



cooperation and working together
for health gain and social well being in border areas



CAWT CREATIVE CROSS BORDER PROJECTS

SUMMARY REPORT

In March 2004, CAWT launched the Creative Cross Border Projects programme which is funded by the EU INTERREG IIIA programme. Contact was made with sub-groups and project boards to advise that a number of small grants would be made available for innovative cross border projects. Proposals for consideration could range from a training event, seminar, pilot project to inform future detailed work, the development of a resource/teaching aid or a small piece of research/needs assessment study.

Approximately 35 proposals were received and considered by the CAWT Secretariat as follows:

- 11 applications approved for completion in Tranche 1 ie to be completed by end October 2004.
- 6 applications approved for completion in Tranche 2 ie to be commenced after January 2005 with completion no later than end June 2005.
- 17 applications were unsuccessful as submissions had not identified clear costs or had not met the criteria for the selection of projects.
(Appendix 1)

A full list of the projects in addition to individual evaluation reports can be viewed on the CAWT website www.cawt.com. Proposals either targeted the four board areas or had a bilateral focus ie NWHB*/WHSSB or NEHB*/SHSSB. Many of the projects in the first tranche were events based and the following briefly highlights the main objectives for each project.

‘A Growing Problem’ – Childhood Overweight and Obesity Cross Border Conference (Christine McMaster, NWHB)

This conference took place on 21st October and was designed for policy makers and practitioners interested in the prevention and treatment of obesity in children and young people. The conference presented current evidence on the

**Please note that reference is made to NWHB and NEHB as HSE established from 1st January 2005*

scale and implications of rising obesity levels and best practice approaches for prevention and treatment. It allowed for the creation of intersectoral and cross border networking opportunities for the development of collaborative effective actions to reduce overweight and obesity levels in children and young people.

‘Insights and Innovations’ – Sharing the Learning about Change in Mental Health Services (Anne Kilgallen, WHSSB)

This conference was held on 12th October to share examples of changing practice in mental health services from across the four Boards and at a national level. The conference learned about service reviews at national level, shared examples of innovative approaches and practice from the various Board and Trust areas and explored future opportunities for working together.

Structured Reflection Seminars (Jacqueline Clarke, N&MHSST)

These seminars took place on 29th September and 14th October to assist understanding in the various means of structured reflection. They promoted the development of skills required for practitioners where challenge and support are necessary in the context or environment where change is to take place.

Sharing best practice on through care and aftercare planning and support for young people leaving public care (Mary Devine, NWHB, and Deirdre Coyle, Foyle Trust)

This two day workshop took place on 12th and 13th October to raise awareness among frontline staff and carers about the needs of young people leaving care and making the transition to adulthood. A forum was provided to share best practice and to explore practice tools and interventions for promoting positive outcomes in aftercare. In addition, future opportunities for working together were explored.

PATH (Physical Activity for Teenage Health Programme) Conference (Gerry Roddy, NEHB) – NEHB/SHSSB

The PATH programme was developed by Dr Fardy, Professor of Queens College, New York, and is internationally recognised as an effective mechanism to enhance physical activity among sedentary and non-sport participative young people. Dr Fardy was the keynote speaker and the event provided a starting point for a range of stakeholders to increase activity levels amongst the target group (inactive young people) both north and south.

To consolidate good practice within the field of therapeutic work with people suffering as a result of a legacy of Childhood Sexual Abuse (John Bennett, IAG Co-Ordinator)

Workshops were held on 7th and 8th October to enhance the skills of those working therapeutically with adult survivors of sexual abuse particularly in the use of imagery and Gestalt techniques. The workshops were led by recognised experts and provided therapists with additional skills to facilitate a holistic approach in their work thus improving practice.

Growing Older with Downs Syndrome/Dementia (Margaret Dolan, SLT)

The anticipated increase in the numbers of people with a learning disability and dementia is posing new challenges for those caring for and developing services for people with a learning disability. This project delivered a two day training event for social care staff to detect the early symptoms of dementia and how best to manage cognitive and non-cognitive aspects of dementia in older people with a learning disability.

Theatre for Training – Cross border equality and diversity workshop (Lynda Gordon, SHSSB)

A diversity workshop was held on 7th September for health and social care staff and provided by the organisation 'Drama for Training'. The medium of drama was used as a catalyst to discuss issues such as racism, bullying, sexual harassment, sexual orientation and ageism in the workplace. This enabled participants the opportunity to examine the effect of inappropriate behaviour in the workplace and provided a platform to discuss future collaborative work in this area.

Working Creatively with Older People (Geraldine Delorey, NWHB)

There is evidence and belief that the arts and creative expression can contribute in a significant way to peoples' mental, physical and social health and wellbeing. The aim of this project was to run training workshops for staff working with older people in day centres and day hospital settings to ensure that creativity and arts become intrinsic to life in such settings. These workshops took place on 21st July, 29th September and 13th October.

Cross Border/Cross Cultural Training Exchange and Networking for Equality Trainers (Caoimhe Gleeson, NWHB)

A two day residential and networking event took place on 21st and 22nd October which brought together key equality trainers/co-ordinators. The focus of the event was to share equality work in place each side of the border, to examine best practice in this area, to identify and discuss key challenges and finally to identify possible opportunities for further development on a cross-border basis.

Development of an Environmental Management System for all health care buildings in the WHSSB and NWHB areas (Myles Smith, Westcare)

The aim of this project was to provide a scoping study to determine the feasibility and budget cost estimate for the introduction of an Environmental Management system based on ISO 14001 standards in all health care premises in the WHSSB and the NWHB regions. It also considered the current level of compliance in each of the areas.

CONCLUSION:

The total cost of the first tranche of the CAWT creative cross border projects has amounted to €45,800 (£30,533), with project budgets ranging from approximately €2,814 (£1,876) to €8,711 (£5,807). Benefits have included enhanced networking and sharing of experiences, learning and information

regarding best practice. In the planning, delivery and evaluation of these projects, a platform has been provided to enhance and strengthen partnership working between a range of professionals and across a number of sectors. In addition, CAWT's profile has been increased throughout the Boards and Trusts with a greater awareness of cross-border work among staff. Finally and based on the evaluation reports, the most valuable outcome has been and will continue to be the identification of future opportunities to work together for mutual benefit and learning.



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Appendix 1

- Contribute to cross border core services in line with partner Boards and Trusts Strategic and Service Plans, and CAWT's Services Priorities.
- Be based on common and identified cross border needs.
- Demonstrate health and/or social gain.
- Show true partnership.
- Be able to deliver time-scaled, focused, achievable, specified outcomes, which are clearly evaluated.