

A Learning and Development Consortium

The Strengthening Commonalities Programme

Strengthening Commonalities is a bespoke learning and development programme which allows Board members, managers and staff of each component HLC to have space and time to reflect on the work of individual Centres and explore how practice-based learning can be transferred from one centre to another. Using a thematic approach members have identified common strands of work, some of which are considered as core pillars of the HLC delivery programme in local communities built around the key risk factors of long-term conditions such as smoking, sedentary lifestyles, poor diet and nutrition and poor mental health.

The Strengthening Commonalities Working Group is comprised of Tony Doherty, Liz McShane (Heart Project - Maureen Sheehan Centre), Séamus Ward (Bogside and Brandywell Health Forum) and Julie Jamieson (Newlodge/Duncairn Community Health Partnership). The group has organised a number of workshops to explore and expand upon models of good practice in respect of physical activity, suicide and smoking as part of a rolling programme of learning and development.

- Mobilising Communities on Physical Health (click to report) was held on Friday 3rd October 2014 in the Maureen Sheehan Centre, Belfast and explored the successes and challenges of delivering physical activities to suit a range of audiences.
- Suicide Prevention, Intervention and Post-vention (click to report) was held on 18 November 2014 in the Old Library Trust in Derry.
- Mobilising People, Families and Neighbourhoods on Smoking (click to report)

The group organises a rolling programme of similar workshops on the following topics: Providing Mental Health Support, Engaging Older People In Healthy Lifestyles, Building Social Capital and Engaging Young People in Healthy Lifestyles. The events are hosted in Healthy Living Centres throughout the north. Representatives from the Public Health Agency, which is the core funder of all 14 Healthy Living Centres, have presented at the events alongside representatives from other external organisations. Each of these events is

carefully monitored to ascertain their effectiveness and outcome reports are produced for each.