# Networks Involving Communities in Health Improvement

# **Community Mapping Report**

# Exploring the needs and assets of community groups in addressing health and wellbeing improvement.

A joint study undertaken by Causeway Rural & Urban Network, Cookstown & Western Shores Area Network, North Antrim Community Network & South Antrim Rural Network and funded by the Public Health Agency. ©2011





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# Introduction and Background

The Networks Involving Communities in Health Improvement (NICHI) is a 3 year project developed by the Northern Investing for Health Partnership and funded by the Public Health Agency. The aim of the project is to promote and support effective community involvement in health and social wellbeing improvement in line with government and local priorities.

Three Project Officers are employed to deliver NICHI across the ten district council areas of the Northern area. They are based in the community network organisations of South Antrim Rural Network, North Antrim Community Network, Cookstown and Western Shores Area Network and Coleraine Rural & Urban Network. Their role is to engage local network members (more than 600 community groups) and the wider community to ensure groups are enabled, consulted and involved in the implementation of the health and social wellbeing improvement agenda.

One of the first tasks of the NICHI Project was to consult with community groups and undertake a mapping exercise to identify their needs and priorities in relation to health improvement, as well as their existing resources and capacity to address these issues within their communities. The findings of this mapping exercise would provide baseline information on community assets and needs and inform service providers, commissioners and other statutory stakeholders in the Northern area to ensure services are directed to those in greatest need.

This report combines the findings of the community mapping exercises that were undertaken by the three NICHI Project Officers across the ten district council areas of the Northern area.

# **Methodology**

A survey was designed to collect the data and was administered face to face with representatives from community sector organisations during the period 2009-2011. (A full copy of the survey can be found in Appendix 1 and a list of groups consulted in Appendix 2.)

The survey was divided into two main sections. The first section asked respondents to indicate which areas of health & social well-being improvement had been addressed to date by their organisation. The survey used the 27 themes outlined within the Northern Investing For Health Partnership's Health Improvement Plan, for instance, physical activity, nutrition, mental health and so on. Respondents were then asked to break this down further, according to target group (i.e. antenatal, pre-school, children/young people, teenagers, adults, men/women or older people) and the type of activity undertaken (information sharing, awareness raising, project intervention or training/capacity building). They were also asked to identify any areas where they would like further information or support to develop work around in the future.

The second part of the questionnaire enquired about organisational structure and assets, including current resources, capacity, communication channels and services offered. Groups were also asked about any memberships of community or statutory bodies and their awareness of relevant government strategies.

# **Findings**

# **Profile of respondents**

A total of two hundred and seventy six groups were consulted with and completed the mapping survey across the catchment area. The breakdown of respondents by Council area is illustrated in the table below.

# Figure 1: Breakdown of respondents by Council area

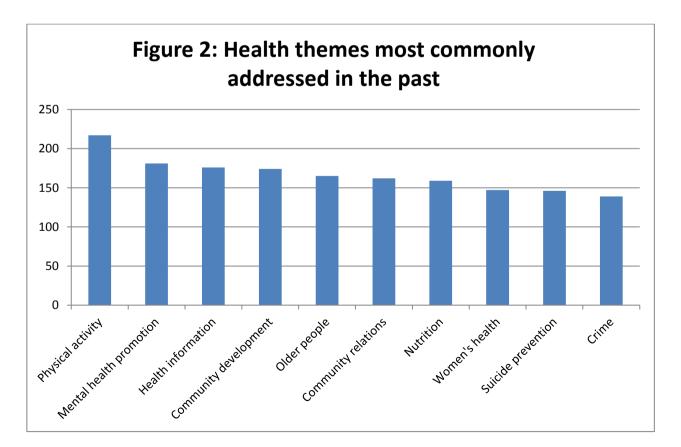
Council area	Number of respondents
Antrim	12
Ballymena	48
Ballymoney	26
Carrickfergus	12
Coleraine	17
Cookstown	33
Larne	35
Magherafelt	35
Moyle	26
Newtownabbey	20
Multiple areas	12

Lower representation from certain areas, for example, Antrim and Carrickfergus, is reflective of the fact that there was no consistent NICHI worker in employment in these areas which impeded the mapping process and not indicative of a lack of interest from community groups. Approximately 44% of groups were providing services for communities within the top 20% most disadvantaged Super Output Areas in Northern Ireland.

With regard to the target groups being worked with, the vast majority of organisations were providing services for children, young people, adults or older people. There were less groups catering for ante-natal or pre-school populations and relatively few targeting males or females only.

# Involvement in Health & Wellbeing Improvement to date

Respondents were asked which of Investing For Health's twenty seven themes they had undertaken any work around to date. The vast majority of community groups (80%) were delivering some kind of health-related programmes. Figure 2 below illustrates the specific areas that were most commonly addressed (in any form with any target groups).



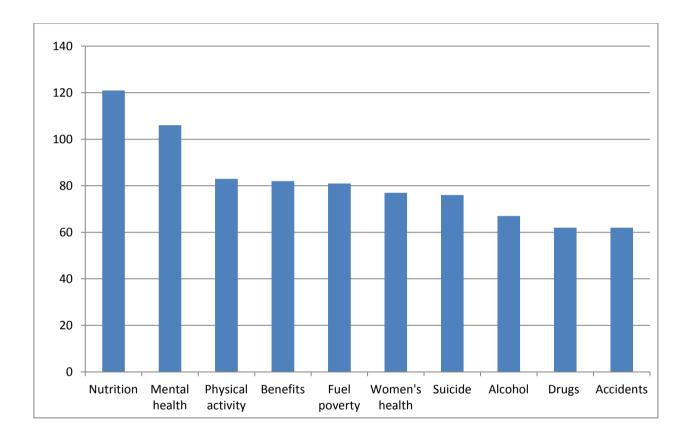
As can be seen, physical activity was the most commonly addressed health theme, with 79% of groups having been involved in delivering some form of related intervention. At the other end of this chart is crime, which had been addressed by half of the groups surveyed. Mental health promotion was the second most common area of health to target - two thirds of the groups had engaged their communities in activities to improve mental wellbeing. Women and older people featured as more frequently targeted groups for engagement in health improvement activities. Sixty three percent of groups identified community development as a key activity and way of working for their organisation.

With regard to the *type* of activities being delivered, most groups had been involved in information sharing or awareness raising around the various health areas. A significant number had also sourced support to deliver programmes or interventions while relatively few groups had engaged the community in health improvement through capacity building or training.

Appendix IV tabulates the level of involvement in the remaining health and wellbeing themes. There is a significant difference in the level of involvement between the most common and least commonly addressed areas. Homelessness was the least frequently addressed issue (11%), which may be partly reflective of the composition and needs of target groups being served. Teenage pregnancy, sexual health and smoking were also found at the bottom of this table with only 13%, 19% and 24% involvement respectively.

# **Future priorities**

Groups were asked which areas of health & wellbeing, if any, they may like support to develop work around in the future. The most common requests are illustrated in Figure 3 below.





There was some overlap between the issues that groups had most commonly addressed in the past and those that they identified as on-going future priorities, for instance, mental health, suicide prevention and physical activity. However, a few issues also emerged as future priorities that had not been so frequently addressed previously, most significantly, benefits support and fuel poverty, but also drugs, alcohol and accidents. These may be areas where higher levels of information and support will be needed. Most notably, nutrition was identified as the top priority issue for groups – 44% would like further support to address this in future.

Appendix V illustrates the level of interest in addressing the remaining health and wellbeing themes. Those identified as lowest future priorities for the groups' activities included some of the broader, underlying determinants of health, namely unemployment, housing and homelessness. There was a similar level of interest in addressing the issues of smoking, sexual health and teenage pregnancy in the future as there was in the past. (20%, 15% and 13% of groups identified these as priority areas respectively.)

# **Organisational capacity**

Ninety five percent of groups stated they had staff to deliver their services, although in many cases these were volunteers rather than paid employees. Around half of respondents had received either management or staff training. Approximately three quarters felt their staff had the necessary knowledge, skills and experience to carry out their duties effectively.

Three quarters of the groups had their own premises, although some of these felt that they required more space or renovations in order to adequately provide for service users. Around half of respondents felt they did not have adequate time to fulfil the requirements of their role. In some cases, there was a feeling that the majority of the work was being left to one or two key people who were the main drivers of the organisation and at risk of burnout. A significant number of groups stated that they relied solely on volunteers and were dependent on securing funding in order to keep their services going. Sixty one percent stated they had adequate finances, although, in many cases, funding only covered basic running costs and insurance and groups had to look elsewhere for programme costs.

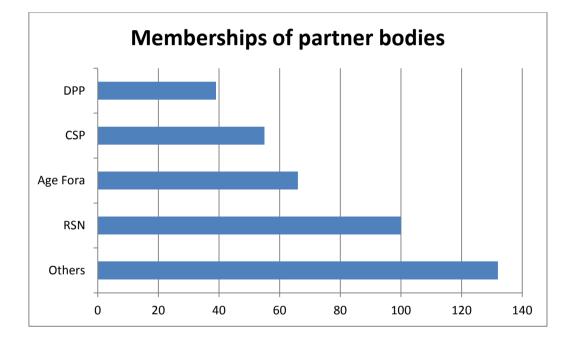
The groups surveyed appeared to be employing a wide range of communication methods to support and promote their work. Just under half (n=131, 47%) produced a newsletter or E-zine, while around three quarters published an annual report and press releases and 86% held Annual General Meetings. Other communication channels that were mentioned included community notice boards, leaflets, posters and flyers, websites, Facebook and word of mouth.

# Services provided to community

The vast majority of respondents said their organisations were involved in providing information (91%) and networking opportunities (87%) for service users. Around one third offered photocopying facilities, room hire or internet access. Only 17% were in a position to provide transport in order to facilitate access for service users and just 5% supported service users with accountancy. Other services provided that were identified included an advice line, support groups and signposting, i.e. linking service users in or referring them on to other providers such as GPS, Housing Executive or CAB.

# Awareness of government strategies for health

There was some level of awareness of these strategies, although understanding of their detail and relevance was less well developed. Investing For Health was the most widely recognised of those listed (137 groups, 49%). Around one third of respondents (31%) had heard of the Patient Client Council (PCC) and 19% of the Programme for Government, while only 32 groups (11%) were familiar with the Personal & Public Involvement strategy. Eleven percent of groups cited other strategies that they were aware of, for instance, Children & Young People, Fit For Play, Environmental Waste, Rural Development, Biodiversity, Countryside Recreation, Community Relations and Sport Matters.



### Involvement in health related partnerships, networks & forums

As can be seen, the largest number of respondents (n=132, 47%) claimed to be members of *other* partnership bodies and networks that were not amongst the list of options offered in the survey. Membership of bodies classified as 'other' included; NICVA, Children's Services Planning Locality groups, NRP, DSD, Workers Education Authority, Community Forums and Interagency groups. Thirty six percent of respondents were members of the community support networks that were responsible for administering the surveys. One fifth were members of the Community Safety Partnership and 14% contributed to the District Policing Partnership.

# Level of interest in membership of a Health Alliance

The final question in the survey asked respondents if they would be interested in becoming members of a Northern area Health Alliance. The purpose of the Alliance is to provide a mechanism for community groups to network and share information, engage in evidence-based health improvement, access training and capacity-building opportunities and contribute to shaping the health improvement agenda. The majority of groups surveyed (n=253, 92%) were interested in joining the Health Alliance, illustrating the strong commitment to improving health and wellbeing within the community sector and the potential for interagency collaboration between statutory and community partners.

# **Conclusions**

- There is already a wealth of work being done within the community sector to address health and well-being improvement issues and a strong commitment to sustaining and further developing this work.
- Key health topics addressed include physical activity and mental health promotion. There is also evidence that the wider determinants of health and well-being are being addressed, for instance, crime and community relations. Most of the activity to date has focused on information sharing and awareness raising. Community groups may need further support with capacity development to enable longer-term and sustainable programmes.
- Mental health promotion and physical activity continue to be priority areas for future development within communities, along with other key wellbeing issues, such as nutrition benefits support and fuel poverty.
- Sexual health, teenage pregnancy and smoking appeared to be regarded as relatively lower priority health issues by community groups and as such may need further promotion in order to place them higher up the agenda.
- Key challenges to the capacity of community groups to address health and wellbeing issues include a lack of sustained funding and their reliance on the commitment of volunteers in order to continue functioning.

- There is an awareness of the wider strategic context, in particular, Investing For Health, but less of an understanding of the finer details and implications of these documents for community sector organisations.
- The interest and capacity of the community sector to contribute to health and social wellbeing improvement needs to be capitalised upon and supported by cross-sectoral working relationships and the NICHI Health Alliance model provides one mechanism for facilitating this collaboration between community and statutory services.

Appendix I

# Community Mapping Survey Template

NICHI Officer (Name)	Date:		
Key Stakeholder Organisat	ion:		
Name: (initial contact)			
Address:			
Tel:	Fax:		
Email:	Future key contact f	or (NICHI)	
r	Main Areas of Health & Social Well	being Improvement Work Underta	ıken
	<b>Target Group</b> e.g. antenatal, preschool,	<b>Nature of Activity</b> i.e. training/capacity building,	Support Required Please state which activities
	children/young people,	project intervention, awareness	you would like support to
	teenagers, adults, older people,	raising, information sharing	initiate/develop.
	women/men		
Smoking			
Nutrition/Obesity			
Physical Activity			
Alcohol			
Drugs			
Accidents (home, traffic, farm,			
workspace)			
Sexual Health			
Teen Pregnancy			
Benefits Support			
Homelessness			

Fuel Poverty		
Mens Health & Social Wellbeing		
Womens Health & Social Wellbeing		
Early years/Child Health & Social Wellbeing		
Older People Health & Social Wellbeing		
Disability (physical/learning/ acquired)		
Mental Health Promotion		
Suicide Prevention		
Transport		
Community Relations		
Community Development		
Housing Issues		
Crime/ Fear of Crime		
Unemployment		
Basic Skills		
Health & Social Wellbeing Improvement Info		
Black & Minority Ethnic Groups e.g. travelling community		

Organisational assets			
Resources	□ Staff/Volunteers	Comments:	
	□ Buildings		
	□ Finances		
	□ Time		
	□ Others		
Capacity	□ Management Training		
	□ Staff Training		
	□ Access NI		
	□ Knowledge		
	□ Experience/Skills		
	□ Others		
Communication	□ Newsletters/E-Zines		
	□ Press Release		
	□ Annual Reports		
	□ Events e.g. AGM		
	□ Others		
Programmes	□ Health		
	Environment		
	□ Community Relations		
	□ Older People		
	□ Women		
	□ Youth		
	□ Childcare		
	□ Others		
Activities	□ Physical Health		
	□ Mental Health		
	□ Nutrition		
	□ Capacity Building		
	□ Formal/Recreational Education		
	Others		
Services Provided			
	□ Networking		
	□ Newsletters		
	D Photocopying		
	Room Hire		
	□ Internet Access		
	□ Accounting		
	□ Transport		
	□ Others		
Memberships			
	□ RSN		
	□ Age Related Fora		
	Health Fora		
Knowledge of Govt.			
Strategies			
	□ PfG		
	□ Others		

Interested in health alliance?

Yes/No

Appendix II List of groups surveyed

# **Antrim Borough Council**

Antrim Borough Outdoor Recreation Advisory Group Antrim Community Forum Antrim Walking Group Arthritis Care Caddy & District Community Group Family Caring Association Neillsbrook Community Development Group Randalstown Arches Association Randalstown Cultural Awareness Association Rehability Six Mile Water Guardians Time For Me

# **Carrickfergus Borough Council**

Carrickfergus Borough Council Carrickfergus Community Drugs & Alcohol Advisory Group Carrickfergus Community Forum Carrickfergus Neighbourhood Development Group Carrickfergus Women's Forum Carrickfergus YMCA Charles Sheils Community Group Glenfield Community Association Northern Ireland Safety Group Sure Start The Pregnancy Resource Centre Whitehead Community Association

# **Newtownabbey Borough Council**

**Ballyclare Badminton Club Ballyclare Community Concerns** Bawnmore & District Residents Association Belfast Hills Partnership Carnmoney Football Development Association CLASP (Church Road Longlands & Arthur Social Programme) 4<sup>th</sup> Newtownabbey Boys Brigade Mallusk Community Action Group Monkstown Boxing Club Monkstown Community Association New Mossley Community Group New Mossley Youth Centre Newtownabbey Senior Citizens Forum Newtownabbey Walking To Health Newtownabbey Women's Group **Rathcoole Youth Centre** Sense NI South East Antrim Community Federation Twinburn Community Association Young Enterprise

# **Coleraine Area**

Dhu Varren group Windy Hall Senior Citizen's group Windy Hall Youth Club Crafts with Love Kilrea Walking Group Ballysally Youth and Community Centre Garvagh Community Group Vineyard Centre-Causeway Coast **Thompson Fold** Millburn Playgroup **Coleraine Youth Outreach-NEELB Autism NI-Coleraine** Riding for the Disabled-Coleraine St. Malachy's Pre School and play school **Kilcranny House** Age Concern-Causeway Castlerock Community Association

### **Cookstown Area**

Tamnamore Craft Club

An Creagan Visitor Centre

Cookstown and Dungannon Women's Aid Holy Trinity College MS Support Group-Cookstown **Dunnamore Community Association Kildress Kare** Moneymore Activity Group Coagh Community Cross Roads **Desertcreat Mother Union** Sandholes Community Group **3 Spires Craft Club** O4O Age Concern Cookstown Monday Club Cookstown **Kingsmill Community Group Coagh Historical Group Total Respect Foundation** Ardboe Community Projects SELB Youth Project Sure Start Cookstown Institute of Irish Leadership-Pomeroy Pomeroy Development Projects Ltd **Pomeroy Parent and Toddler Pomeroy Resource Centre Pomeroy Players** Brigh Senior Citizen's Group

Cookstown North Community Group Muinterevlin Community Group St. Colman's Parish Community Group Stewartstown Community Group Coyle's Cottage Women's Group Coagh & District Local History Group TABBDA

# **Magherafelt Area**

Magherafelt Monday Club Glasgowbury Music Group Slievegallion Community Preschool National Autistic Society-Mid Ulster Branch Off the Cuff Magherafelt Desertmartin Community Group Magherafelt Young at Heart Ballymaguigan Community Development Association Network Personnel Ballinascreen Early Years Tobermore Community Projects Bellaghy Women's Group Swatragh Wednesday Club Gran Quilters Killeleagh and St. John's

Ballinascreen Community Group

Loup Women's Group

New Meadows Group

Desertmartin Luncheon Club

Upperlands Community Development Group

Erin's Own GAC-Lavey

Lavey parent and Toddlers Group

Shop Mobility Magherafelt

Youth Connect-Maghera

Mind Wise

Lower Castledawson Community Association

Granaghan & District Women's Group

Castledawson Women's Group

Naiscoil na Speirini

Slievegallion Community Development Group

Mergargy Women's Group

Kilcronaghan Community Association

Fathers for Justice Group

Killowen Community Group

Dyslexia and Dyspraxia Support

## **Ballymena Council Area**

**Ballee Community Association** 

Include Youth **Ballymena Evergreens** SureStart Portglenone Senior Citizens Group **Rectory Residents Association** Ballymena & District Carers Group **Dunclug Youth Forum** Harryville Partnership Hope Centre **Dunclug Partnership Dunclug Residents Group Dunclug Senior Citizens Club Dunclug Womens Group Clough Community Association Glenravel Young at Heart** Broughshane Development Association Carnlea Orange Hall Committee **Cloney Development Group** Portglenone Enterprise Group Inter-Ethnic Minority Forum **Glenariff Improvement Group** Ballymena Retirement Group **Broughshane Youth Forum** Ballymena Hard of Hearing Headway **Tullymore Rural Amenities Group Clough Community Association Ballykeel Youth Group** 

Community Focus Learning **Triangle Housing Glenravel Sport & Community Complex** Gortgole Fold All Saints Youth Club Fibromyalgia Group **Ravel Rascals Ballee Community Association** Ballykeel Mature Adults L/C Woodvale Beacon Centre Harvest Waveney Fold **SCNI** Women's Aid Seven Towers Senior Citizens Group Seven Towers Cultural Group Ballykeel 1 Community Association Ballymena North Walking Group Portglenone Thursday Senior Citizens Group

# **Ballymoney Council Area**

Ballybogey Community Association Ballybogey 50+ group Glebeside Community Association Cheers Youth Group Link House Carnany Community Association Dervock & District Community Association

Rasharkin Community Association Ballymoney Disability Forum Rasharkin Women's Group **Rasharkin Community Association** Loughgiel Community Association **Cloughmills Community Action Team Ballymoney Community Resource Centre Dunloy Development Association** Stranocum Community Association After Schools Club Loughgiel Community Playgroup The Mill Youth Club **Balnamore Community Association Ballymoney Evergreens** Castle Community Association NIAMH FAB Femme Womans Group **Rasharkin Youth Club Compass Advocacy** 

# Larne Council Area

Millbrook Silver Circle Millbrook Community Association Larne Community Care Association Townparks Residents Association Carnlough & Glenarm Parent & Toddler Group Glenlough Management Committee Carnlough Development Group

**Glenarm Community Association Ballycarry Community Association Glenoe Valley Community Association Glynn Community Association** Carncastle Community Association Ballygalley Development Association Islandmagee Community Development Association Linn Road Ladies Linn Road Dancers Alive & Well Walking Group Acceptable Enterprises **Tullygarley Community Association** Age Concern Larne Volunteer Now Larne Youth Harbour Senior Citizens Antiville Community Association **Preventing Addiction Larne** St Anthony's Community Centre Seacourt Community Council Factory Community Group Larne YMCA Sallagh Community Association Harbour Community Group Larne & Inver W.I. Larne Community Development Programme **PIPS** Larne Women's Aid Larne

# **Moyle Council Area**

Ballycastle & District over 55 Club Corrymeela Community North Antrim Community Transport Greenlight Gateway **Ballintoy Women's Institute** Carnamore Community Group Cushendun & District Community Association North Antrim Dalriada Group U3A **Ballycastle Church Action Bushmills & District Community Association** Glen Rural Community Armoy Community Association Rathlin Community Association The Bushmills Trust Rathmoyle Day Centre SOLAS Mosside Monday Club Mosside Development Group **Dunseverick Community Association Friends Group** Ballintoy & District Community Development Association **Glens Social Club Cushendall Development Group** Ballintoy Young at Heart Club

# Organisations covering multiple council areas

RNIB

Insight Group-Cookstown Day Centre

**Good Morning Project** 

Age Well Partnership

**Alzheimers Society** 

Superstars Club

Save the Mid

TIPSA

Loughshore Youth Forum

Carers NI

East Antrim Foster Carers Network

Mindwise New Vision

# Appendix III Steps in Mapping Exercise

- Source a list of network member groups from membership database held by the community network containing group name, main contact and contact number and separate into district council areas.
- Contact each group within their council area. Arrange to meet to carry out mapping exercise. Contact each group by phone and if possible meet with them as face to face meetings generate higher response rates and is key to building trust with each group.
- It is important that NICHI officers do not raise expectations which may not be able to be fulfilled by service providers. Therefore it is necessary that NICHI officers only gather the specified information and explain to each group that information gathered will be entered and collated on a statistical package and forwarded to a range of service providers. Therefore it may take some time for any health intervention to be progressed.
- Explain that the NICHI project is working with community, voluntary and statutory organisations with the aim of improving the health and social well being of communities within the NIfHP area. The mapping exercise is being carried out to ascertain the activities the group are currently involved in and the gaps.
- Further explain that NICHI officers are employed by community networks and funded by NIfHP/PHA – Northern Area. State that each officer is currently carrying out a mapping exercise of community groups within the network area. Advise each group that it is more than likely that they will not be involved in all activities or with all target groups.
- Register which activities the groups would be interested in becoming involved in and state that all information will be collated and analysed and forwarded to the appropriate service provider

who may contact the group at a later date with a view to supporting this work.

- First stage of the mapping exercise is based on 27 health improvement themes and focuses on target community & activities in which they engage/have engaged.
- Ascertain health and well being activities/projects in which each group are involved.
- List the health and wellbeing activities each group is not involved in.
- Invite each group to state which health activities they would be interested in engaging in.
- Carry out second stage of mapping exercise to ascertain group's resources, capacity, methods of communication, programmes, activities engaged in, memberships and knowledge of current government strategies.
- Space provided for comments by respondent on each health improvement theme.
- Next stage after mapping network members is to speak to non member community groups then voluntary organisations and finally smaller groups.
- All data to be inputted to SNAP Survey Software version 10 (helpline recommendation) to analyse results.
- Analysed results to be forwarded to service providers after consultation with them. The service provider will contact the group and provide the activity. NICHI officers will not be involved in delivery of project and will only act in a signposting capacity.

Area of health &	Number of groups	Percentage
wellbeing	involved	
Basic skills	137	50%
Accidents	134	49%
Fuel poverty	124	45%
Benefits support	121	44%
Housing	112	41%
Men's health	112	41%
Disability	111	40%
Drugs	110	40%
Alcohol	98	36%
Transport	83	30%
Early years	80	29%
BME groups	76	28%
Unemployment	72	26%
Smoking	66	24%
Sexual health	53	19%
Teen pregnancy	37	13%
Homelessness	29	11%

# Appendix V Additional future priorities of groups

Area of health &	Number of groups	Percentage
wellbeing	interested	
Men's health	60	22%
Smoking	55	20%
Health information	54	19%
Crime	53	19%
Basic skills	52	18%
Older people	47	17%
Community relations	44	16%
Sexual health	41	15%
Disability	38	14%
Teen pregnancy	37	13%
Early years	32	11%
Transport	30	11%
Unemployment	29	10%
Community	24	9%
development		
BME groups	21	8%
Housing	17	6%
Homelessness	10	4%

# Appendix VI Limitations of the mapping process

- The length and detail of the mapping survey this may have been off-putting for some respondents and some parts may have been rushed if time was running out within the scheduled appointment.
- Completion of the survey, inputting and analysing the data was a time-consuming process and competed with other tasks of the NICHI Officers.
- Because of the limits on time, in some cases mapping was taking place without any prior consultation or relationship with the group which made the process of building trust and dialogue more difficult.
- Problems with interpreting certain sections of the survey which seemed to be, in some cases, repetitious or over-lapping.
- Subjective interpretation of participants' responses by the researcher.
- Lack of space in the survey template for recording responses.
  Voice recordings of interviews would have assisted with recording process and ensured no valuable data was omitted.
- Responses were mostly the views of only 1 or 2 group leaders and are not necessarily representative of the whole organisation.
- Lower number of groups consulted with in certain Council areas and as such the findings are an unequal representation of views.

 The mapping data is 'out of date' almost as soon as it is recorded and consequently there will be a need to re-visit groups periodically to ensure the reliability of the findings.