



Strategic Plan 2019-2022

‘Living our best lives, together’



Leadership and
Influence



Capacity building
and Training



Health
Innovation

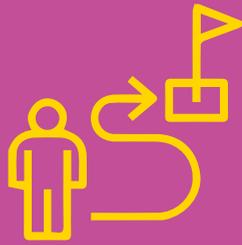
The Plan:

Our Vision:



For people and communities in Northern Ireland to have the resilience and confidence they need to live their best lives, together.

Our Purpose:



We offer people and communities the opportunity to live healthier and more fulfilling lives.

Our Enablers:



Governance



Finance



People



Communication

Our Approach:



Collaboration and Partnership



Community Development



Demonstrating Impact

Our Strategic Objectives

Leadership and Influence



We are a valued agency that identifies and articulates the health and wellbeing needs of our communities.

- We will play our part in promoting health equity in service development and decision-making forums.
- We will connect leaders from all sectors to achieve a whole system approach to improving lives.
- We will provide opportunities for people and communities to have their voices heard on issues which impact their health and wellbeing.



Capacity building and Training

We deliver capacity building and training opportunities, empowering people and communities to make positive choices about health and wellbeing.

- We will provide high quality training opportunities that enable people and communities to improve their own health and wellbeing and that of others.
- We will provide opportunities for networking and collaboration so that we can learn from each other.
- We will provide a range of capacity building opportunities that enable leaders to effectively address challenges within their communities.

Health Innovation



We are a catalyst for the development and delivery of evidence-based community led health and wellbeing initiatives.

- We will be a hub for health innovators, providing a forum to work together to improve lives.
- We will develop and pilot new evidence-based approaches to improving health and wellbeing.
- We will be at the forefront of new ways of working by championing and promoting best practice.

About Developing Healthy Communities (DHC)

Developing Healthy Communities was established in 1992, known as 'The Derry Healthy Cities Project'.

Our 2019 Vision and Purpose remains rooted in our original aim, 'to promote a more positive and inclusive attitude to health through the promotion, preservation and protection of good health.' Our projects and activities have since developed beyond the North West and we now work across Northern Ireland.

Since being founded over 27 years ago, we have led and delivered on a wide range of initiatives which have impacted on the health and wellbeing of people and communities across Northern Ireland. Here are just a few recent examples:

- In 2003 DHC developed Foyle Health @ Work which was NI's first workplace health programme. Now known as Health@Work NI, we



Supporting Workplaces

continue to deliver this programme to the WHO model of workplace health, impacting over 40 workplaces every year in the Western Trust Area.

- DHC's 'Environmental Tobacco Smoking Study' of 2003 informed the introduction of the NI Smoking Ban.
- In 2005 DHC established the Foyle Active Futures project which was the regions first physical activity programme for people with a physical disability.
- DHC's underage drinking research led to the establishment of the Civic Alcohol Forum in Derry and Strabane in 2007.



- In 2008 DHC established the CLEAR project which now delivers small grants and training across Northern Ireland in the field of emotional wellbeing, mental health and suicide prevention. Our work on developing and promoting quality standards for CVS organisations has now led to this being adopted by the PHA for all of their commissioned work in this field.



- In 2008 DHC was the first to pilot the evidence based 'Strengthening Families Programme' in Northern Ireland. We continue to facilitate this programme, and have now trained over 170 individuals from local partner agencies to deliver skills to over 40 families every year.



- In 2013, DHC was commissioned to host the 'Family Voices Forum', a regional advocacy group for families bereaved by suicide. The Family Voices Forum use their unique lived experience to influence positive change, whether political, with statutory agencies or with community and voluntary sector organisations.



- In 2014 DHC established 'Age Friendly' in Derry and Strabane. We led on the development of a local strategy and secured membership of the World Health Organisation Global Age Friendly Network for Derry and Strabane in 2017.



- In 2009 DHC led the Derry and Strabane designation to the World Health Organisation (WHO) 'Healthy Cities' Network for Phase V and in 2014 led designation for Phase VI. In 2019, the area will once again be designating under 'Phase VII' of the WHO Healthy Cities Network.



The difference we make...



'The young people are engaging more...as a result the PSNI have stated that the number of calls in the area have dramatically reduced to 1 in the last few months. Some of the participants have signed up to participate in local sporting teams and others have volunteered to help with different activities within the youth centre.'

GRANT RECIPIENT FROM BELFAST

'Essential knowledge for everyone to know. As someone who has lost a mother to suicide, I wish I had have known some of this sooner. Should be rolled out to all.'

SAFETALK PARTICIPANT

'As a small company with diverse needs, the support, guidance and practical assistance provided by Health@Work NI has been invaluable. To have a one-stop shop which covers so many topics in a professional and competent manner is not taken for granted.'

WORKPLACE HEALTH SUPPORT SERVICE PARTICIPANT

'Children are now really good at controlling their anger, we don't have tantrums any more. If something is wrong they tell now, we have learned how to become a better family, we are happier.'

STRENGTHENING FAMILIES PARENT

'No two people's journey through grief is the same. The Forum helps you meet people who have suffered the same deep grief as you, who have stood in that ocean of sorrow. We may not have answers other than that we are still here. Sometimes that will bring hope.'

FAMILY VOICES FORUM MEMBER

 Public Health
Agency

Project supported by the PHA



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