

[REPORT CARD 25.1]

Making Life Better Through Short-Term Funding Programme 2024-2025

Southern Area Locality Planning Groups Take5 Programme steps to wellbeing

Supported by the Public Health Agency through the Clear Project:



Delivered in partnership with:



Background

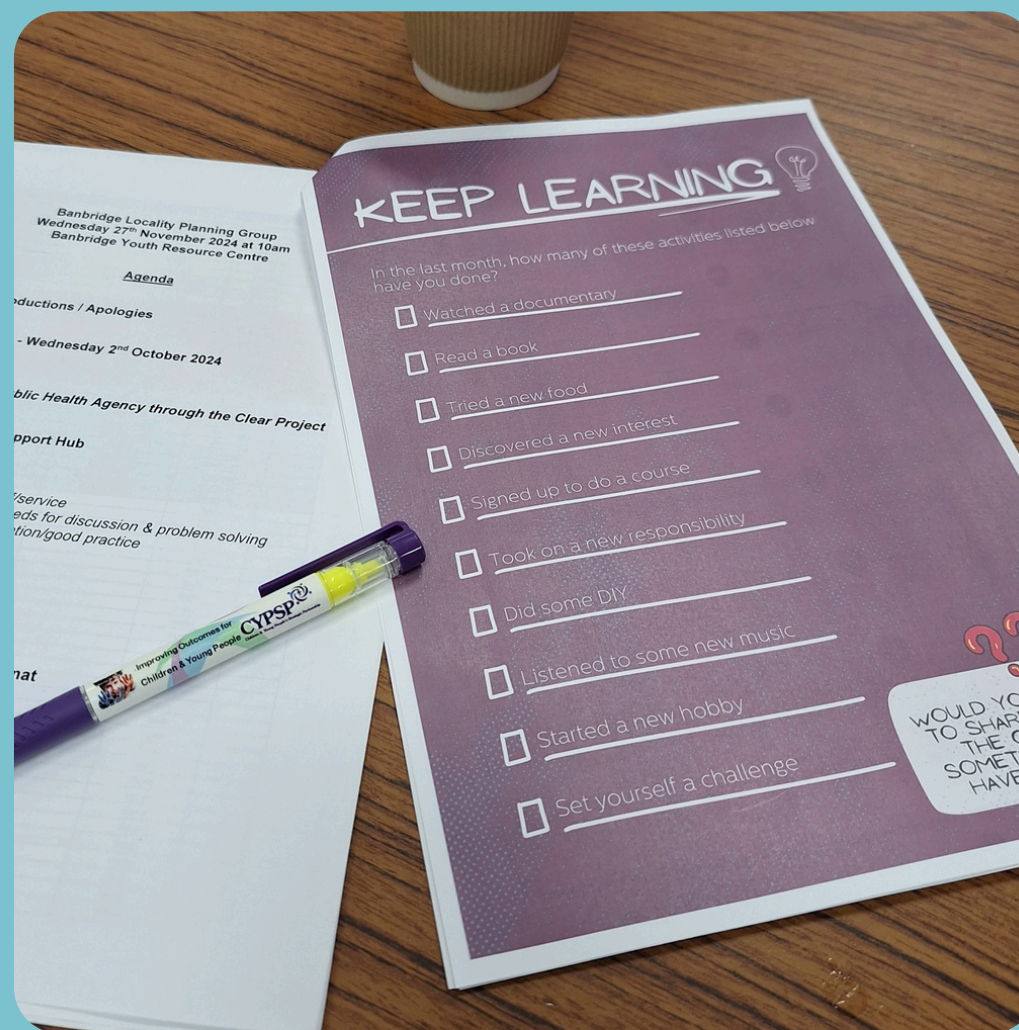


The PHA's **Clear Project** allocates **short-term funding** to community and voluntary organisations working to support positive mental health, emotional well-being and prevent suicide, self-harm and drug and alcohol misuse across Northern Ireland.

Since 2022, members of the 6 Locality Planning Groups (LPGs) in the Southern Area have reported greater pressures and stress placed on their services supporting children, young people and parents. The post effects of COVID-19 and lockdown, as well as the cost-of-living crisis, have contributed to greater pressures on families with whom they work as well as their own lives.

Agreement was reached to apply for funding to incorporate self care into LPG meetings as well as holding a stand-alone event to support the emotional wellbeing of participants in the locality planning process.

What did we do?



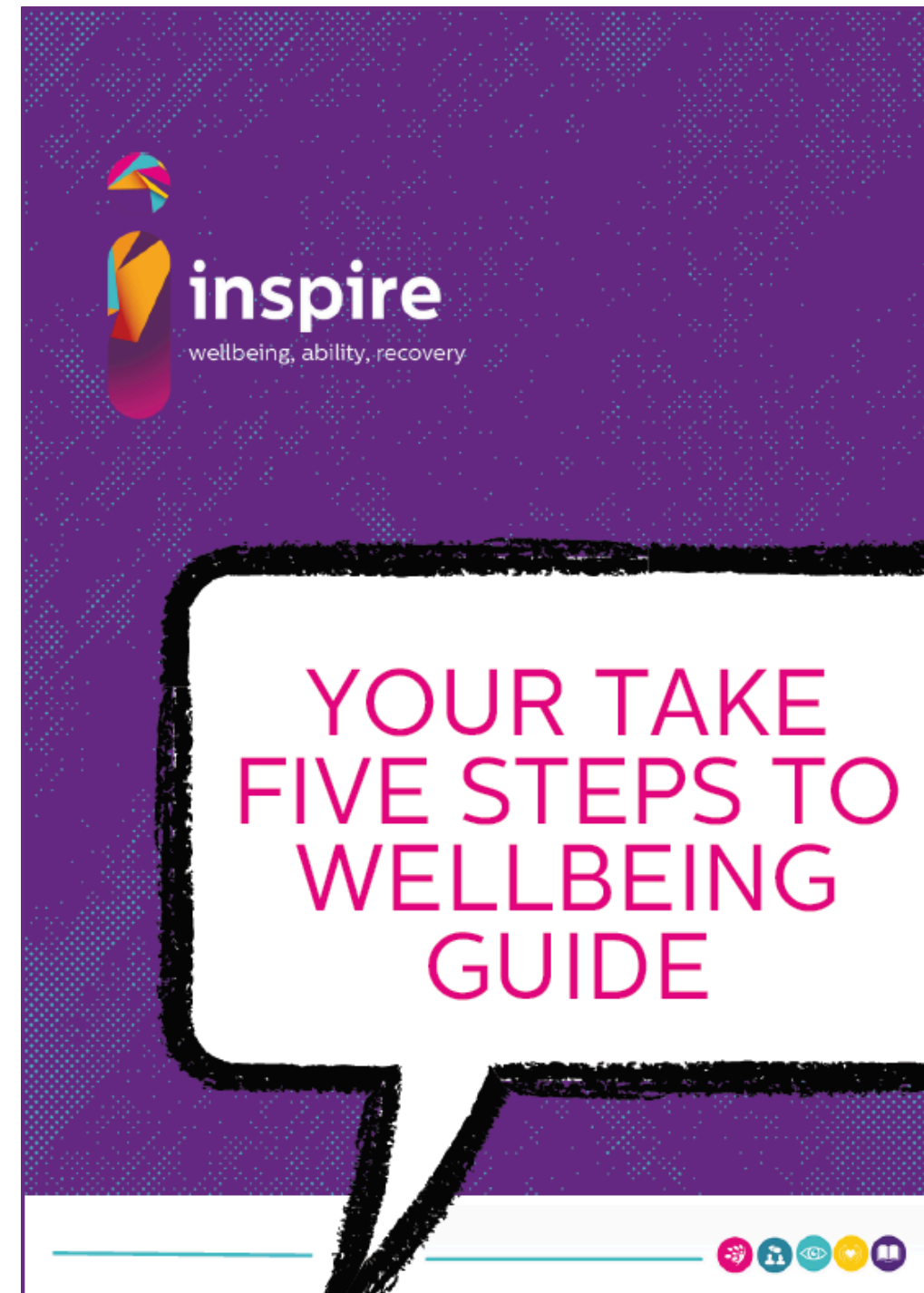
What did we do?

12 x 30 minute sessions of Self-Care at Locality Planning Group meetings

7 in-person and **5 online sessions**

All sessions facilitated by Locality Development Team in Southern Area

All sessions used the Workbook
“Your Take Five Steps To Wellbeing Guide”
compiled by Inspire Wellbeing



What did we do?

4 x 3 hour sessions in-person
facilitated by Inspire Wellbeing

2 on **An Introduction to Self Care**
AND
2 on **Empathy/Compassion Fatigue**

All sessions designed for LPG meeting attendees
over previous 2 years

Take5
steps to wellbeing

**SELF-CARE
SESSIONS**




We are inviting members of all 6 of our Locality Planning Groups in the Southern Area to join us for up to two Self-Care Sessions, facilitated by Inspire.

We are holding two of each session, so members are welcome to sign up to Sessions 1 & 2 based on suitable dates and venues.

Places are allocated on a first-come-first-served basis and open for those who have attended at least one LPG meeting since January 2023.

E-mail to register:
localityplanning@ci-ni.org.uk



SESSION 1
An Introduction to Self-Care

Discover the power of self-care in our transformative training session designed to help you prioritise your wellbeing. Learn practical strategies to manage stress and nurture your mental, emotional, and physical health.



SESSION 2
Introduction to Compassion/Empathy Fatigue

Are you feeling emotionally drained from constantly supporting others? Empathy fatigue, also known as compassion fatigue, can impact anyone in caregiving roles. Join our interactive training session to explore what empathy fatigue is, how it affects your wellbeing, and practical strategies to manage and prevent it.

All sessions will be from 10am to 1pm, face-to-face, with a light lunch provided

Session 1	Wed 8th Jan Thurs 16th Jan	Tower Hill, Armagh Brownlow Community Hub
Session 2	Thurs 23rd Jan Wed 29th Jan	Tower Hill, Armagh Newry Youth Resource Centre

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How well did we do it?



How well did we do it?



238

Attendees **in total** participated
in the programme

218

Monitoring/Evaluation Forms*
completed in total
(**92%** of all attendees)



**Session Evaluation Forms and/or Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS)*

How well did we do it?



Locality Planning Group Meeting Short Sessions on Self-Care

171

Attendees in total

90

Attendees in total for
7 **in-person** sessions

81

Attendees in total for
5 **online** sessions

164

Monitoring/Evaluation Forms
completed for all LPG sessions
(**91%** of all attendees)

In-Person Sessions facilitated by Inspire Wellbeing

67

Attendees in total

26

Attendees in total for 2
in-person facilitated
sessions on **Self-Care**

41

Attendees in total for 2
in-person facilitated sessions on
Empathy/Compassion Fatigue

54

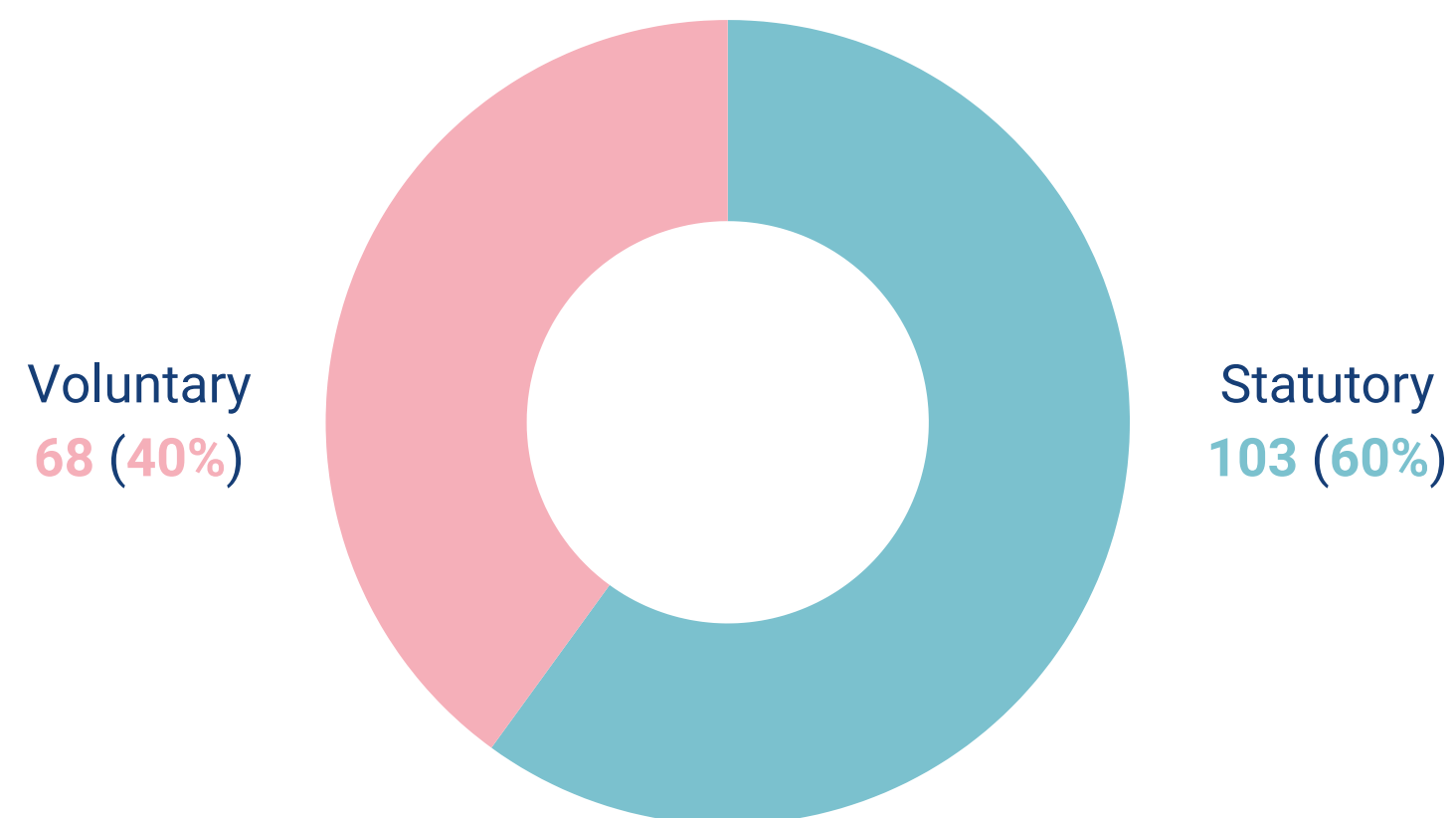
Monitoring/Evaluation Forms
completed for all LPG sessions
(**81%** of all attendees)

How well did we do it?

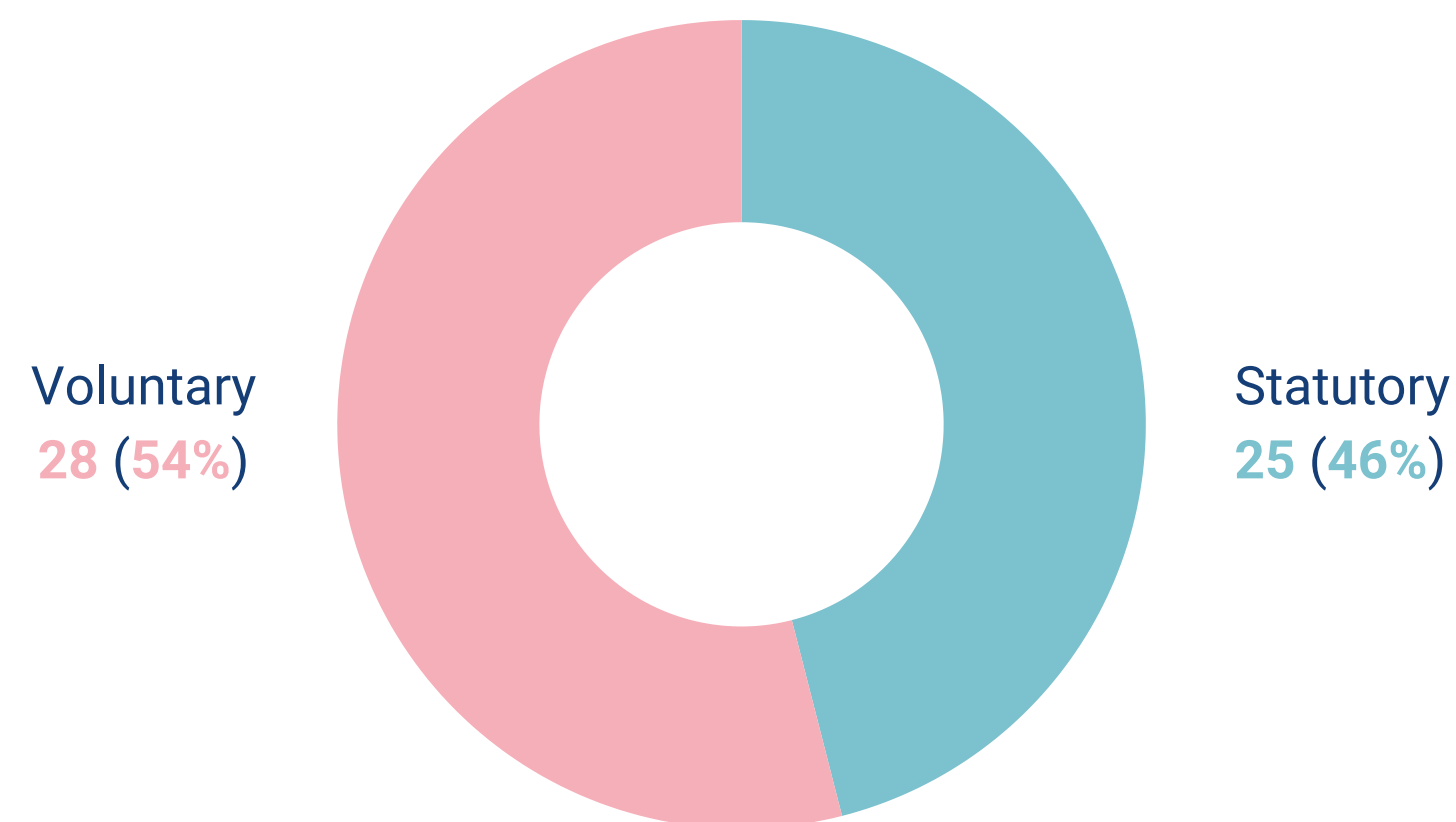


Breakdown of Attendees by Sector:

Locality Planning Group Meeting Short Sessions on Self-Care



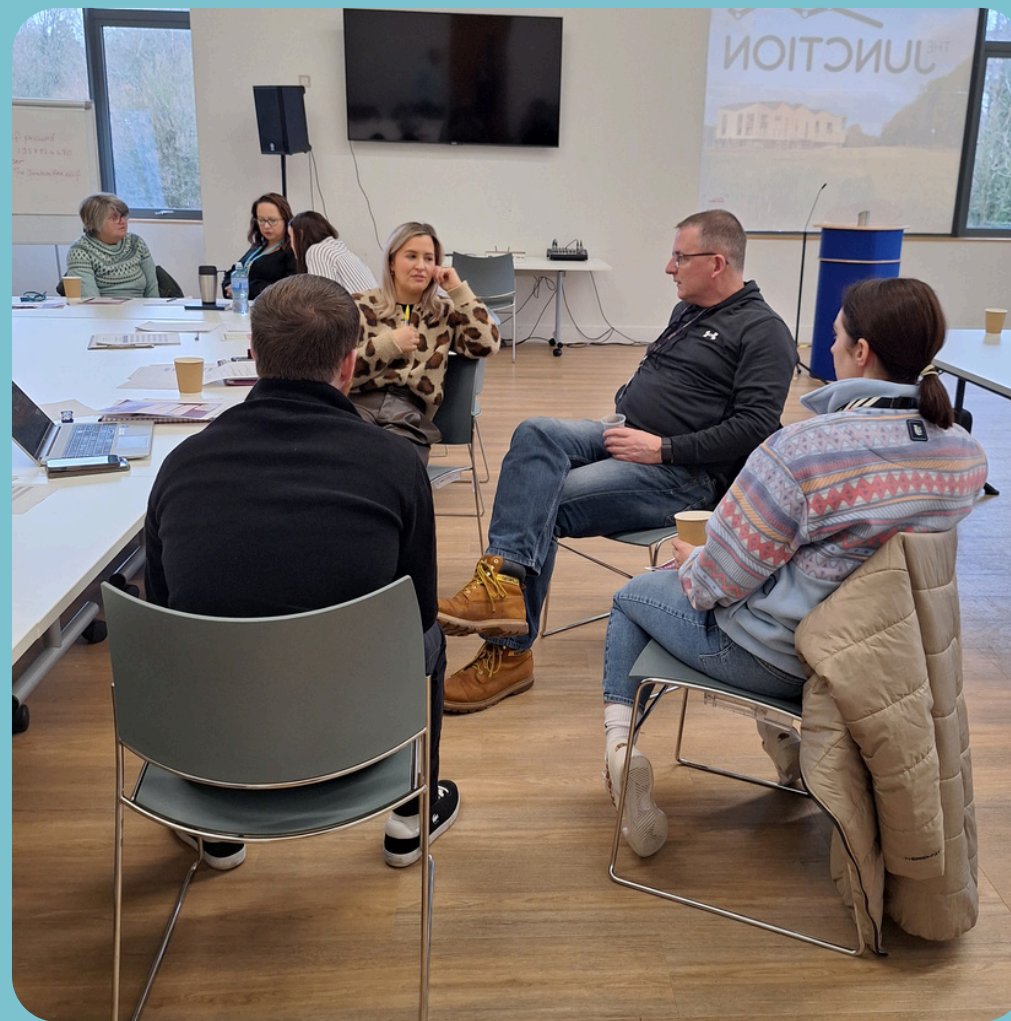
In-Person Sessions facilitated by Inspire Wellbeing



**1 participant did not disclose this information*



What changed as a result?

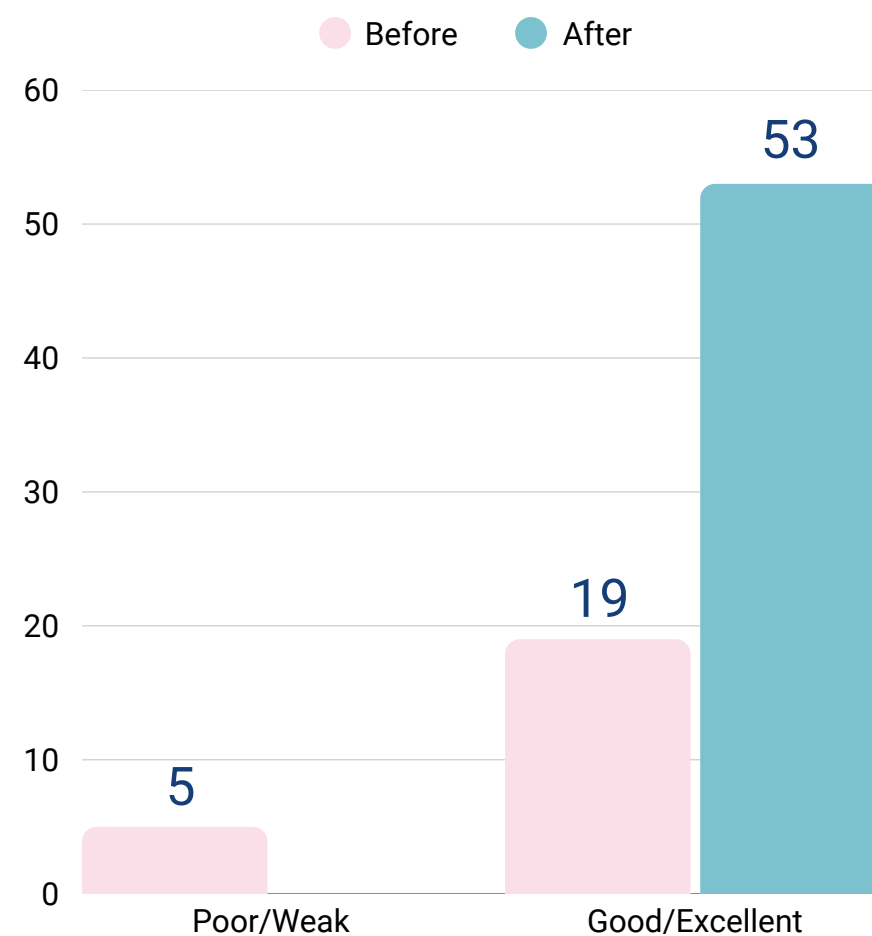


What changed as a result?



In-Person Sessions facilitated by
Inspire Wellbeing

Please rate your knowledge **BEFORE** and **AFTER** the session



Combined Results for all 4 Sessions

BEFORE the session:

19 (35%) rated their knowledge of the topic as Good/Excellent

5 (5%) rated their knowledge of the topic as Poor/Weak

AFTER the session:

53 (98%) rated their knowledge of the topic as Good/Excellent

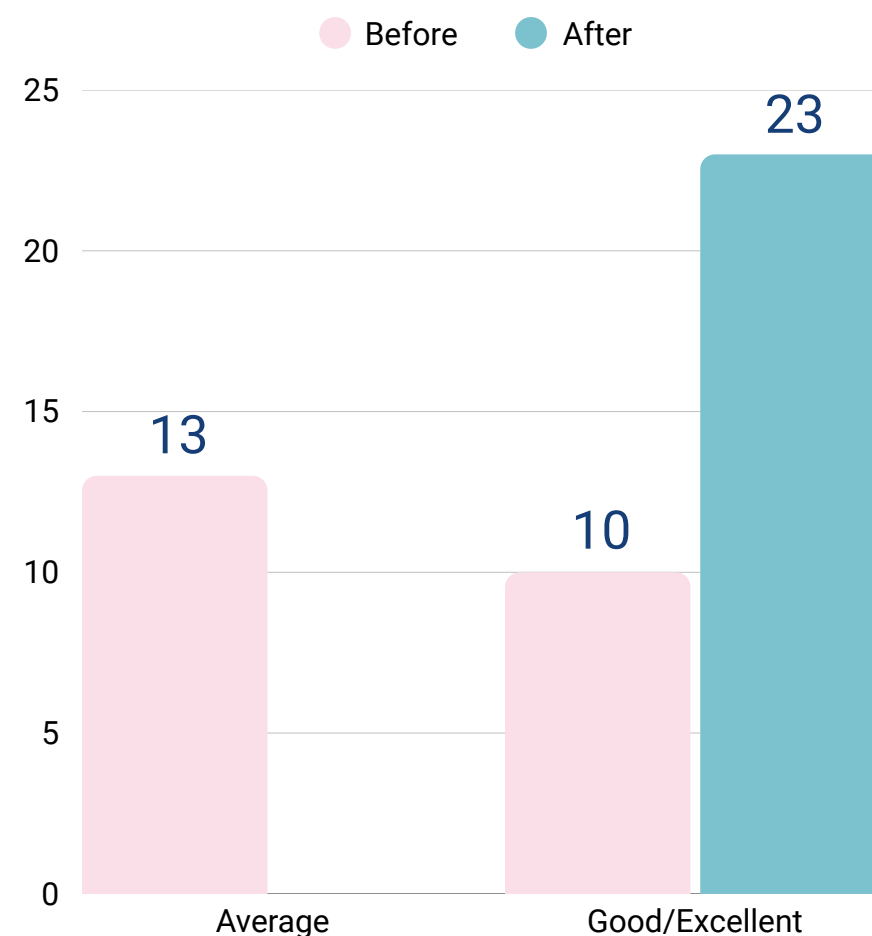
No-one rated their knowledge of the topic as Poor/Weak

What changed as a result?



In-Person Sessions facilitated by
Inspire Wellbeing

Please rate your knowledge **BEFORE** and **AFTER** the session



Sessions 1 & 2: An Introduction to Self-Care

BEFORE the session:

10 (43%) rated their knowledge of the topic as Good/Excellent

13 (57%) rated their knowledge of the topic as Average

AFTER the session:

23 (100%) rated their knowledge of the topic as Good/Excellent

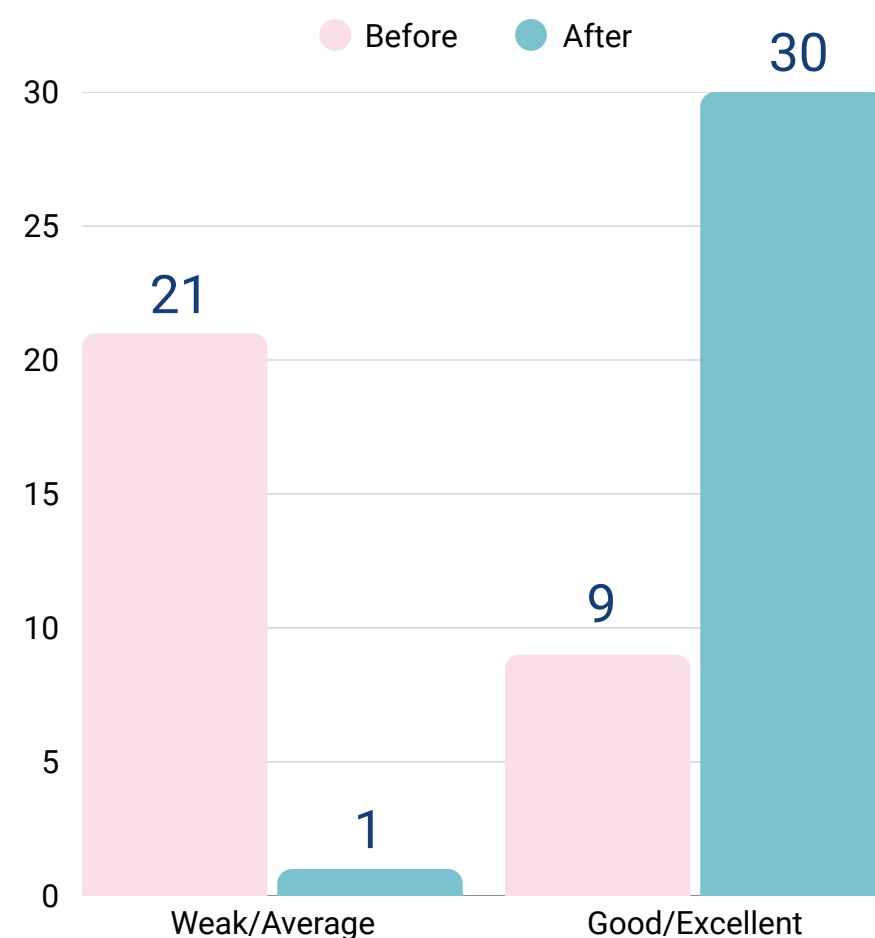
No-one rated their knowledge of the topic as Average

What changed as a result?



In-Person Sessions facilitated by
Inspire Wellbeing

Please rate your knowledge **BEFORE** and **AFTER** the session



Sessions 3 & 4: Introduction to Compassion/Empathy Fatigue

BEFORE the session:

9 (29%) rated their knowledge of the topic as Good/Excellent

21 (68%) rated their knowledge of the topic as Weak/Average

AFTER the session:

30 (97%) rated their knowledge of the topic as Good/Excellent

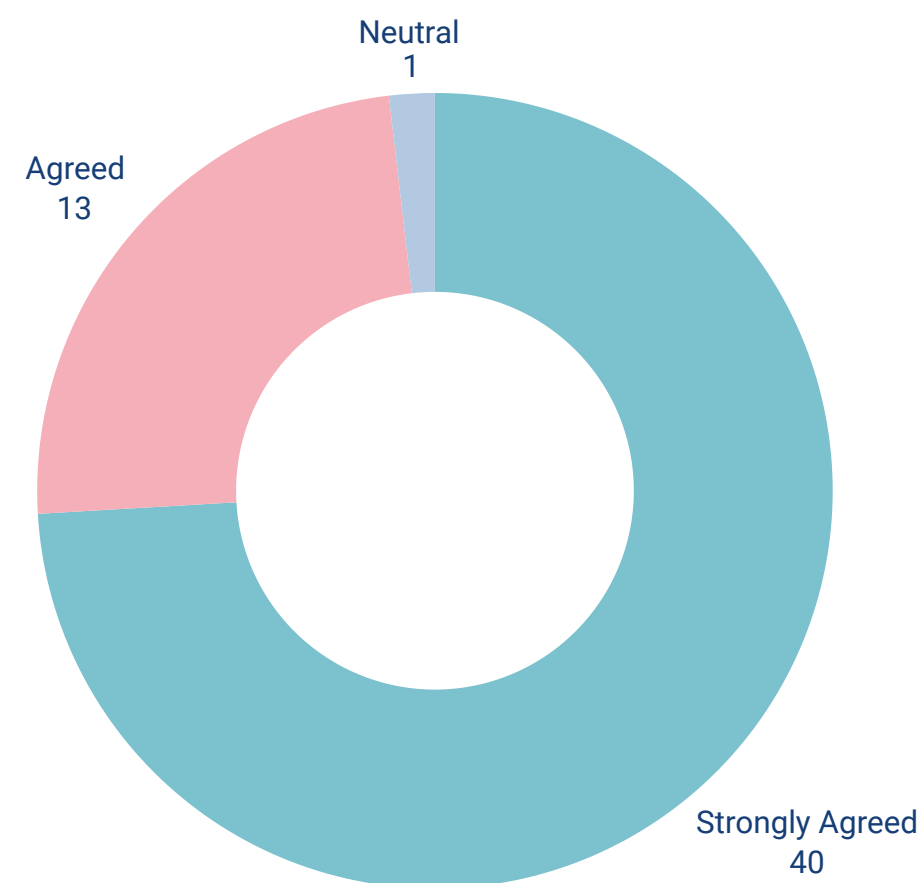
1 (3%) rated their knowledge of the topic as Weak/Average

What changed as a result?



In-Person Sessions facilitated by
Inspire Wellbeing

I thought the speaker(s) were **knowledgeable** about the topic



Combined Results for all 4 Sessions

53 (98%) of participants Strongly Agreed / Agreed the facilitators were knowledgeable about the topic

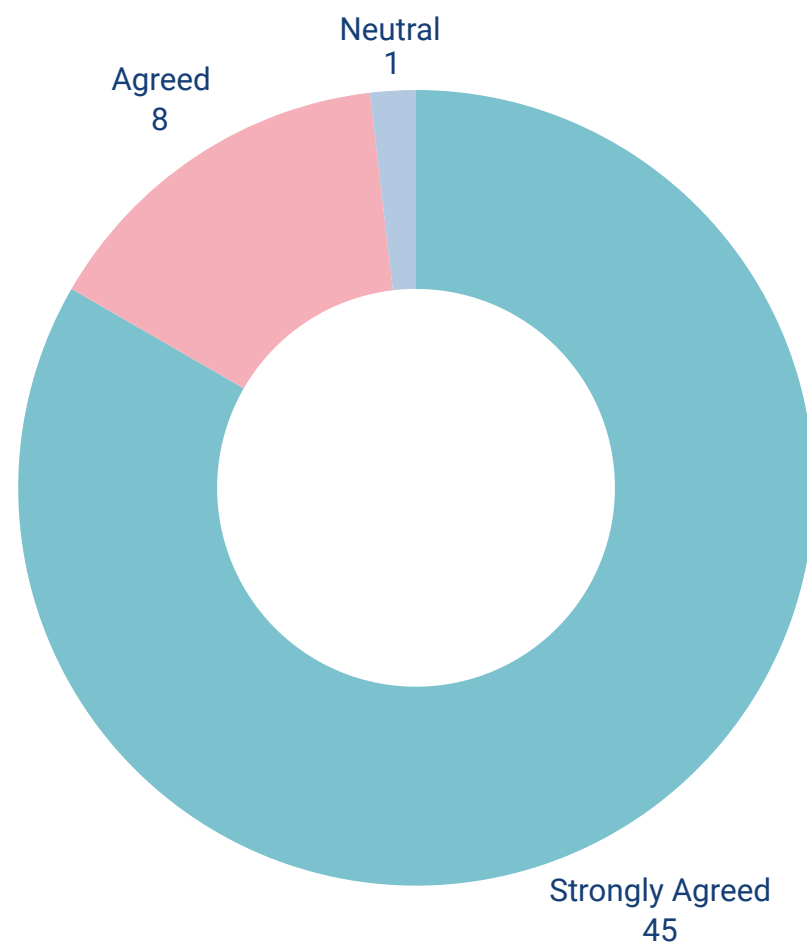
40 (74%) Strongly Agreed

What changed as a result?



In-Person Sessions facilitated by
Inspire Wellbeing

I thought the speaker(s) were **engaging** and **encouraged interaction**



Combined Results for all 4 Sessions

53 (98%) of participants Strongly Agreed / Agreed the facilitators were knowledgeable about the topic

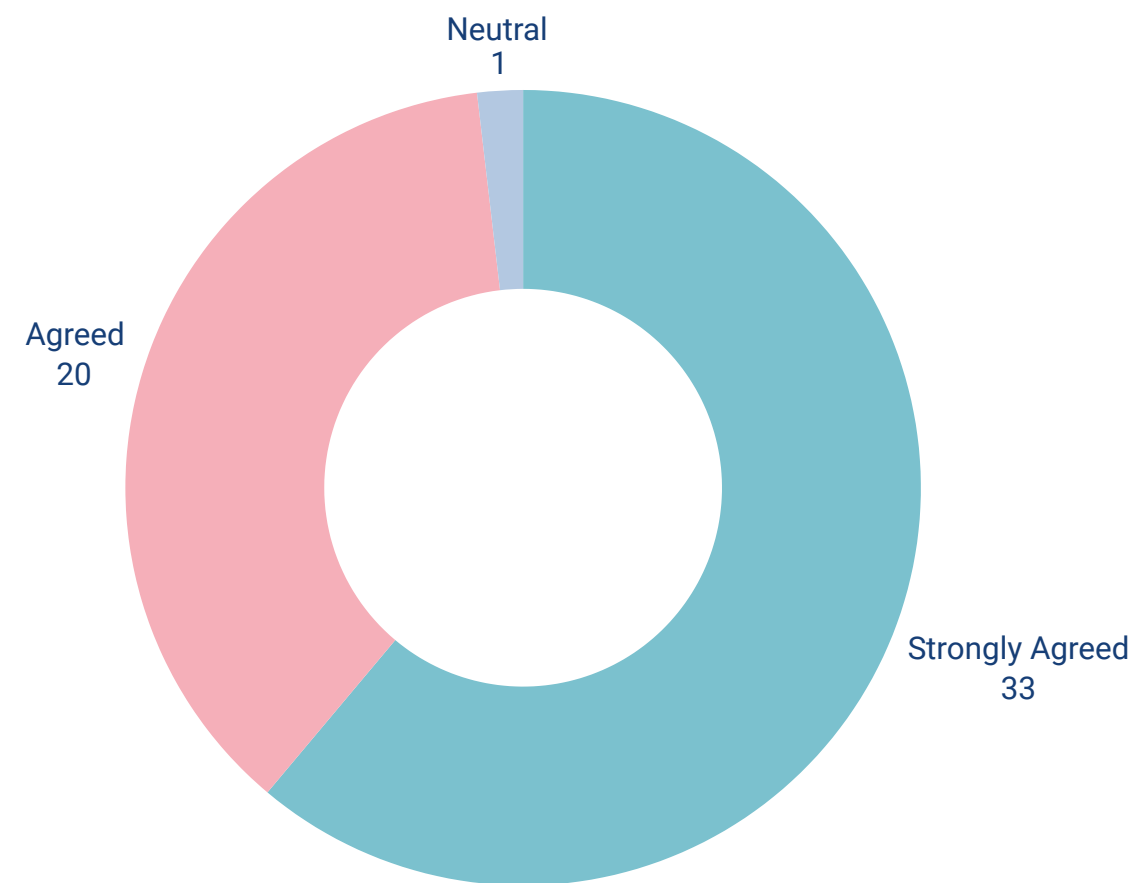
45 (83%) Strongly Agreed

What changed as a result?



**In-Person Sessions facilitated by
Inspire Wellbeing**

I feel I have **improved my understanding** of this topic



Combined Results for all 4 Sessions

53 (98%) of participants Strongly Agreed / Agreed the facilitators were knowledgeable about the topic

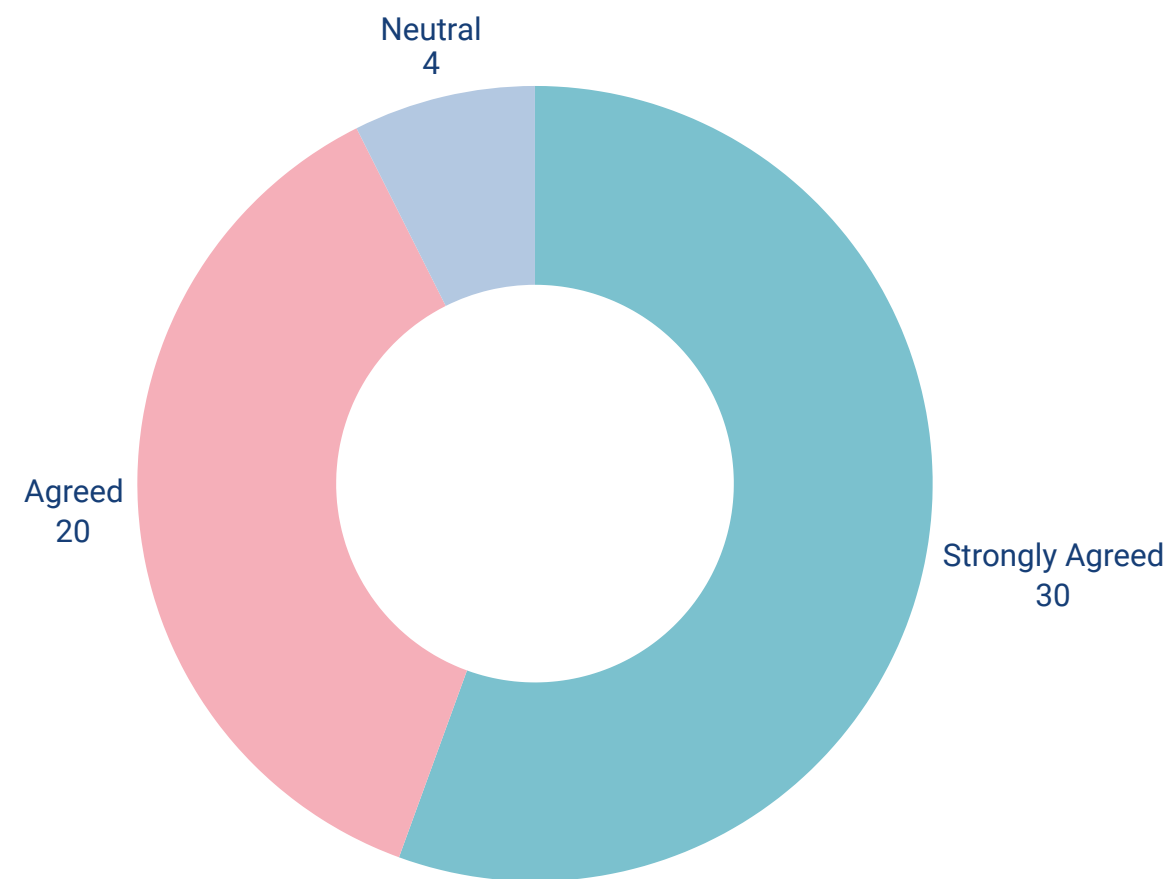
33 (61%) Strongly Agreed

What changed as a result?



**In-Person Sessions facilitated by
Inspire Wellbeing**

I feel I have **increased skills** in this topic



Combined Results for all 4 Sessions

50 (93%) of participants Strongly Agreed / Agreed the facilitators were knowledgeable about the topic

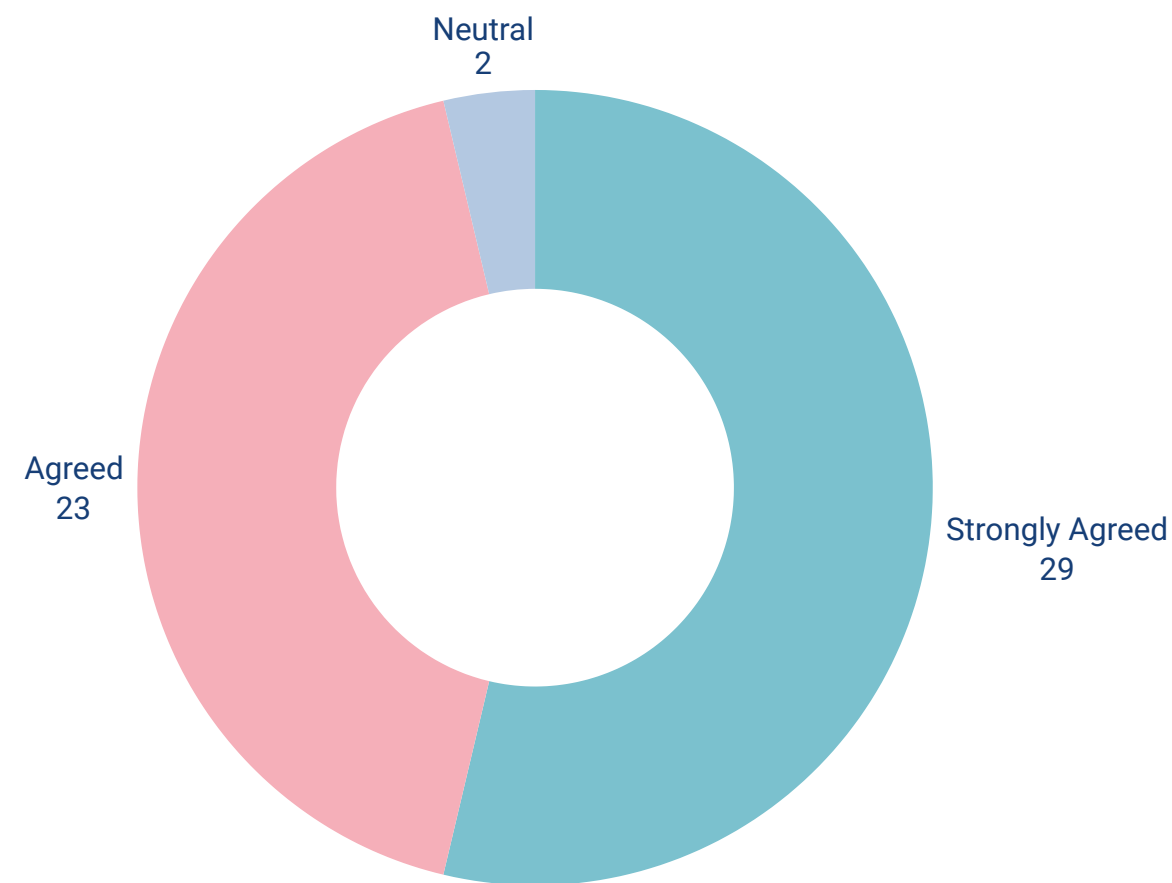
30 (56%) Strongly Agreed

What changed as a result?



In-Person Sessions facilitated by
Inspire Wellbeing

I feel I have **increased confidence** to discuss this topic



Combined Results for all 4 Sessions

52 (97%) of participants Strongly Agreed / Agreed the facilitators were knowledgeable about the topic

29 (54%) Strongly Agreed

What changed as a result?

The **Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS)** was developed by researchers at the University of Warwick and the University of Edinburgh, aiming to provide a comprehensive measure of mental wellbeing.

As part of our funding contract, we used this scale to measure the impact of all of our sessions by asking participants to complete the questionnaires BEFORE and AFTER the sessions.

We were then able to quantify how many participants felt the session had been beneficial towards a positive change in their wellbeing.

In total, for all 16 sessions, 182 (77%) participants out of 235 who completed the questionnaires, reported a positive change in their wellbeing.



The Warwick-Edinburgh Mental Well-being Scale (WEMWBS)

Below are some statements about feelings and thoughts.
Please tick the box that best describes your experience of each over the last 2 weeks

STATEMENTS	None of the time	Rarely	Some of the time	Often	All of the time
I've been feeling optimistic about the future	1	2	3	4	5
I've been feeling useful	1	2	3	4	5
I've been feeling relaxed	1	2	3	4	5
I've been feeling interested in other people	1	2	3	4	5
I've had energy to spare	1	2	3	4	5
I've been dealing with problems well	1	2	3	4	5
I've been thinking clearly	1	2	3	4	5
I've been feeling good about myself	1	2	3	4	5
I've been feeling close to other people	1	2	3	4	5
I've been feeling confident	1	2	3	4	5
I've been able to make up my own mind about things	1	2	3	4	5
I've been feeling loved	1	2	3	4	5
I've been interested in new things	1	2	3	4	5
I've been feeling cheerful	1	2	3	4	5

Warwick-Edinburgh Mental Well-Being Scale (WEMWBS)
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What changed as a result?



**In-Person Sessions facilitated by
Inspire Wellbeing**



For the **2 in-person sessions on
An Introduction to Self-Care**, **25
(86%)** out of **29** participants reported
a positive change in their wellbeing



For the **2 in-person sessions on
Introduction Compassion/Empathy
Fatigue**, **28 (70%)** out of **40**
participants reported a positive
change in their wellbeing

What changed as a result?



Locality Planning Group Meeting Short Sessions on Self-Care



For the **7 in-person sessions** during
Locality Planning Groups, **78 (80%)**
out of **97** participants reported a
positive change in their wellbeing



For the **5 online sessions** during
Locality Planning Groups, **50 (76%)**
out of **66** participants reported a
positive change in their wellbeing

What changed as a result?

Please tell us how you will **apply** your **learning/experience** from today's session in your **workplace** or **outside...**



Participant Feedback from In-Person Session facilitated by Inspire Wellbeing:
'An Introduction to Self-Care'

I will be more aware that self-care opportunities are important for my overall wellbeing and how that impacts on those in my family, my community and in my job. Thank you for today. It was great to spend time with you and the group.

I will refer to notes provided and try to make more space in my own life for self-care. I will also share these ideas with others in my workplace & family.

I currently deliver the Take5 Ambassador Training, therefore today's meeting has been really worthwhile & knowledgeable, providing me with lots of information I can adapt into my Take5 going forward.

Today's session has equipped me with knowledge, awareness & practical go-tos/tips/exercises which will have a positive impact on me on a personal level and which I will also be confident to share/implement in my job role and through my voluntary/community work.

What changed as a result?

Please tell us how you will **apply** your **learning/experience** from today's session in your **workplace** or **outside...**



Participant Feedback from In-Person Session facilitated by Inspire Wellbeing:
'Introduction to Compassion/Empathy Fatigue'

An increased level of awareness can only benefit myself and those with whom I work. I will proactively try to introduce some of the self-care strategies also.

Avoid mood hoovers. Set boundaries. Avoid things that don't serve you well. Accept to let it go.

Transfer my learning from today into practice in my workplace.

Share with staff on return to work. Share with parents an awareness of being aware & self-help. Share techniques to support ourselves better.

Make self-care more of a priority.
Reduce stressors.
Be more self-aware.

Lots of great open discussions, coupled with practical tips shared. Lots of food for thought and will share learnings in work, at home and out in the community with the groups I am involved with.

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