



SOUTH BELFAST  
PARTNERSHIP BOARD

# Belfast Healthy Cities Explorer Awards

Stephanie Thompson,  
South Belfast Partnership Board  
Glasgow – September 2015

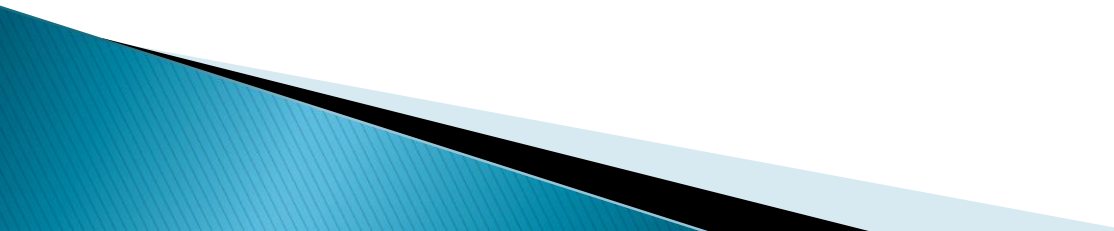


# Purpose of the Explorer Visit to Glasgow

- To explore and bring innovation and inspiration back to Belfast to tackle health inequalities in local communities
- An understanding of the public health structures in the city
- Explore community and voluntary sector targeted programmes to tackle the use and misuse of drugs and alcohol in communities.



# Northern Ireland Strategic Context

- ▶ World Healthy Cities – Health 2020
  - ▶ New Strategic Direction for Drugs and Alcohol
  - ▶ DHSSPS Making Life Better Framework
  - ▶ DHSSPS Fit and Well Changing Lives
  - ▶ BSP Belfast Drug and Alcohol Coordinator Team (Northern Ireland Regional DACTs)
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# South Belfast Health Forum

- ▶ Brings together over 80 members of the community, voluntary and statutory sector working towards addressing health inequalities in South Belfast
- ▶ **Vision :**
  - ‘To work towards a healthy and equitable South Belfast’*
- ▶ Thematic Priorities in South Belfast for 2015-2017:
  - Emotional Wellbeing
  - Physical Activity and Nutrition
  - Addressing Isolation of Vulnerable Groups
  - **Use and Misuse of Alcohol and Drugs**

# South Belfast Context

The use and misuse of alcohol have impacted directly and indirectly on local communities, hospital admissions, education, employment, domestic violence and deaths suspected to be by suicide;

## ▶ **Mental Wellbeing**

- 49% of self harm presentations at hospital departments in Belfast were a result of drug overdose (2013)
- 33% of self harm presentations at hospital departments in Belfast were a result of alcohol poisoning (2013)

## ▶ **Physical Wellbeing**

- 17 deaths recorded as drug related deaths in South Belfast in 2013
- 15 deaths recorded as a result of alcohol related deaths in South Belfast in 2013
- 53% of Drug Misuse in Northern Ireland has been recorded in the Belfast HSC Trust (2010)

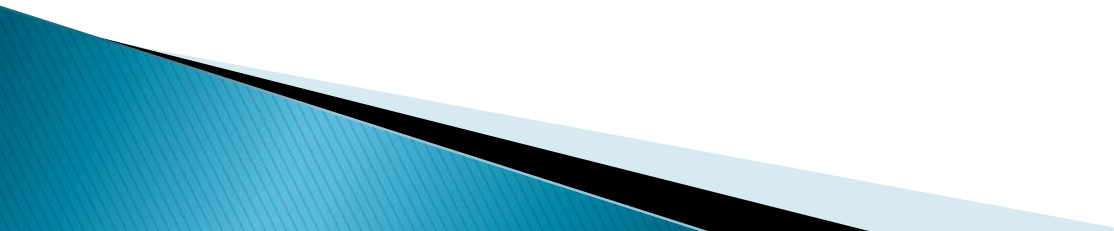
## ▶ **Community Wellbeing**

- 45% of anti social behaviour incidents in South Belfast were drug or alcohol related (2013).
- 28% of crime in South Belfast were drug and alcohol related (2013)

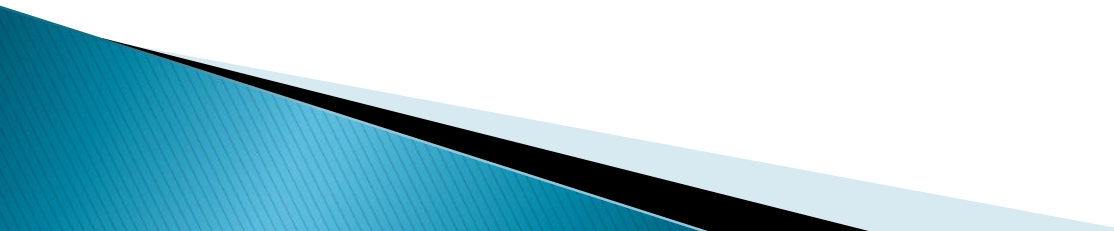
# Healthy Cities Context

- ▶ World Healthy Cities aims to develop a creative, supportive and motivating network to tackle health inequalities.
- ▶ Belfast Healthy Cities through the explorer award bursaries wishes to promote solidarity and bring best practice and effective leadership back to Belfast to address health challenges in a collaborative way.
- ▶ Contributions to the delivery of the Phase VI goals and core themes of Belfast Healthy Cities:
  - Enabling the observation of leadership & participatory governance for health
  - Provide **direct access to WHO expertise** in Glasgow to **enable capacity and innovation** to be brought to Belfast to be developed into pilot projects that will **maximum partnership approaches**.

# Objectives of the study visit

- ▶ Understand the public health structures in Glasgow
  - ▶ To evidence best practice joined up working and leadership opportunities
  - ▶ To evidence whole person approach programmes to tackle the use and misuse of drugs and alcohol in Glasgow
  - ▶ To appreciate how positive impacts and outcome are measured in another world healthy city
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# Strategic Drivers in Scotland

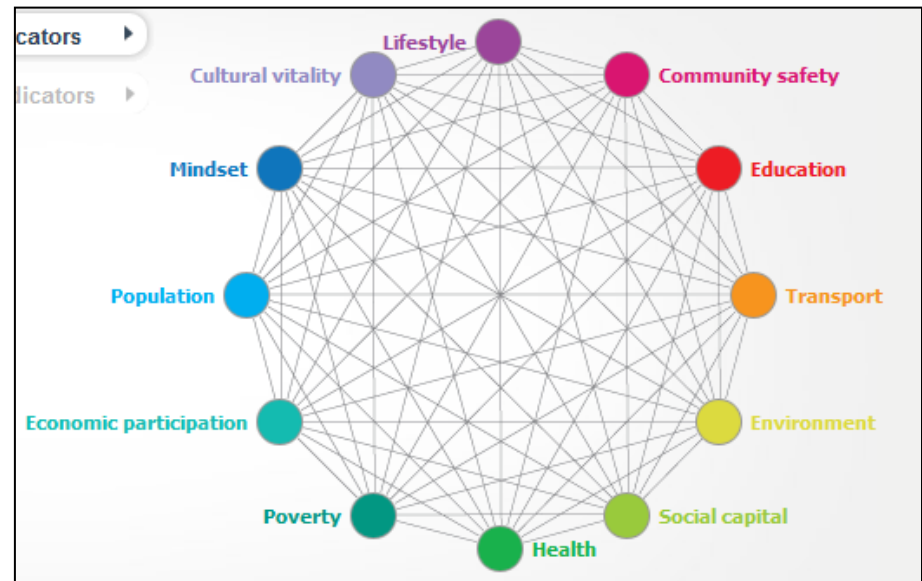
- ▶ Changing Scotland's Relationship with Alcohol: A Framework for Action
  - ▶ Glasgow's Road to Recovery
  - ▶ Glasgow's Single Outcome Framework
  - ▶ Thriving Places Approach
  - ▶ Understanding Glasgow website
  - ▶ Glasgow Games Planning Toolkit
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# Health Structure in Glasgow

- **Glasgow's Single Outcome Agreement (SOA)** – 10 year formal agreement to target three priority areas:
  - Alcohol
  - Youth Employment
  - Vulnerable people
- **Thriving Places approach** – asset based approach
  - 'Doing with' rather than 'doing to'

# Glasgow Centre for Population Health

- ▶ An organisation funded by Glasgow Council to work in partnership with Glasgow University and community groups
- ▶ Role: Research and Development via pilot projects
- ▶ Understanding Glasgow website



# Glasgow Centre for Population Health

## Glasgow Games Toolkit

- ▶ **What is it?** Interactive way for a group to engage in a conversation
- ▶ **What do you need?** Data that describes the current trends of the city and its people
- ▶ **Identify** potential shocks to the system (e.g. a recession, welfare reform) and what the key concerns arising from these shocks would be
- ▶ **Link to:** health, housing, transport, employment, mindset
- ▶ Participants developed a **declaration** relating to each topic about how to address alcohol and drugs challenges in the city.
- ▶ As a result, '*the game*' provided **12 key recommendations** to policy-makers about how to ensure the city can meet the upcoming challenges.

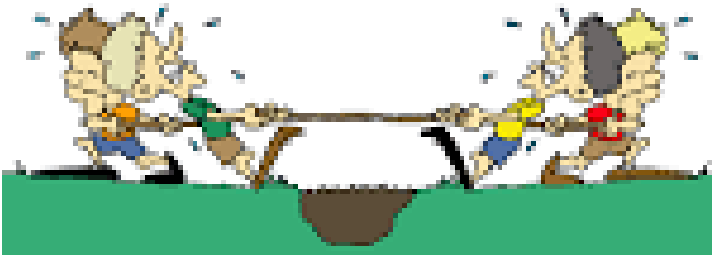
# Glasgow Centre for Population Health

## Health

### Managing Partnerships for Improving Health and Wellbeing Research

Obstacles for successful partnerships:

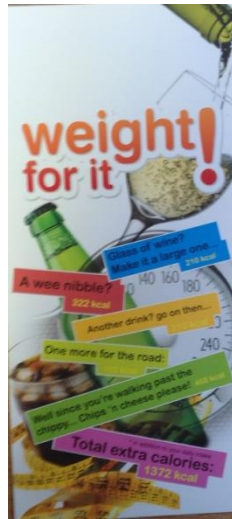
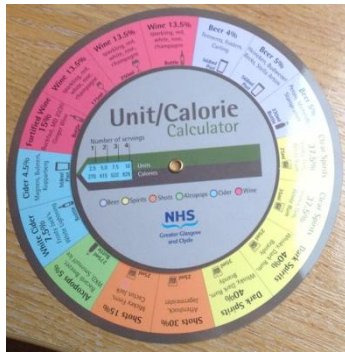
- Culture clashes between agencies vs integration or co-location
- Confusion about roles – trust and terms of reference
- Staff Capacity – Support and sharing responsibility



# Glasgow on Alcohol

## Prevention and education programmes in Glasgow

### *Weight for it! Campaign for Adults 2015*



### *Clearer Choices Programme for Young People 2015*



**Resilient  
Communities**

Glasgow Council on Alcohol

"Working together with the people of Glasgow to tackle the misuse of alcohol and drugs and encourage resilient communities"

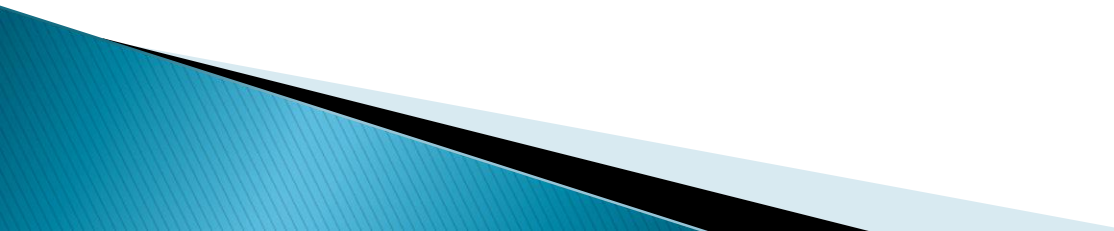
# Turning Point Scotland: South East Alternatives



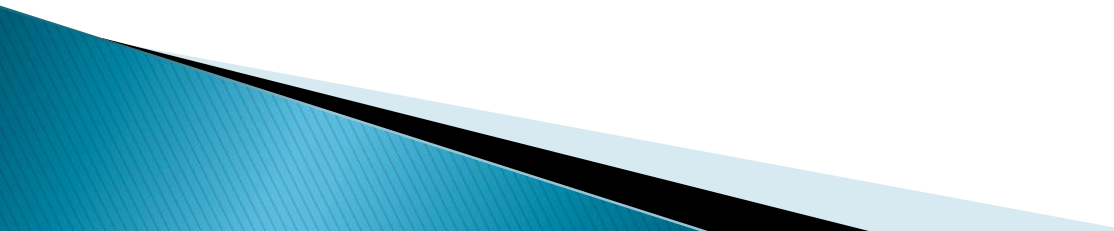
- ▶ Community Rehabilitation Clinic programme
- ▶ Harm Reduction Model
- ▶ Counselling, Support and Relaxation Space
- ▶ Not Crisis Response – 4 days detox.
- ▶ 3 Phased programme:
  - **Phase 1: Sustaining Recovery Group Therapy**; goal setting, routines and understanding commitment to change
  - **Phase 2: Smart Recovery Model** – Employment and Education support;
  - **Phase 3: Steps to Excellence and Volunteering**; understanding the impact the addiction has had on others; combined life coaching and CBT.

# Turning Point Scotland

## What is recovery?

- ▶ Recovery is a process for individuals and communities
  - ▶ It is not a single event
  - ▶ It may take time to achieve and effort to maintain
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# Community Initiatives in Glasgow

- ▶ Crisis Response Units in the Community
  - ▶ Bridgeton Community Learning Campus
  - ▶ Recovery Cafe Models
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# Turning Point Scotland – Crisis Residential Care



## Glasgow Homeless Service

- ▶ Service users include: homeless, those sleeping rough or who have been experiencing a crisis through alcohol addiction
- ▶ Person Centred Support Plan via MDT of professionals
- ▶ Short term and long term (9–12) months resettlement programmes
- ▶ Complimentary therapies are a necessity while using the service: socialising network, community garden on-site, alternative therapies including kinetic therapy support, art therapy

# Turning Point Scotland – Crisis Residential Care

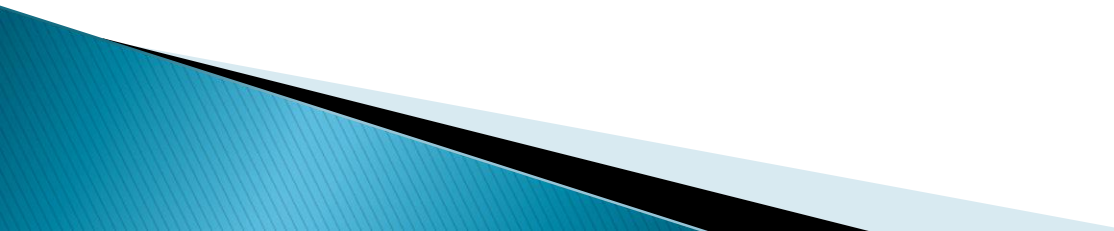


Community Residential Unit

Community Garden



# Bridgeton Community Learning Campus

- Providing centres in the community that make people feel safe
  - Multi functional community space
    - Physiotherapy Drop In
    - Community Chiropodists
    - Health and Wellbeing classes
  - Service Users: general public, recovering addictions, recovery mental health clients who suffered self harm
  - Steps to Excellence 12 week programme model
  - Peer Facilitator classes
    - Craft and Creations social enterprise
  - Community Achievement Awards with Glasgow Kelvin College
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# Bridgeton Community Learning Campus



**Above:**  
Wall of Hope designed by  
service users in recover

**To left:**  
Social Enterprise: Craft  
and Creations

# Recovery Cafes

## Sunshine Recovery Cafe

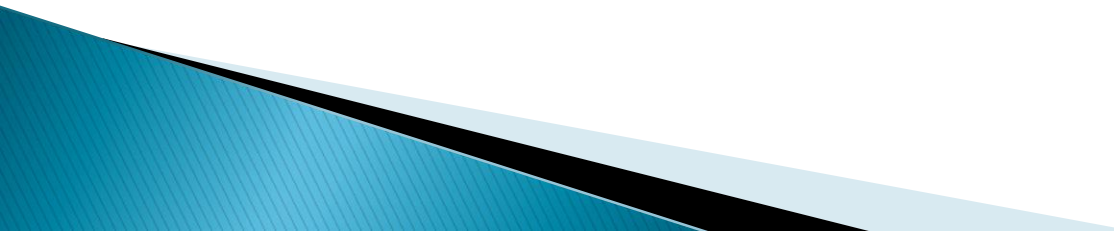
- Established in April 2014 by Renfrewshire Drug and Alcohol Council
- Based in a local church
- Supports people in recovery from drug and alcohol addiction
- Activities are run by volunteers who are in recovery
- Grant funded activities include: cooking, music groups, homeless world cup
- Training and development opportunities are available for volunteers; e.g. Food hygiene, health and safety, computing courses, book keeping
- Other examples; Phoenix Futures



# Setting up a recovery cafe

- ▶ Representative from the Scottish Drugs Recovery Consortium – John White
- ▶ Guide to developing a recovery cafe (2011)
- ▶ Key elements of recovery communities are:
  - Individual learning and development
  - Reinforced by peer support and reciprocity within helping relationships
  - Overcoming deficit thinking and taking a positive participatory approach

# Key Learning

- ▶ Glasgow faces similar issues in terms of coordinating services in local areas to prevent duplication
  - ▶ Need for greater investment across the UK in recovery and re integration back into communities
  - ▶ Services should be tailored for every individual – person centred plans
  - ▶ Cities need to break down the stigma attached to addicts to enable recovery and belonging in the community
  - ▶ Successful partnerships are based on the need to create a sense of interdependence between organisations
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# South Belfast Drug and Alcohol Framework and Action Plan

- Action Plan for 2016-2018
- Partners: BDACT, Belfast Connections Team, South Belfast Health Forum and South Belfast PCSP
- **Priority 1: Prevention and Early Intervention**
  - Awareness Raising Education; with target groups on subject areas
  - Information Sharing, Coordinated Campaigns for Belfast and Capacity Building through existing structures and groups
- **Priority 2: Reducing Supply and Demand**
  - Continue to promote locally the RAPID Removal Bins in South Belfast
  - Regular feedback from information from the central DAMIS system
- **Priority 3: Empowering local communities**
  - Training Needs Analysis of community and voluntary sector
  - Investment by PHA into the most appropriate workforce development model

# Implementing the learning in Belfast

- ▶ BSP – Belfast Drug and Alcohol Coordination Team: SB PCSP projects
- ▶ Belfast Recovery Centre – Bradbury Centre – in 6 month pilot phase
- ▶ Nightingale 24hr Centre - FASA - in operation
- ▶ South Belfast SIF One Stop Youth Support Service – awaiting funding approval via OFMDFM
- ▶ South Belfast Zen Garden – in development and seeking funding
- ▶ South Belfast Recovery Cafe pilot project – April 2016 onwards
  - Social Enterprise Model, Steps to Excellence Programme, peer support, group activities and health and wellbeing support service outreach

# Questions



# Contact Details

For further information or to discuss please  
contact:

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