

annual progress report 2013



cooperation and working together
for health, care and social well-being in Greater Essex



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Special EU Programmes Body (SEUPB)

The CAWT partner organisations are grateful for the financial support received from the European Union's INTERREG IVA Programme which is managed by the Special EU Programmes Body.

Department of Health, Social Services and Public Safety Northern Ireland

Department of Health Republic of Ireland

The commitment and support of both Departments of Health to cross border collaboration in health and social care is greatly appreciated.

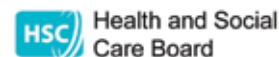
The CAWT partner organisations

Achievements in cross border health and social care is dependent upon the commitment and goodwill of those from the health and social care organisations who comprise the CAWT partnership.

We acknowledge the substantial time and valuable expertise dedicated to cross border health and social care by the staff, managers and clinicians of the CAWT partner organisations.

Those organisations are:

- The Health and Social Care Board and the Public Health Agency in Northern Ireland.
- The border counties of the HSE West and HSE Dublin North East in the Republic of Ireland.
- The Southern Health and Social Care Trust and the Western Health and Social Care Trust in Northern Ireland.







Foreword: Tom Daly, Director General, CAWT

2013 has been a challenging year for the health and social care sector due to the on-going financial pressures and the implementation of significant reform agendas in both jurisdictions. In support of this, the sharing of resources and expertise continues across the border, through the Co-operation and Working Together (CAWT) partnership. Cross border health and social care continues to thrive because it focuses on enabling patients and clients to have better access to quality health and social care services, whilst enhancing choice in care pathways, as well as promoting and protecting health and well-being and reducing health inequalities.

During the year CAWT was honoured to host a joint visit by James Reilly, T.D. Minister for Health in Ireland and Edwin Poots, MLA, Minister for Health in Northern Ireland to see cross border health in action. At the Men's Shed in Dundalk, both Ministers were briefed by clients and staff from a range of CAWT projects on initiatives aimed at tackling social exclusion. The Ministers also visited the South West Acute Hospital in Enniskillen and Louth County Hospital in Dundalk where they heard about cross border acute services and met with patients and staff. The Ministers were impressed with the quality of the projects and with the benefits that cross border activity is bringing to local communities, patients and clients.

Speaking during the visit, Minister Poots stated: ***"Our strong partnership approach is key to delivering effective, innovative and streamlined services. Sharing information and resources on both sides of the border to maintain a better standard of care can only be of benefit to the people in both parts of this island. I am certain that working together will assist to improve health outcomes in the future."***

Minister Reilly also commented on the successful visit. He said: ***"The work undertaken by CAWT is an example of what can be achieved through effective cross border co-operation. I am looking forward to working with Minister Poots in developing and delivering high quality care and treatment services to those who reside in the border regions."***

In November, CAWT made a presentation in Dáil Éireann to the North South Inter-Parliamentary Association, which comprises representatives from all the main political parties of the Northern Ireland Assembly and Houses of the Oireachtas. Members were briefed on CAWT's progress in delivering EU INTERREG IVA funded projects and services, and on other successful projects including cross border major medical emergency planning and cross border GP Out of Hours services. The Association paid tribute to the work and efforts of CAWT and stakeholders commending it "as a great example of how cross border cooperation can deliver real and longstanding benefits to citizens on both sides of the border."

CAWT also routinely updates the North South Ministerial Council Health Sector, which met twice in 2013, on activities and work progress. In particular CAWT supports the work of the North South Alcohol Policy Advisory Group which was established in late 2012 to enhance north south co-operation on alcohol policies and programmes.

I wish to acknowledge the valuable investment of EU INTERREG IVA funding provided by the Special EU Programmes Body, which has enabled CAWT to implement innovative and accessible cross border services for patients and clients throughout the border region and across Northern Ireland. We look forward to working closely with the Special EU Programmes Body and both Departments of Health, in the

development of and planning for future EU INTERREG V funding. I am very grateful for the on-going support of Minister Poots, MLA and Minister Reilly, TD and their officials at the Department of Health, Social Services and Public Safety in Northern Ireland and the Department of Health in Ireland.

I would like to sincerely thank my fellow Management Board members and the Secretariat for their vision for and commitment to cross border health and social care.

I would also like to acknowledge the commitment and professionalism of the CAWT Development Centre staff team who facilitate and drive the day to day activities of the partnership.

At the heart of the CAWT partnership is the involvement of hundreds of health and social care management, staff and clinicians from both jurisdictions, with many serving on CAWT Project Boards. They have been central to the CAWT partnership's achievements to date and will drive our future direction and activities in order to meet the needs of service users.

The challenge for the future is to continue to foster cross-border co-operation and to ensure our work is pioneering and brings added value to health and social care activity and benefits to service users.

Thanks again to all those who continue to support, implement and provide the vision for cross border health and social care. With your involvement our mission will continue in the months and years ahead.





Foreword: Bernie McCrory, Chief Officer, CAWT

I am delighted to report that cross border health and social care continued to make strong progress during 2013. In particular, the 'Putting Patients, Clients and Families First' 12-project programme has delivered tangible benefits for patients and clients, throughout the border region in both jurisdictions and across Northern Ireland. The number of patients and clients achieved has exceeded expectations, with 45,000 beneficiaries achieved so far. The great progress made in delivering our key areas of work is detailed within this report. I have highlighted just a selection of the notable achievements and milestones during the year.

In February, the CAWT Eating Disorders project co-ordinated a successful publicity campaign during Eating Disorders Awareness Week in order to raise awareness of the condition and the supports available in each of the CAWT partner areas.

The first phase of the Patient Safety Programme concluded in March with an event, which highlighted how this unique cross-border project is benefitting patients in local hospitals and health facilities. The Programme is a collaboration between the Public Health Agency, the HSE Quality and Safety Directorate and the Royal College of Physicians of Ireland. A second phase is planned for 2014.

During April and May, the CAWT Citizenship for People with Disabilities Project staged three cross border best practice events in Counties Armagh, Sligo and Tyrone, at which people with disabilities themselves outlined the positive impact this cross border project is having on their lives by enabling them to participate more actively in all aspects of community life.

The month of May brought a celebratory mood to CAWT. The CAWT Social Inclusion project held an event in Armagh to mark the conclusion of the 3-year project. This project delivered a range of health improvement programmes to a total of 3,000 people across the border region. In addition, an employability

skills programme was delivered to Travellers and an access programme for minority groups was also developed.

Also in May, the 'Change a Little, Change a Lot' Accessibility campaign culminated in an awards ceremony, at which 40 organisations in total from the Donegal and Strabane Council areas, were honoured for their efforts in making changes to benefit people with disabilities. At the event, Junior Minister for Health with responsibility for Disability, Kathleen Lynch, Northern Ireland Assembly member Michaela Boyle and special guest Mark Pollock, all made inspiring speeches on the importance of equality and access for people with disabilities.

In October, CAWT, on behalf of Irish Aid and the Department of Defence, supported the co-ordination of a 3-day intensive specialist course for those who may be deployed to international disaster zones worldwide. The training, which attracted participants from the Republic of Ireland, Northern Ireland and Great Britain, was held in the United Nations Training School Ireland in the Curragh camp in Co. Kildare and continues CAWT's impressive track record in co-ordinating cross border and all-island training events.

Minister for Health, Mr Edwin Poots opened the CAWT cross border Diabetes project conference in Armagh in November.

At this event, the success of the CHOICE programme for young people and children with diabetes and Pre-pregnancy Care clinics were showcased, with powerful personal testimonies given by service users.

Young people and their families attended a special celebration event in Sligo in November to mark their successful participation in the cross border 'Turning the Curve' Autism project. Over the past 3 years, the project has provided practical support to hundreds of young people with an Autism Spectrum Disorder in the border region. This has included assistance with moving from full time education into training or employment and participation in planned group programmes.



In recent years we have broadened our experience in implementing EU funded programmes by participating in new EU programmes. We continue to deliver the Northern Periphery Programme called 'Recruit and Retain' and have partnered with a range of both EU and non EU partners to deliver this project. CAWT is one of four partners involved in developing a preparatory project for 'Rural Community Sheds' which is also a Northern Periphery Programme. Recently CAWT secured EU funding from the Leonardo da Vinci programme for a lifelong learning project focusing on best practice guidance on children at risk.

No doubt one of the main ingredients in CAWT's success is the strong partnerships forged with a range of organisations and groups from the public, private, voluntary and community sectors.

This has enabled CAWT to successfully deliver a broad range of programmes across the entire border region.

As we look to the future, the CAWT partnership will continue to seek opportunities to further strengthen working across jurisdictions. Indeed, I am pleased that many of our current work programme projects are being mainstreamed after the EU funding period, due to their successful evaluation and the strong case made for their continuance.

I am confident that the CAWT cross border health and social care partnership will continue to flourish. On behalf of the CAWT Development Centre team, thank you to all those who have been a part of CAWT over the past year and I look forward to working with you in the coming months and years ahead.

European Union INTERREG IVA Project Update Overview

In 2008, the Department of Health, Social Services and Public Safety in Northern Ireland in conjunction with the Department of Health in Ireland, appointed CAWT as the Delivery Agent for the cross border health aspect of the new EU INTERREG IVA programme. Based on a successful application to the Special EU Programmes Body, CAWT was charged with the implementation of Priority 2 - Co-operation for a sustainable cross-border region under the 'Collaboration' theme. The aim of this Priority is to promote co-operation and the exchange of expertise, information and best practice between public bodies and other relevant stakeholders. The focus is on developing innovative ways of addressing specific programme problems, delivering services within border areas and promoting sustainable communities. In 2009, CAWT secured €30 / £24 million euros from the EU INTERREG IVA programme for 12 diverse projects collectively called 'Putting Patients, Clients and Families First' and was set a target of achieving 21,840 beneficiaries. The projects are listed below:

'Putting Patients, Clients and Families First' EU INTERREG IVA Projects

Theme	Project Title	Project Status
Improved Access to Information and Services	Development of cross border acute hospital services: Vascular, ENT, Urology and Ophthalmology	Scheduled to complete by Dec 2014
	Establishment of additional and new sexual health / GUM clinics in the border region	Scheduled to complete by April 2014
	Development of Eating Disorder services	Scheduled to complete by Dec 2014
	'Time IVA Change' border region alcohol abuse prevention project	Finished in Dec 2013
Reform and Modernisation	Improving outcomes for Children and Families	Finished in Dec 2012
Promotion of Independent Living and Citizenship	Support for Older People	Scheduled to complete by April 2014
	Citizenship for People with Disabilities	Scheduled to complete by Mar 2014

'Putting Patients, Clients and Families First' EU INTERREG IVA Projects

Theme	Project Title	Project Status
Promoting Health and Well-being	Tackling Diabetes in high risk clients	Scheduled to complete by Sept 2014
	Prevention and management of Childhood Obesity (UP4IT!)	Finished in March 2013
	Promoting Social Inclusion and Tackling Health Inequalities	Scheduled to complete by March 2014
Workforce Mobility	Cross Border Workforce Mobility – Leadership Development and cross border exchange of knowledge and skills	Scheduled to complete by Sept 2014
Supporting Vulnerable Families	'Turning the Curve' – Autism Support Project	Finished in Dec 2013

Progress on Achieving Targets

The initial target of achieving 21,840 beneficiaries has been surpassed with current client and patient numbers at 45,000 as at December 2013.

Project Progress Summary

Four of the 12 projects in the 'Putting Patients, Clients and Families First' programme have been fully completed. All projects have been subject to a formal external and independent evaluation by RSM McClure Watters in order to determine:

- success in achieving objectives and targets,
- the effectiveness of the project development process,
- the impact of the project, and
- the challenges encountered.

Also recommendations have been made with regard to the future of the project once the EU funding time period has elapsed.

All projects completed by December 2013 have exceeded their beneficiary targets. Even more encouraging is the degree to which these EU funded projects have been incorporated into core health and social care activity by the CAWT partner organisations, particularly at a time of exceptional financial constraint. This reflects the fact that CAWT's suite of EU INTERREG IVA funded projects have been firmly rooted in health and social care policy and strategy and have supported and added value to the day-to-day activities of the CAWT partners.

Throughout the EU INTERREG IVA funding period, CAWT has provided the funding bodies with quarterly progress reports detailing progress in meeting project objectives and financial targets. Those funding bodies are the Special EU Programmes Body (Managing and Certifying Authority) and the Department of Health, Social Services and Public Safety in Northern Ireland (Lead Partner).



**Project Progress
and Achievements**





Pictured at the launch of the Cancer Outreach and Support Together (COAST) group for women with a cancer diagnosis in the South Armagh area. The formation of the group was supported by CAWT Social Inclusion Project, with funding from the European Union's INTERREG IVA Programme.

Promoting Social Inclusion and Tackling Health Inequalities

The project has developed programmes aimed at those who are viewed as the 'hardest to reach' or marginalised in some way in our society. The project has been delivering a range of health improvement programmes to vulnerable women across the border region, including new mothers, older women, women living with cancer, women living with mental ill-health, women living with domestic violence and mothers of disabled children. In addition, an employability skills programme was delivered to Travellers and an Access programme developed to assist health service staff to better understand the needs of minority groups such as Travellers, LGBT, hearing impaired and those with sight loss.

Main Achievements

Comprehensive range of quality social inclusion programmes delivered by skilled facilitators to vulnerable women, Travellers and minority groups in the four CAWT areas.

The training and practical actions undertaken as a result of the Access programme, were aimed at three groups: people with sensory disabilities, Travellers and the LGBT community.

The Project introduced health promotion initiatives to excluded or vulnerable groups who would not otherwise have had access to them.

The project built strong relationships with local community based groups to ensure that the programmes on offer were accessible to those most in need of support.

The project established a Social Inclusion Network which was cross-sectoral as well as cross border and therefore focused on a range of health determinants as well as improving access to services.

The Project also created networks where previously none existed and where local infrastructure was poor.

The model of engagement ensured socially excluded people were able to influence service planning in a sustained and meaningful way.

3,746 people in total have benefitted from the broad range of programmes and initiatives developed by the project.

Under the 'Access' strand of the project, awareness training was delivered to 840 health and social care staff which increased understanding of the issues facing socially excluded groups when accessing services.

Employability Training was delivered to Travellers within the Southern Health and Social Care Trust and HSE Dublin North East areas. Five Travellers secured an OCN Level 3 accreditation in 'Train the Trainer', which enabled them to co-deliver an 'Employment and Skills' Training Programme within the Traveller community. Eighteen Travellers completed an OCN Level 2 in 'Employment and Skills' Training, with a number securing work placements within the health services and in other sectors. Some of the participants have successfully secured paid employment as a direct result of taking part in the training.

At the celebratory closing event for the project, a selection of people who had benefitted from the programmes provided powerful personal testimonies via a pre-recorded film commissioned specifically for the event.

A series of successful Community Health Question Time events were held across the CAWT border region which secured commitments from a range of statutory sector representatives to improve access to services and promote better health for more vulnerable and marginalised groups.

The Public Health Agency are supporting further work with Travellers in the both the Southern and Western Health and Social Care Trust areas.



Ministers for Health at the South West Acute Hospital in Enniskillen as part of a joint Ministerial visit to view CAWT cross border services. Pictured from left: Minister James Reilly, Department of Health; Mark Grannell, Consultant Surgeon, Western Health and Social Care Trust; Minister Edwin Poots, DHSSPS and Teresa McCaffrey, Senior Staff Nurse.

Acute Hospital Services

The CAWT Acute Hospital Services project is delivering cross border services in four specialties: ENT, Urology, Vascular and Ophthalmology. Patients are being treated in various acute hospitals in the border region across these four specialties. The project is also delivering a cross border Patient Safety Programme via a collaboration between the HSC Safety Forum (part of the Public Health Agency in Northern Ireland), the Health Service Executive Quality and Safety Directorate and the Royal College of Physicians of Ireland.

Main Achievements

The project has acted as a catalyst for bringing acute hospital service providers along the border corridor together to create new provision within specific service specialities aimed at meeting the needs of local populations.

14,500 patients have been achieved by the project as at December 2013.

This project has led to improved accessibility for patients requiring assessment or treatment within the target specialities.

The cross border ENT service established between the HSE Dublin North East and the Southern Health and Social Care Trust will be mainstreamed as of January 2014.

Ophthalmologists from Sligo General Hospital are providing services to both HSE West and Western Health and Social Care Trust patients.

Cross border Vascular service now established in Letterkenny General Hospital with a Western Health and Social Care Trust vascular surgeon undertaking outpatients and day

cases for patients from both jurisdictions. A similar service has been established between Sligo General Hospital and the South West Acute Hospital, with Sligo patients receiving their treatment in Enniskillen.

Development of Ophthalmology services in the HSE Dublin North East area which will also treat patients from the Southern and Western Health and Social Care Trust areas.

First cross border Patient Safety Programme successfully delivered with participants from each of the CAWT partner organisation areas.

Feedback from 430 patients received as part of the evaluation has generally been positive both in terms of services received and the impact on health and well-being.

Many patients reported a perceived shorter waiting time to receive services, reduced travel and health improvements.

Relationships and partnerships have been developed that will support the current and potential future delivery of cross border acute hospital services.



Letterkenny General Hospital sexual health / GUM clinic staff (l to r): Prof Wallace Dinsmore, GUM Consultant and Sonya Keeny, Clinical Nurse Manager. Also pictured are Brigid McGinty, Programme Manager, CAWT and Marian Martin, Project Manager, CAWT cross border sexual health/GUM project.

Sexual Health / Genito-urinary Medicine (GUM)

This project has established new and additional Sexual Health / GUM clinics throughout the CAWT border region. These clinics provide a comprehensive range of services including rapid access to specialist diagnostic, preventative and curative services to people with sexually transmitted infections and advisory services in the area of sexually transmitted infections. This project has developed entirely new sexual health services and also provided additional clinics across the CAWT border region.

Main Achievements

Existing sexual health / GUM services expanded at Altnagelvin Area Hospital in the Western Health and Social Care Trust and also at Daisy Hill Hospital in the Southern Health and Social Care Trust.

Sexual health / GUM Clinics established in five new locations - Letterkenny, Omagh, Monaghan, Drogheda and Dundalk.

7,053 patients were treated by December 2013, exceeding the 5,000 target set for the project.

Overall high levels of satisfaction were received from clinic attendees. In a patient survey, 98% of respondents rated the clinic as either 'very good' or 'good.'

Also in the survey, 28% of patients stated that they would have had to travel further if these new clinics had not been established.

93.6% of patients stated that their appointment was convenient for them and 85.9% of respondents stated that the opening hours of the clinic were either 'good' or 'very good.'

In the HSE Dublin North East area, 1,980 youth workers and teachers received sexual health promotion training.

Four of the seven new and additional EU funded sexual health / GUM clinics within the HSE West, Southern Health and Social Care Trust and Western Health and Social Care Trust areas have been continued as normal core services after the EU funding phase.

The remaining three GUM / sexual health clinics, funded by the European Union INTERREG IVA programme in the HSE Dublin North East region, will continue as mainstream services from May 2014, when the EU funding is scheduled to conclude.



Pictured at the cross border seminar in Strabane on drug and alcohol use within the Traveller community (left to right): Teresa Crumlish, Cathy Mullan, Public Health Agency and Shane Stokes.

'Time IVA Change' Border Region Alcohol Project

The project was established to tackle the underlying causes of alcohol abuse and misuse across the age spectrum. The project has worked at individual, family and community levels to address the negative impact of alcohol within society by improving levels of support; increasing community action on alcohol to reduce addiction and binge drinking; and establishing the border region as an area of best practice in alcohol harm reduction. This project comprised three main elements: firstly, specialist early intervention services were developed and delivered. Secondly, the Strengthening Families Programme, an intervention programme for families in crisis, was delivered to families in target areas. The third aspect is Community Mobilisation which involved the project initiating and supporting a community-based approach to tackling and responding to alcohol related problems at local level.

Main Achievements

5,000 people have benefitted from the Community Mobilisation strand of the project with a range of activities provided by the North West Alcohol Forum and Derry Healthy Cities.

Examples of Community Mobilisation activities include 'Streetwise 4 Life,' a school-based alcohol and drugs awareness and prevention programme, the 'Spirit of Sport' guidance for coaches and clubs and 'Responsible Server of Alcohol' training.

A 'Community Mobilisation Toolkit' has been developed and launched to assist communities to reduce the negative consequences of alcohol misuse in their areas.

The Early Intervention Service provided brief intervention to 2,725 people potentially at risk from misuse of alcohol. Referrals came from a range of sources including probation services, primary health care practices, and maternity services as well as from individuals themselves.

49 families received support from the Strengthening Families Programme in the Western Health and Social Care Trust area which has resulted in reduced social work caseloads.

The Public Health Agency has provided continuation funding for the Strengthening Families Programme and is conducting a detailed evaluation of the Programme with a view to expansion across the Northern Ireland region.

An alcohol and pregnancy information leaflet has been developed for use on an all-island basis.



Pictured at the cross border childhood obesity conference in Monaghan are from left: Aoife Cassidy, Roan Clinton, Rigan Clinton and Conor Cassidy.

Preventing and Managing Childhood Obesity - 'UP4IT'

The 'UP4IT!' Obesity Project was established to tackle childhood obesity, achieve reductions in the weight of participants and increase physical activity levels amongst children. The project had two distinct programmes: a prevention programme and management programme.

Prevention programme: This programme supported 250 families with children under 5 years to reduce the risk of childhood obesity through the provision of life skills to make positive lifestyle changes. The programme was delivered over 8 sessions with information and sign-posting for families and follow-up sessions.

Management programme: This programme helped 110 overweight/obese children aged 8 to 11 manage their weight. This programme managed childhood obesity through a holistic approach by incorporating healthy eating, an active lifestyle and positive mental health messages. The core programme lasted 12 weeks in total, with follow-up sessions thereafter.

Main Achievements

The project achieved 132% of its targeted number of participants, with 415 families participating in the prevention programme and 171 involved in the management programme.

The University of Ulster analysis of the data collected from the prevention programme shows that participants increased the amount of healthy food consumed, increased the amount of exercise undertaken and reduced their intake of unhealthy food.

Responses to the RSM McClure Watters survey show that the majority of respondents had been able to maintain their healthier lifestyle following the end of the programme.

The project has provided a robust and validated model for addressing obesity in children and promoting healthy eating in families.

In Northern Ireland, programmes have been extended by the Public Health Agency whilst they develop their longer term plans, which will be influenced by the successful approach and outcomes achieved by the project.

The project experiences and learnings have been widely shared. Most recently the project was profiled at Safefood's all-island Obesity Action Forum workshop in June and at the Irish Nutrition and Dietetic Institute (INDI) Nourish event in April.



Katie Croft from Dunleer who participated in the basic stable management course in Holly's Horse Haven in Omeath as part of the Day Opportunities Service.

Citizenship for People with Disabilities

The aim of the Citizenship Project was to provide genuine opportunities for people with disabilities to access meaningful and purposeful day opportunities outside of traditional day care environments, which meet their interests and helps them achieve their goals in life. The project had two parts: firstly, it provided alternatives to the traditional model of day services for people with a disability. Service users have been enabled to access a variety of social, leisure, education, and employment opportunities, thus enabling genuine citizenship based on enhanced choice and access. Secondly, the Community Awareness Programme was delivered as a pilot project in Strabane and Donegal Councils, whereby local communities were supported to make their services more accessible to people with a disability.

Main Achievements

The project has been successful in identifying opportunities for its participants and increasing their awareness of available opportunities.

In total 4,105 hours per week (while participants were engaged with the activity) of community based activity was achieved across the CAWT partner areas.

The Day Opportunities Service increased the independence, confidence and social activity of participants. Pre and post evaluation surveys conducted by project staff indicate that 74% of 143 respondents had increased confidence after their participation (69% of whom said this was their reason for joining) while 65% had improved general wellbeing.

The Citizenship Project has significantly improved the mental and social wellbeing of the people who participated.

In the Strabane and Donegal Council areas, feedback from participants in the Community Awareness Programme activities, indicates an increased awareness and

understanding of disability and barriers faced by people with disabilities. These activities included: Disability Awareness Training to School Children; cross border Advocacy and Support Service; Personal Training and Development Programme; IT Information Service; Forum Theatre Disability Awareness Programme and the 'Change a Little Change a Lot' Accessibility Awards Campaign.

Considerable publicity achieved for 'Change a Little Change a Lot' Accessibility Awards Campaign which yielded 106 press articles and 14 radio interviews and hundreds of online mentions.

The new approach piloted by the Day Opportunities Service has been integrated into existing disabilities services in the Southern Health and Social Care Trust and HSE West areas. The Western Health and Social Care Trust have mainstreamed the post created by the project to ensure continuation of the project approach.



**CAWT Eating Disorder Therapist
Esther Irwin from the Southern Health
and Social Care Trust in consultation with a patient.**

Development of Eating Disorder Services

This project is providing therapeutic services for people suffering from mild to moderate eating disorders. Twelve new eating disorder therapist posts have been created with 3 posts located in each of the four CAWT partner areas (HSE West, HSE Dublin North East, Southern Health and Social Care Trust and Western Health and Social Care Trust). The project is on course to meet its client target numbers. In addition to working with clients, the therapists will continue to undertake activities to raise awareness and create a better understanding of eating disorders conditions and the supports available.

Main Achievements

The project is on course to achieve the target of 1,040 beneficiaries, subject to the eating disorder therapist posts remaining filled over the project lifespan.

Currently 736 people have been seen by an eating disorders therapist (December 2013).

This project to date has delivered training and awareness to 2,580 people across the CAWT region (December 2013).

The therapists have developed strong links with GP practices and the voluntary and community sector.

Family and carers of people with an eating disorder have been supported as part of this project.

The eating disorder therapists have undertaken activities to raise awareness and understanding of the condition through co-ordinating public information events and facilitating and participating in local media interviews and training health and social care staff.

Excellent media coverage was secured in the national media with the co-operation of clients who have benefitted from therapy.

The project has engaged with national support agencies such as Bodywhys in Ireland and the Northern Ireland Association of Eating Disorders, to establish local eating disorder support groups.

EU INTERREG IVA PROJECTS

-  Citizenship for People with Disabilities
-  Improving Outcomes for Children
-  Promoting Social Inclusion
-  Sexual Health/GUM Services
-  Childhood Obesity
-  Acute Hospital Services
-  Older People
-  'Turning the Curve' Autism Support
-  'Time IVA Change' Alcohol Project
-  Diabetes
-  Eating Disorder Services
-  Workforce Mobility

CAWT Cross Border Health:



Impact and Reach of EU INTERREG IVA Services and Projects



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



Improving outcomes for children in the CAWT border region.

Improving Outcomes for Children

This project was designed to support a shift from a service-focused approach to an outcome-focused approach, in planning services for children and young people. The project aimed to encourage policy makers, service providers, planners and practitioners to work together with local communities, including children and young people, to focus service planning and delivery on improving outcomes for children and young people.

To deliver the project, four multi-agency planning groups were established in the border region (South Armagh, Fermanagh, Cavan and South West Donegal) through which local agencies and communities were supported to plan services in a collaborative way, for children in their locality. In addition, a web-based information system and a framework for integrated planning was developed to assist agencies to carry out outcomes based planning in their day-to-day work.

Main Achievements

900 children, young people and parents have directly benefited from the project.

Over 60 agencies have participated in the outcomes based planning process across the CAWT region.

The four Locality Planning groups have planned and delivered a range of programmes for children and young people to meet identified local needs.

The 'Outcomes for Children' website (www.outcomesforchildren.org) has been updated with features to enable both strategic and more localised information to be accessed more easily by agencies involved in planning services for children and young people.

Eight training sessions have been delivered to over 50 stakeholders on how to use the project website for planning purposes.

An information management tool has been developed to assist with the effective access and utilisation of meaningful information on children and young people.

Two cross border networking events have taken place to promote cross border outcomes based planning and to share learning.

The project products (the website and the framework for integrated planning) have been influential in the development of children's services planning in both Northern Ireland and the Republic of Ireland.

The model piloted by the project has been integrated into core health and social care services within the CAWT region.



Day trip to Glenveagh National Park, Co. Donegal organised by Inishowen Older People's Network.

Support for Older People

The overall aim of the project is to provide a co-ordinated network of services which will address the physical, emotional and social needs of older people, enabling them to live independently within their own communities. The project also provides assistive technologies to older people within their homes. The project is aimed at people aged 50 plus years, with a particular emphasis on over 75 year olds, the frail elderly and those with dementia. It is estimated that 67% of men and 60% of women aged 65 - 70 have a long standing illness, which has significant implications for health and social services, communities, families and individuals themselves. The project operates in four geographical border areas of Ireland / Northern Ireland: Louth / Newry; Armagh / Monaghan; Fermanagh / Leitrim / West Cavan; Tyrone / Donegal.

Main Achievements

The Project Support Workers liaised closely with community, voluntary, statutory agencies and older people's organisations to determine the needs of the local community in relation to older people's services. This enabled a customised approach to be taken in the implementation of services in each project area.

In total, 6,948 people have benefited from the 25 social support activities provided by the project over its lifetime.

Social support initiatives range from 'Befriending' and 'Good Morning' services to small grants awarded to older people's groups, health information sessions, social / volunteer car schemes and information / signposting services. Cross border access to some services has been facilitated as appropriate.

The 'Good Morning Louth' telephone service to older adults was recognised by the Louth Business Award scheme for 2013 by winning the Age Friendly Award category for a business that implements an age friendly service/policy and which impacts positively on the older person.

The 'Men's Shed' initiative in Armagh, which the project supported at the set-up stage, was successful in applying for Big Lottery funding to help secure its future.

A second successful 'Positive Ageing Week' was held in Newry and Mourne council areas in order to celebrate and promote the positive aspects of growing old and to help older people make connections in their local communities.

To date, 940 people have benefited from the Assistive Technology strand of the project.



Young people from the Dundalk area at one of the HSE events to celebrate World Autism Day.

'Turning the Curve' - Autism Support Project

The project provided support to families with children and young people with an Autism Spectrum Disorder (ASD). Services were provided directly to children and young people with an ASD who were experiencing transitioning. Transition refers to the process whereby children and young people move from one key stage in their life into the next, for example, moving from secondary school into college, university, training or the world of work. Young people with an ASD, aged from 11 to 19 years, received a variety of practical supports depending on their needs. This has included assistance with moving from full time education into training or employment. The project also focused on improving the social and communication skills of the young people through a variety of local community activities and group programmes. The project created a new service by adopting a holistic approach to supporting children and young people with an ASD and their families / carers. This family focused approach enabled the project to address gaps in service provision on both sides of the border.

Main Achievements

The project provided a family focused service previously not available in the CAWT region. All family members, including parents and siblings as well as the young person with autism, were included.

382 transition support plans were completed as at 31 December 2013. These plans were individually tailored for each young person to address health, educational, vocational and social needs.

In total 55 young people with autism were intensively supported and 327 received non-intensive support.

A sample of young people who had participated in the project found that on exiting the project:

- 90% are able to make their own decisions;
- 60% more able to deal with new situations; and
- 80% increased their independent living skills.

Project case studies highlight that the young people involved in the project will now agree to try new things and go to new places.

249 family members received intensive support and 1,604 family members received non-intensive support.

Exit surveys completed by 96 parents / families found that:

- 67% of respondents received sufficient support through the project;
- 66.6% believe that the right amount or plenty of training was provided for families during the project; and
- without the project, carers would have found it difficult to cope and their child would not have progressed and developed socially.

Summer schemes were provided in 2011 and 2012 by a variety of organisations, including the community and voluntary sector. 370 young people attended these summer schemes which were well received.

Some posts created by the project have been mainstreamed by the HSE West and the Southern Health and Social Care Trust. Discussions regarding mainstreaming are on-going in the HSE Dublin North East and the Western Health and Social Care Trust.



the **connect** network

Coaching for Service Improvement

'Coaching has provided personal and professional insights and makes a difference to the way in which I and others work.'

Health Service Manager



Cross Border Workforce Mobility

The Cross Border Workforce Mobility Project was established to develop and implement practical initiatives to enhance the skills of Health and Social Care staff with a view to improving service delivery in both jurisdictions and to promote increased workforce mobility across the CAWT area. There were three elements to this project: The 'Coaching and Mentoring' initiative strengthened leadership and management capacity and facilitated sharing of knowledge within and between organisations in both jurisdictions. The 'Social Worker Leadership' aspect enhanced the leadership skills of social work team leaders. Under the 'Moving and Handling' strand, the project further developed and standardised Manual Handling training across the CAWT partner organisations.

Main Achievements

Across the three elements of the Workforce Mobility project, a total of 13,962 staff were trained (95% of this relates to Moving and Handling training).

There is now a network (the Connect Network) of trained coaches and mentors in the border region who are available to help managers to deliver performance improvements in their service area. Participants have been trained to coach and mentor other managers to improve their ability to set goals and outcomes, work through obstacles, make decisions and improve relationships. This has increased the management and leadership capabilities of the CAWT partner organisations.

84.4% of those who undertook the project's accredited coaching training programme have indicated that they are now providing additional coaching and mentoring to staff, with a significant proportion of coaching and mentoring occurring on a cross-border basis (29.9%).

In total, the project trained 72 coaches and 23 mentors.

The Connect Network Coaching service is being actively promoted within the CAWT partner organisations and an

online booking resource has been developed to help sustain demand in the longer term.

Over 900 staff have availed of coaching or mentoring via the Connect Network.

The standardised 'Manual Handling' e-learning package has introduced consistency in training content across CAWT partner organisations and is transferable across both jurisdictions. The programme has reduced the requirement for staff to attend face-to-face training.

A leadership programme for Social Work Team Leaders, working in the area of family and child care services was developed and training was provided to over 160 relevant staff members.

A high level of satisfaction was achieved for the Social Work Leadership Programme, with participants noting improved competency across a wide range of qualities and skills including improvements in self-management, self-confidence and skills and knowledge to deal with challenges.

The Social Work Leadership Programme has been included on the Northern Ireland Social Care Council's (NISCC) Post Qualification Framework.



Pictured at a cross border CAWT Diabetes Project event in Armagh are from left (front row): Maureen Casey from Ballymena; Baby Alfie with his mum Emma Meneely, CAWT Project Manager and Megan Harty from Newry. Back row (from left): Michael Drumm from Omagh; Dr Brid Farrell, Public Health Agency and Edwin Poots, Minister for Health.

Tackling Diabetes in 'high risk' clients

This project is tackling two high-risk clinical areas in diabetes: improving pregnancy outcomes for women with diabetes and the delivery of a structured education programme called 'CHOICE' to children and young people with diabetes. Both programmes aim to help people with diabetes manage their condition more effectively and have been rolled out across Northern Ireland and in the border areas of the Republic of Ireland. The programmes are being delivered in local health facilities. The Pre-Pregnancy Care service for women with diabetes aims to help women with diabetes to plan their pregnancy in order to achieve the best possible outcome for mother and baby. The CHOICE programme, which was originally developed by Dr David Chaney (Senior Diabetes Education Adviser, International Diabetes Federation) aims to give children, young people and their families / carers, the skills and knowledge they need to manage their diabetes and to discuss practical daily aspects of their condition.

Main Achievements

The project is addressing an identified gap in provision and has put in place new structures and services being delivered by diabetes teams on both sides of the border.

The project is still underway and as at the end of December 2013, 2,727 people, including children with diabetes and their parents / carers, have attended CHOICE programmes.

355 women have attended Pre-Pregnancy Care clinics (December 2013).

The Project introduced, for the first time, Pre-Pregnancy Care clinics in 14 sites in seven health service areas in Northern Ireland and the border countries of Ireland. A total of 539 Pre-Pregnancy Care clinics were held since project commencement. Tele-monitoring was offered to all women who attended.

The Structured Patient Education programme specifically for children and adolescents (CHOICE) has given children, young people and their families / carers, the skills and

knowledge to manage their diabetes. In total, 207 CHOICE programmes and 833 CHOICE sessions were held since project commencement.

Research conducted for the CHOICE programme suggests that the project has been successful in helping participants to manage their diabetes, understand their condition and assist them with self-management.

The Pre-Pregnancy Care clinics are increasing the likelihood of a participant having a healthy pregnancy and achieving the best possible outcomes for themselves and their child.

There is evidence that Pre-Pregnancy Care clients have achieved improved control over their diabetes and progression towards target blood glucose levels, which could have a fundamental impact on the outcomes for both mother and baby (clinical data will be available at a later stage to provide evidence of the clinical impact of the project and providing greater evidence on impacts).

Information and expertise has been shared across clinics and across both jurisdictions.



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

Service User and Stakeholder Testimo

"We have been very privileged to have CAWT involved with our family for the past 2 years or so. Initially it was met with trepidation as it was the first social outlet for our daughter and it came at a time of considerable change in our lives. Our fabulous CAWT worker has, from day one, treated our daughter with respect, dignity and friendship. We did not realise how much we needed her until we met her. We as a family would like to thank her and CAWT for taking such care with our daughter and developing skills in her that will help her on her way."

'Turning the Curve' Autism Support Project, Parent, Co Sligo.

"I am 100% glad we signed up to the UP4IT! programme. The organisers made it fun for the kids and we could see progress which was good for motivation. The programme is all about learning to be healthy as a family and I would definitely recommend it to other parents. It also made me aware of activities and facilities in my own area that I had not known about."

Preventing and Managing Childhood Obesity, UP4IT! Programme Participant, North West.

"I want to acknowledge the support that went into planning a highly specialist training course for me again CAWT, the cross border services partnership. It was a great experience together medical professionals from North and South and we have trained together. Ultimately this has strengthened the relationship between us and doctors which is a great benefit at home or abroad."

**Cross Border Partnership
Relief Coordinator
Dr Ambrose McLoughlin
General at the Department of Health, Ireland**

"Outcomes based planning is now part of all our work and is integrated into our organisation's mission statement" and "working with CAWT was, at last, a meaningful attempt at 'joining the dots' of children's services."

Improving Outcomes for Children. Survey Respondent.

"I thought there was no one out there to 'help me, help me.' As a result of the programme my confidence and self-esteem has increased. I learned coping strategies and only for this course I wouldn't be here."

Promoting Social Inclusion and Tackling Health Inequalities Project, Participant in the Vulnerable Women's Mental Health Programme.

"The CHOICE diabetes programme helped to stabilise my condition and has given me freedom. It has achieved many positive results that were not anticipated. I believe the programme had a significant impact on my daughter's health. Every family, who has a child with diabetes, should be encouraged to attend CHOICE programme."

Tackling Diabetes Programme, Parent

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**Humanitarian
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...programme."

...es in 'high risk' clients
...Co. Antrim.

"Enniskillen is just as close as Sligo to where I live, so I chose the cross border option. I wanted to be treated sooner rather than later and it was important that I could be back on my feet as quickly as possible. I would have no problem recommending this cross border service to anyone and I hope it can continue into the future as it is very accessible to many people on this side of the border."

**Acute Hospital Services, Cross Border
Vascular Patient, Co. Leitrim.**

"This programme was really helpful as I knew I was drinking too much but didn't know how to deal with it."

"Coming to this service has given me confidence to deal with my drinking as I didn't know how bad things had really got, but just having someone to talk things through with has been so good."

**'Time IVA Change' Border Region
Alcohol Project. Selection of comments
from Early Intervention Service clients
in the border region.**

"The staff have good interactive skills and made the process easy, I received my results fast."

"This clinic couldn't be better."

"Brilliant to have this clinic in my area."

"I have no complaints to make, my doctor was friendly, informative and I felt relaxed."

**Sexual Health/GUM Services.
Selection of patient survey comments
from across the border region.**

"My daughter is now getting the help she needs from an excellent therapist and we as a family are beginning to see light at the end of a long tunnel. All these changes only happened from speaking to one of the therapists after seeing the poster and eventually having the courage to go to a support group meeting."

**Development of Eating Disorders
Services, Parent of Service User,
Western Health and Social Care Trust.**

"Being involved in the Citizenship Project has helped me to become a happier and more content person and I now feel that I have an important role to play in life. I feel very proud of myself for sticking at it and having the courage to try to achieve something which I have only dreamt about in the past. My confidence has improved a lot."

**Citizenship for People with Disabilities
Project, Day Opportunities Service
User, Co. Monaghan.**

"It is a wonderful service and great to be able to bring all that is happening in our area to the clients. Common feedback we hear from clients is that 'it is great to hear the human voice' and 'it gives me a real lift when I get the call.' Clients really do appreciate being connected to the local community which is what Good Morning Louth is all about"

**Support for Older People, 'Good
Morning Louth' Service Volunteer.**



Behind the Scenes



Strategy Groups

The CAWT strategy groups continue to seek opportunities for cross border collaboration across a range of service areas. There are six strategy groups operating across the spectrum of health and social care services and include: Acute Hospital Services; Children's Services; Disability; Mental Health; Primary Care and Older People and Population Health. The 3 year action plan developed by the strategy groups in 2012 sets out priority areas for joint cross border working and will inform CAWT's next phase as it seeks to secure new EU funding. The strategy groups will support the development of application and business cases for EU funding.

Corporate Support Groups

The CAWT partnership is heavily dependent upon the valuable support of the Corporate Support Groups, which enable CAWT cross border projects to operate smoothly and efficiently. These groups include Finance, Human Resources and Recruitment and Communications staff and have representation from the HSE Dublin North East, HSE West, the Southern and Western Health and Social Care Trusts, the Health and Social Care Board and the Business Services Organisation. Health and social care staff from a range of professional areas devote time to supporting and guiding the CAWT partnerships as members of one of these Corporate Support Groups. Groups generally operate either through regular meetings, teleconferences or email or a combination of all three. The Human Resources Strategy Group comprises Directors (Northern Ireland) or Assistant National Directors of HR (Ireland). The Recruitment Group comprises Recruitment Managers from the CAWT partner organisations. The Communications Group comprises Communications / PR Managers and officers. The Finance Forum comprises Directors or Assistant Directors of Finance. These Groups are supported by the CAWT Development Centre staff including the Finance, HR and Communication Managers.

Other key health and social care staff provide tremendous support to the work of CAWT within the partner organisations and include procurement specialists from the HSE in Ireland and the Business Services Organisation in Northern Ireland. ICT staff also contribute to ensuring that the information technology requirements of the CAWT projects are delivered upon.

The CAWT Management Board

The CAWT Management Board provides overall guidance to the Secretariat, the Development Centre, and ultimately the individual cross border projects. The Management Board is responsible for strategic direction and also monitors and evaluates progress. The Management Board met four times during 2013 and also held a strategy planning day in September.

The CAWT Secretariat

The CAWT Secretariat members enable the implementation of the decisions of the Management Board. Senior management representatives, who comprise the Secretariat, regularly meet to review progress and to resolve issues and challenges in developing and delivering cross border activity. The Secretariat members met three times during 2013 and also participated in other meetings and teleconferences linked to CAWT's cross border activity such as the CAWT strategy planning day in September.

CAWT Development Centre

CAWT cross border health and social care has been in operation since 1992 and since then the CAWT Development Centre has built its reputation as a centre of expertise and knowledge on cross border health and social care matters. During those 21 years, CAWT has gained considerable expertise in managing EU funds in order to strengthen and deepen cross border linkages



and activities. Furthermore, we continue to contribute to research studies, provide expert information, make presentations and participate in and organise events as requested by stakeholders and funders. At a day-to-day level, the CAWT Development Centre staff team provide specialist support in the areas of project management, HR, finance, communications and publicity. The 11-member staff team have a combined total of 86 years' experience of developing and supporting cross border health and social care activity and also in applying for and successfully

implementing EU funded and other cross border projects. When managing cross border projects, CAWT is required to administer them in accordance with the criteria set out by the funding bodies such as the Special EU Programmes Body and the Departments of Health in both jurisdictions and also meet CAWT partner organisation standards.



Financial Overview

EU INTERREG IVA Programmes

Overall £24/€30 million euros of EU INTERREG IVA funding has been allocated for the implementation of the 12-project Programme, 'Putting Patients, Clients and Families First.' In 2013 an additional amount of £1,073,877 was allocated to the project as a result of exchange rate differences within the overall programme and due to additional funding becoming available. A detailed review was undertaken in 2013 of each project's budget requirements based on planned activity and Table 1 details the amount allocated to each project.

Table 1 – Allocation of EU INTERREG IV Funding by Project (as at Dec 2013)

Project	Budget (£)	Percentage Allocation (%)
Time IVA Change Border Region Alcohol Project	1,613,887	6.5%
Acute Hospital Services	7,633,587	30.4%
Eating Disorders	2,226,637	8.9%
Turning the Curve Autism Project	1,367,082	5.5%
Improving Children's Outcomes	631,759	2.5%
Citizenship for People with Disabilities	2,421,660	9.7%
Diabetes	2,239,926	8.9%
Cross Border Workforce Mobility	733,158	2.9%
Obesity	929,203	3.7%
Older People	1,801,282	7.2%
Sexual Health Services	1,616,531	6.4%
Promoting Social Inclusion and Tackling Health Inequalities	1,859,165	7.4%
TOTAL	£25,073,877	100%

Total EU INTERREG IVA project expenditure claimed up to 31 December 2013 is summarised in Table 2. As spend is incurred by the CAWT partnership organisations to deliver the EU INTERREG IVA projects, claims are submitted to the Special EU Programmes Body for reimbursement. Progress in achieving expenditure is outlined in Table 2.

Table 2 – Project Expenditure Claimed to 31 Dec 2013

Project	Total Project Budget (£)	Expenditure claimed by 31 Dec 2013 (£)	Percentage claimed (%)
Time IVA Change Border Region Alcohol Project	1,613,887	1,525,129	94.5%
Acute Hospital Services	7,633,587	4,563,612	59.8%
Eating Disorders	2,226,637	1,334,420	59.9%
Turning the Curve Autism Project	1,367,082	1,168,350	85.5%
Improving Children's Outcomes	631,759	621,560	98.4%
Citizenship for People with Disabilities	2,421,660	2,067,991	85.4%
Diabetes	2,239,926	1,517,981	67.8%
Cross Border Workforce Mobility	733,158	638,198	87.0%
Obesity	929,203	909,697	97.9%
Older People	1,801,282	1,146,286	63.6%
Sexual Health Services	1,616,531	1,368,690	84.7%
Promoting Social Inclusion and Tackling Health Inequalities	1,859,165	1,613,270	86.8%
TOTAL	£25,073,877	£18,475,184	73.7%

CAWT Development Centre

The Departments of Health in both jurisdictions have allocated the CAWT Development Centre funding to their respective agencies. Thus, the HSE in the Republic of Ireland and the Health and Social Care Board in Northern Ireland, route this funding to the CAWT Development Centre, with equal contributions made by both on an annual basis. The Health and Social Care Board is the CAWT partner organisation that currently facilitates administration of payroll and non-pay services for the CAWT Development Centre. Table 3 contains an analysis of CAWT Development Centre expenditure up to 31 March 2013.

Table 3 - CAWT Development Centre Expenditure up to 31 March 2013

	Budget for year ending 31 March 2013 (£)	Actual for year ending 31 March 2013 (£)
Capital costs		
Plant and equipment	5,574	8,307
	£5,574	£8,307
Staff costs		
Senior Management	354,570	363,516
Functional support and administration	109,798	111,954
	£464,368	£475,470
Running costs		
General Administration	18,000	7,526
Travel and subsistence	21,600	21,068
Training and development	4,000	8,805
Printing and stationery	4,000	3,783
Conferences (Organised by the CAWT Development Centre)	27,986	21,286
Rent and rates	2,482	2,595
Management Board meetings	4,500	2,166
Marketing and publicity	5,000	2,652
Cross border project development activities	30,490	34,342
	£118,058	£104,223
TOTAL	£588,000	£588,000

I confirm that the above financial information provided is accurate.

Bernie McCrory
Chief Officer, CAWT



Tom Daly
Director General, CAWT



31 December 2013



Our Community and
Voluntary Group Partners





cooperation and working together
for health, pain and social well-being in border areas

Our Community and Voluntary Group partners

- Action Inishowen
- Adapt Northern Ireland
- Alcohol Forum
- Alley Theatre Strabane
- An Grianán Letterke
- Good Morning Louth
- Foyle Tuition
- Early Years Organisation
- Disability Action
- Diabetes
- Good Morning Service Donegal
- ICARE Committee
- Inishowen Development Partnership
- Lakeland Community Care Ltd
- Leitrim Development C
- Netwell Centre in Dundalk
- New Ballagh Centre
- Northern Ireland Union of Supported Employment
- Positive Ag Monaghan
- National Autistic Society
- Strabane and D Citizens Advice B

Partners in delivering EU INTERREG IVA funded projects

Theatre
Company

Autism Initiatives

Blackwater Development
Company – Emyvale

Bodywhys

Border Counties
Childcare Network

Community Development
and Health Network

UK

Diabetes Ireland

Derry Well Woman

Derry Healthy Cities

Derg Valley Care

Confederation of Community
Groups - Newry

Company

Mencap

Men's Shed Armagh

Middleton
Luncheon Club

Monaghan County
Childcare Committee

South Down
Family Health Initiative

e

Positive Ageing Week
in Newry and Mourne

Raphoe
Family Resource Centre

RehabCare

Rossinver Community
Development Company

Rural NW
Community Support

district
bureau

Truagh Development
Association - Monaghan

The Alzheimer Society
of Ireland - Monaghan

The Cedar Foundation

The Old Library Trust

Women and Family Health
Initiative - South Armagh



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

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