



**THEME:**

Cross Border Health & Social

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**LEAD PARTNER:**

CAWT

**PROJECT PARTNERS**

Health and Social Care Board, Public Health Agency, Southern Health and Social Care Trust, Western Health and Social Care Trust, Health Service Executive, NHS Dumfries and Galloway

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SPECIAL EU PROGRAMMES BODY

## Project Case Study: Delivering the Community Health Sync (CoH-Sync) Project During COVID-19

The CoH-Sync project is synchronising the efforts of the community, voluntary and statutory health sectors, creating locally based community hubs to help improve the health and well-being of individuals and communities. Responding to COVID-19 restrictions, the project adapted its service delivery to support hundreds of individuals living in social isolation.

In Cavan and Monaghan, Community Health Facilitators (trained individuals with the knowledge and skills to help communities improve their own health and well-being) facilitated one-to-one interaction with clients. Operating remotely, the facilitators signposted patients to local and national information and exploited technology to deliver presentations to new groups via Zoom. Links were established with local Community Call initiatives, FoodClouds and Meals on Wheels Schemes.



Staff at the Enniskillen and Fermanagh Hub reframed services to provide alternative ways to help the community and synchronise health and well-being support in the locality. Fresh food was distributed weekly, through their Food Aid Project, to people experiencing poverty as a consequence of the pandemic. The service was complemented by telephone support and information, reinforcing important safety messages and providing a listening ear.

Facilitators at the Donegal Hubs used Facebook and Zoom to continue its support to beneficiaries. The weekly virtual tea-break made participants feel connected. Other virtual support included weekly group cookery programmes, meditation and physical activity classes.

Facilitators at Bogside Brandywell Health Forum, Derry-Londonderry, helped deliver 1,700 isolation packs and took their Mental Health Programme online, which

included yoga and meditation. Similarly, facilitators at the Armagh and Dungannon Hub assisted with food and medication distribution, as well as signposting support and providing online Chi me classes facilitated by Connected Health.

