INTERREG IVA Project Update

Social Inclusion

Vulnerable Women: Social inclusion programmes continued to be delivered in the Western Trust and HSE West areas. These programmes have a strong focus on promoting positive mental health across a range of target groups including older women, new mothers and carers. The project is also planning to provide 'Train the Trainer' sessions on 'Mindfulness' and 'Thought Field Therapy' in the Omagh area in coming weeks. **Access:** In May, 40 GPs from the Donegal and Sligo GP Training Scheme attended training delivered under the Access Strand of the project. This training provided practical tips in carrying out consultations with a range of minority groups such as Travellers, LGBT, the hearing impaired, those with sight loss etc. The participating GPs commented that "the session provided much that they had been unaware of previously in terms of knowledge and attitude."

Travellers: Of the 18 participants who completed the Employment and Skills Training, three are now working full time in community development, youth work and HGV driving. Another four are completing work placements in the Southern Trust and HSE DNE areas. After the EU funding phase, the PHA and Western Local Commissioning Group plan to build on the work done by the project to promote social inclusion for Travellers, by funding two posts. Also a steering group will be created with representation from interested agencies, to help build the infrastructure to support work to improve Traveller's health and well-being.

Contact: Edel O'Doherty, Deputy Chief Officer t: 00 44 (0) 28 71272100 e: Edel.O'Doherty@westerntrust.hscni.net
www.cawt.com/socialinclusion



At the CAWT Social Inclusion project event in Monaghan. Standing (left to right): Donna Allen; Western Trust; Joe Lusby, Western Trust and Edel O'Doherty, CAWT. Front (left to right): Pamela Mullan, NI Housing Executive; Paula Cunningham, Western Trust and Joanna Boyd, Derry City Council.

Sexual Health / GUM clinics



The CAWT GUM project continues to make great progress with the final new sexual health / GUM clinic opening in Our Lady of Lourdes Hospital, Drogheda in April. The Drogheda clinic operates on the first and third Friday mornings of each month from 9 am to 12.30 am.

The project has now exceeded the target of 5,000 clients as agreed with the EU funders. As at the end of June 2013, 6,361 clients have been treated and 1,980 people trained in sexual health promotion. An additional 23 staff have been trained as part of the project. The CAWT partner organisations, where the EU funding has concluded, have mainstreamed the GUM services

established or extended as a result of the project and EU INTERREG IVA funding. Mainstreamed services include Newry (SHSCT); Altnagelvin and Tyrone County Hospitals (WHSCT) and Letterkenny General Hospital (HSE West). Monaghan, Dundalk and Drogheda sexual health / GUM clinics are scheduled to continue as EU funded services until the end of April 2014.

Contact: Marian Martin, Project Manager t: 00 44 (0)75 2589 8537 e: marian.martin@westerntrust.hscni.net
w: www.cawt.com/gum

'Time IVA Change' Border Region Alcohol project

The Strengthening Families Programme is continuing in the Sligo and Leitrim areas of the HSE West. In the Western Trust area, a 'Train the Trainers' programme is scheduled to take place in September. The Public Health Agency will continue to promote and lobby for the inclusion of the Strengthening Families Programme both in their own work and also in partnership with other stakeholders.

The Early Intervention Service is on-going in the Southern Trust and the HSE West areas with EU funding continuing to December 2013. In the Sligo and Leitrim areas the Early Intervention Service Worker has established links with a range of agencies and groups such as social work, mental health and community addiction teams. Also, a partnership has been established with Sligo Institute of Technology that includes training and clinical support to reduce the impact of harmful alcohol use by students. The Early Intervention Service continues to be sustained in other CAWT areas where EU funding has concluded.

Contact: Edel O'Doherty, Deputy Chief Officer t: 00 44 (0) 28 71272100
e: Edel.O'Doherty@westerntrust.hscni.net w: www.cawt.com/alcohol



Pictured at the CAWT cross border alcohol conference (l to r): Tony Doherty, Bogside and Brandywell Health Forum; Edel O'Doherty, CAWT and Mary Breslin, Drink Think project.

News and Events

Travellers receive certificates for accredited training



A cross border event was held in Monaghan to present certificates to members of the Traveller community who took part in a unique Employment and Skills Training Programme. A total of 18 Traveller men and women, from the Monaghan and Armagh areas, completed the accredited training, which was delivered by Extern in partnership with the Southern Regional College. Pictured are: Back row (l to r): Jacqueline Connolly, Southern Trust; Mary Haughey, Southern Trust; Martina Doherty, participant; Pearl Doherty, participant; Priscilla Delaney, participant and Paula Clarke, Southern Trust. Front row (l to r): Mary McCann, participant; Tom Daly, HSE/CAWT; Mary O'Reilly, HSE; Linda O'Leary, participant; Celia McDonald, participant and Heather Humphreys, TD Cavan/Monaghan.

Southern Trust CAWT Autism project event



At the Autism project event held in the Southern Trust area are (standing from l to r): Peadar White, Head of Child and Adolescent Mental Health and Autism Services; Lorraine Knox, ASD Development Officer; Louise Potts, CAWT Project Manager; Patricia Kelly, ASD Transition Support Worker; Bernie McCrory, Chief Officer, CAWT; Deirdre Blakely, Non-Executive Director and Mairead McAlinden, Chief Executive. Seated (l to r): Geraldine Maguire, Assistant Director, Specialist Child Health and Disability; Catherine Corrigan, ASD Transition Support Worker; Margaret Garvey, ASD Transition Support Worker; Lesley Waugh, ASD Co-ordinator, Lisa Polland-O'Hare, Transition Officer and Kevin Crawford, Social Worker.

Event: CAWT Eating Disorders project - public information events

Dates / Venues
 5 September Mount Errigal Hotel, Letterkenny
 10 September Leitrim Health Centre, Leitrim
 16 September Derry City Hotel
 17 September Mahon's Hotel, Irvinestown, Co. Fermanagh

Contact: Kathleen Donnelly, Project Manager
 t: 00 44 (0)28 82835711
 e: kathleen.donnelly@westerntrust.hscni.net

Event: CAWT Diabetes Project - showcase event

Venue: Armagh City Hotel, Armagh
Date: 17 Sept 2013
Contact: Emma Meneely, Project Manager

t: 00 44 (0)28 3741 4377
 e: emma.meneely@southerntrust.hscni.net

Event: CAWT Older People's Project - Positive Ageing Week

Venue: Newry and Mourne Council area
Date: 7 to 13 Oct 2013
Contact: Nikki Girvan, Project Support Worker
 t: 00 44 (0)28 30825136 m: 00 44 (0)78 27440622
 e: nikki.girvan@southerntrust.hscni.net

Next issue of CAWT in Action: **December 2013**