

SPRING/SUMMER 2021

Agility and flexibility continue to prove to be IMPACTAgewell's® USP during this time of COVID 19 and both the support of our service users and our partnership working across Mid and East Antrim has benefitted from these abilities.

During the first quarter of the year our IMPACTAgewell® officers stepped up to support our GP surgery partners in the running of their Vaccine clinics which in turn enabled us to connect with older people who after so many months in isolation could again receive our support.

Our new IMPACTAgewell® Officer Una McNaughton joined us in January, and despite the least normal of starts, given lockdown and working from home, she has hit the ground running. We have an insight from her on Page 2.

Following an increase in those under 65 looking for support following isolation we have taken the decision to lower the age bracket for our service users to 60+. We realise the past year has been a hugely stressful time for people and as we return to more normal life, anxiety is becoming an issue for many people. We see this as a critical time to support people to build their confidence and the 6 month support from IMPACTAgewell® could be key to getting them back on track.

We are also delighted to announce that our original funders, The Dunhill Medical Trust, have confirmed their decision, in principle, to make a grant of up to £396,298 for a period of up to 3 years which will enable MEAAP to begin the setting up a new social enterprise business alongside IMPACTAgewell® to develop and facilitate the scale

and spread of our project across NI. Recruitment has begun for members of our social enterprise steering group for our new venture. You can read more about the roles at www.meap.co.uk/recruitment and share it with any passionate colleagues who would like to be involved in the direction of our new enterprise.

As a team we have been exploring new ways of advertising the IMPACTAgewell® project to help our partners and hubs generate referrals. Therefore, the IMPACTAgewell® leaflet has been updated to reflect the current government restrictions and we are excited to have rolled out our new social media/advertisement campaign, which has been shared with all our Locality Hub Teams where they can display on their own social media platforms, within surgeries and even send out with home delivery prescriptions



So, as we progress into the second half of 2021 as restrictions lift, we are looking forward to the return to face to face support with appropriate safety measures and the development of our small but crucially innovative side projects will provide more and more opportunities for IMPACTAgewell®!!

Sarah McLaughlin
IMPACTAgewell® Team
Leader



WELCOMING THE NEW!

Maine Medical Practice (Cullybackey & Ahoghill) is the most recent GP surgery to join IMPACTAgewell®. Eager to get up and running our first hub took place on the 10th December 2021 via zoom bringing our total to 17 IMPACTAgewell Locality Hubs !

Our IMPACTAgewell Project Officer Ellen Nixon started the induction process for the Practice staff with their first zoom Locality Hub a great success and older

people being identified for the project!

Ellen has been out to the surgery in person to support the surgery by volunteering at the their COVID-19 vaccine clinic which has been vital to relationship building with the Maine Medical Practice staff as well as getting to meet potential service users and discuss any concerns.

MEET THE TEAM

GP: Dr Helen McAteer & Dr Mary Butler

Practice Manager: Lisa Thompson

PACT: Joanne Morrow

NHSCT: Lorna Smyth

IMPACTAgewell®: Ellen Nixon



NEW IMPACTAGEWELL PROJECT OFFICER:



Hello! My name is Una McNaughton and I am the new IMPACTAgewell® Project Officer, covering the Corran, Victoria and Glens of Antrim Locality Hubs.

Australia and had my second interview a few hours after I stepped off the plane in Dublin, it's amazing what you can do with technology these days! While it has been strange, the MEAAP team have been great and made me feel very welcome.

Due to the current Covid-19 restrictions, all support is currently offered via telephone, so I am really looking forward to getting out and about and meeting my clients and other colleagues face to face, hopefully, in the not-too-distant future!



COVID-19 VACCINE CLINICS



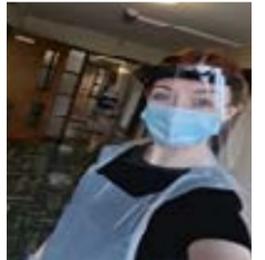
7 GP Surgeries Supported



5 IMPACTAgewell Officers Volunteered



45 Vaccine Clinics Supported



With the fantastic news of the commencement of COVID Vaccine centres at GP Practices we knew we wanted to assist our IMPACTAgewell® Locality Hub GP Partners and get back out into the field. Our offer of volunteer help, of any kind, to the surgeries, to ensure the smooth running of the clinics was welcomed.

Through January, February and March our officers stood alongside our partners to ensure our older people felt reassured and at ease when receiving their long-awaited vaccines.

As Community and Voluntary sector partners to the NHSCT we were grateful to also be offered the vaccine, enabling us to see a way forward for home visits to begin as soon as government restrictions allow.

Through these solid alliances, it is with pride that we can see the IMPACTAgewell® model of partnership, as our strong body of evidence shows, has cemented us as a respected and trusted health and social care partner in the future of integrated care

LOCALITY HUB VACCINE CLINIC UPDATE

It is a great privilege to be vaccinating our patients against coronavirus and we are all enjoying the experience.

It has however been a challenging undertaking for the entire Practice with significant resources required.

Assistance from IMPACTAgewell® has been invaluable.

With the IMPACTAgewell® Project Officers helping our Practice team at the clinics, several of our Old School Surgery team have been able to remain in

Practice and keep vital services running.

We wish to thank the IMPACTAgewell® Project for their valued contribution to our vaccine programme.

Dr. Ian Kernohan
Old School Surgery
Locality Hub Lead GP



PROJECTS: HARD TO SWALLOW/SHAPES

HARD TO SWALLOW

In 2020, MEAAP partnered with the Northern Health & Social Care Trust (NHSCT), in The Community Foundation Northern Ireland (CFNI)'s Community Innovators Programme, funded by the Hospital Saturday Fund and the Department for Communities. The team's aim was to support those living with swallowing difficulties in the community to better self-care.

The result of this process is our 'Hard to Swallow', self-help booklet and campaign, designed in partnership with local Older People, health charities and Health & Social Care professionals to support our community and raise awareness of swallowing difficulties.

The campaign involved an awareness raising campaign through social media and media outlets through a series of videos, including a nurse with lived experience, a carer, a Speech Therapist, Dietician and Pharmacist explaining the support they could offer. Celebrity Chef

Paula McIntyre also cooked up some delicious meals which were safe to eat, showing how food can be tasty even if you suffer from the condition.

Two Swallow Awareness training sessions were also hosted in March with input from a Speech & Language Therapist and Dietician specialised in dysphagia.

[The Self Help Booklet can be found online at: www.meap.co.uk/hardtoswallow](http://www.meap.co.uk/hardtoswallow)



SHAPES

We are continuing our work with MOIC through the Smart and Healthy Ageing through People Engaging in Supportive Systems SHAPES EU Project, a consortium of 36 partners from 13 European countries.

We are working with researchers at Maynooth University who are developing a technology platform to support healthy and independent living older individuals.

We have been conducting interviews with some of our IMPACTAgewell clients to ensure their voice contributes to this Europe wide project.

In Autumn 2020 we will be conducting interviews with some of our community planning partners across MEABC to contribute to the development of an ISO standard for Age Friendly Neighbourhoods

in partnership with Agile Ageing UK.

Two of our IMPACTAgewell® service users who live with heart failure and diabetes have provided feedback to SHAPES as they develop digital solutions for people with these conditions.

The digital solutions consist of a patient-held app and a healthcare practitioner facing dashboard which will allow health professionals to monitor patients' vital signs remotely and help them manage their medication..



PROJECTS: BCPP/MY EASY APP

BCPP: READY STEADY AGEWELL

We are delighted to have been successful in our application for the most recent round of Level 2 Building the Community-Pharmacy Partnership (BCPP) Programme Funding.

Following on and further developing our previously successful BCPP funded "Healthy Steps to Ageing" Project in the Carrickfergus area, we intend to build on the learning and apply and develop it in partnership with Bannside Pharmacy

Portglenone. It is our aim to collaboratively work with the pharmacy to identify older people and their carers who are deemed

MY EASY APP

MEAAP started the CFNI Techies in Residence project with a challenge in mind which was "How can we remotely support vulnerable and isolated older people access vital community groups services that have moved online" which lead to us being matched with our Techies DAMGEO Ltd.

Since January 2021 we have developed an exciting remote access app prototype which will help us to remotely access a device for a service user who has no digital literacy skills and connect to zoom

in accordance with The Rockwood Frailty Scale to be living with "recoverable" frailty in the Portglenone area.



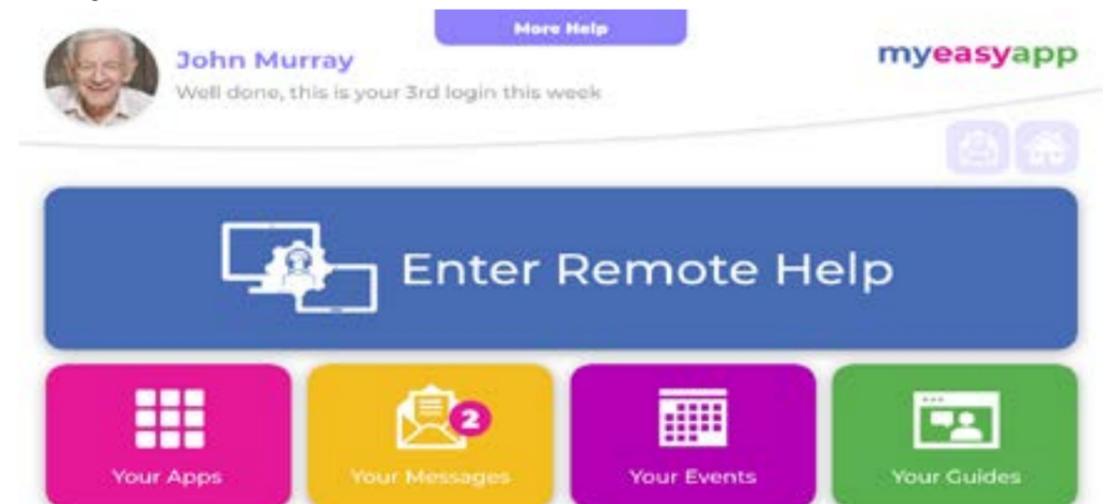
These people will have the opportunity to take part in a 14-week co-produced person-centred programme to help them maintain and improve their health and wellbeing.

Given the current situation with COVID19 restrictions it is our intention to deliver the training via zoom to tablets that we can supply participants. Watch this space for further developments.

calls and help educate them on how to use the device.

We were delighted to secure seed funding via a public vote at the CFNI TiR Showcase event to continue with developments for the app and testing with service users! Due to the COVID-19 pandemic providing a remote service for vulnerable and isolated older is needed more than ever.

<https://www.youtube.com/watch?v=eyi3FlssAsk>



MEAAP PREPARED MEALS SERVICE

3900 Meals delivered Christmas Week

Approx 8000+ Meals Delivered 2020/21

40 Volunteers Christmas Week

Approx 100+ Volunteers 2020/21

Approx 600 Service Users Supported

**62.3% Ballymena
17.2% Larne
20.5% Carrick**



SIGN UP FOR THE IMPACTAGEWELL® E-ZINE

Please note, you may have received a copy of this e-zine by one of our partners, if you would like to sign up to receive this quarterly publication directly in the future, please email info@meaap.co.uk.

FOR FURTHER INFORMATION

If you would like to find out more about IMPACTAgewell®, or indeed the many other services and support MEAAP are involved in within the Mid & East Antrim area, please contact us.

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