



SPECIAL EU PROGRAMMES BODY

Project Case Study: Community Health Sync (CoH-Sync)

THEME:

Cross Border Health & Social Care

FUNDING (ERDF+MATCH):

€4,761,809.49

MATCH FUNDERS:

Department of Health
Northern Ireland

Department of Health
Ireland

NHS Dumfries and Galloway

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

Start Date: 15/06/2017

End Date: 31/05/2022

 www.cawt.com/go/coh-sync

 www.facebook.com/CAWTCrossBorder/

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This project aims to help 'synchronise' the efforts of the community, voluntary and statutory health sectors in order to improve the health and well-being of individuals and communities. CoH-Sync will assist people to improve their lives by enabling them to find ways to sustainably increase their health and well-being within a supportive community development framework. It will help to break down barriers between the statutory and community sectors by creating locally based health and well-being Community Hubs. In addition, CoH-Sync will explore and utilise novel approaches to health behaviour change, especially in relation to deprived populations, thereby reducing health inequalities.

"I can help a client by working with them to create an Action Plan and direct them to local activities such as dance classes or walking or cycling clubs. Most often I provide them with links where they can source the information that meets their needs. This helps to enable them to take control of their health in a practical way. What I hear most often in the way of feedback is, 'Thank you for asking me about my health and giving me an opportunity to talk about it.'"

~ Testimony of a health facilitator



CAWT and SEUPB staff pictured at the official launch of the CoH-Sync Project.



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The project aims to implement a cross border, collaborative, community based approach to promoting healthier lifestyles which target the risk factors associated with Long Term Conditions. People living in targeted geographical areas will be supported to manage their own health need through access to local initiatives. Such initiatives will focus on improving health literacy, prevention of and early intervention in long term ill-health and its main risk factors. This will assist with stemming the flow of people who develop Long Term Conditions and reducing the burden of chronic disease.



Selection of photos from the Cavan and Monaghan CoH-Sync Hub launch in Castleblayney in March 2019.

Key Project Outputs:

- 1) Develop new cross-border area interventions to support positive health and well-being and the prevention of ill health: 8
- 2) Beneficiaries supported by new cross-border area initiatives for positive health and well-being and the prevention of ill health: 10,000
- 3) Specialist training and development programmes for cross-border area health and social care providers (Staff Trained): 40