

Community Health Sync Project (CoH Sync)

The 'CoH-Sync' Project is seeking to establish 8 Health and Well-being Hubs designed to support people in improving their health and wellbeing, specifically in relation to the areas of **physical activity, nutrition, smoking cessation, alcohol misuse and mental health**. The Project wishes to maximise the opportunities for the Community / Voluntary / 3rd sector to be involved in the development of the Hubs which will deliver activities to tackle the risk factors associated with Long Term / Chronic Conditions. A Community Forum associated with each Hub will guide the implementation of the Project in the locality and the Hub will also be part of a project wide Cross Border Network to share learning across the entire Project.

The project aims to:

- assist people to improve their lives by enabling them to find ways to sustainably better their health and well-being within a supportive community development framework;
- reduce the barriers between the statutory and community sectors by creating locally based health and well-being Community Hubs;
- develop the local health and well-being Community Hub to become the touchstone for the community's health and well-being; and
- explore and utilise novel approaches to health behaviour change especially for deprived populations, thereby reducing health inequalities.

EU INTERREG VA programme funding has been secured by the Co-operation and Working (CAWT) cross border Health and Social Care Partnership for the development of Community Health and Well-being Hubs in the border region of the Republic of Ireland/Northern Ireland & Western Scotland.

The Project Partners include the HSE, the Southern Health and Social Care Trust, the Western Health and Social Care Trust, the Public Health Agency (NI) and Dumfries and Galloway Health & Social Care.

Project Planning Group Members	
Public Health Agency (NI)	Dr Christine McMasters
Western Health and Social Care Trust	Dr Maura O'Neill/ Fionnuala McKinney
Southern Health and Social Care Trust	Gerard Rocks / Donna Haughian
HSE (West)	Anne McAteer / Janet Gaynor
HSE (North East)	Emer Smyth
Dumfries and Galloway Health and Social Care	June Watters / Catherine Mackereth / Michele McCoy
CAWT link person	Sadie Bergin

Contact

Co-operation and Working Together (CAWT) Cross Border Health and Social Care
T: 00 44 (0)28 71272100 M: E: sadie.bergin@westhealth.n-i.nhs.uk