



. mPower is five-year project supported by the European Union's INTERREG VA Programme, managed by the [Special EU Programmes Body \(SEUPB\)](#).

. mPower will work with communities to enable people to take the steps needed to live well, safely and independently in their own homes.

. There are currently 3 Community Navigators working in the Newry / South Armagh / South Down areas.

. Beneficiaries must be over 65 and have at least one long term condition. Referrals can be made through health and social care professionals , Community and voluntary sector partners, self referrals are also accepted.



Southern Health  
and Social Care Trust

*Quality Care - for you, with you*



cooperation and working together  
for health gain and social well being in border areas

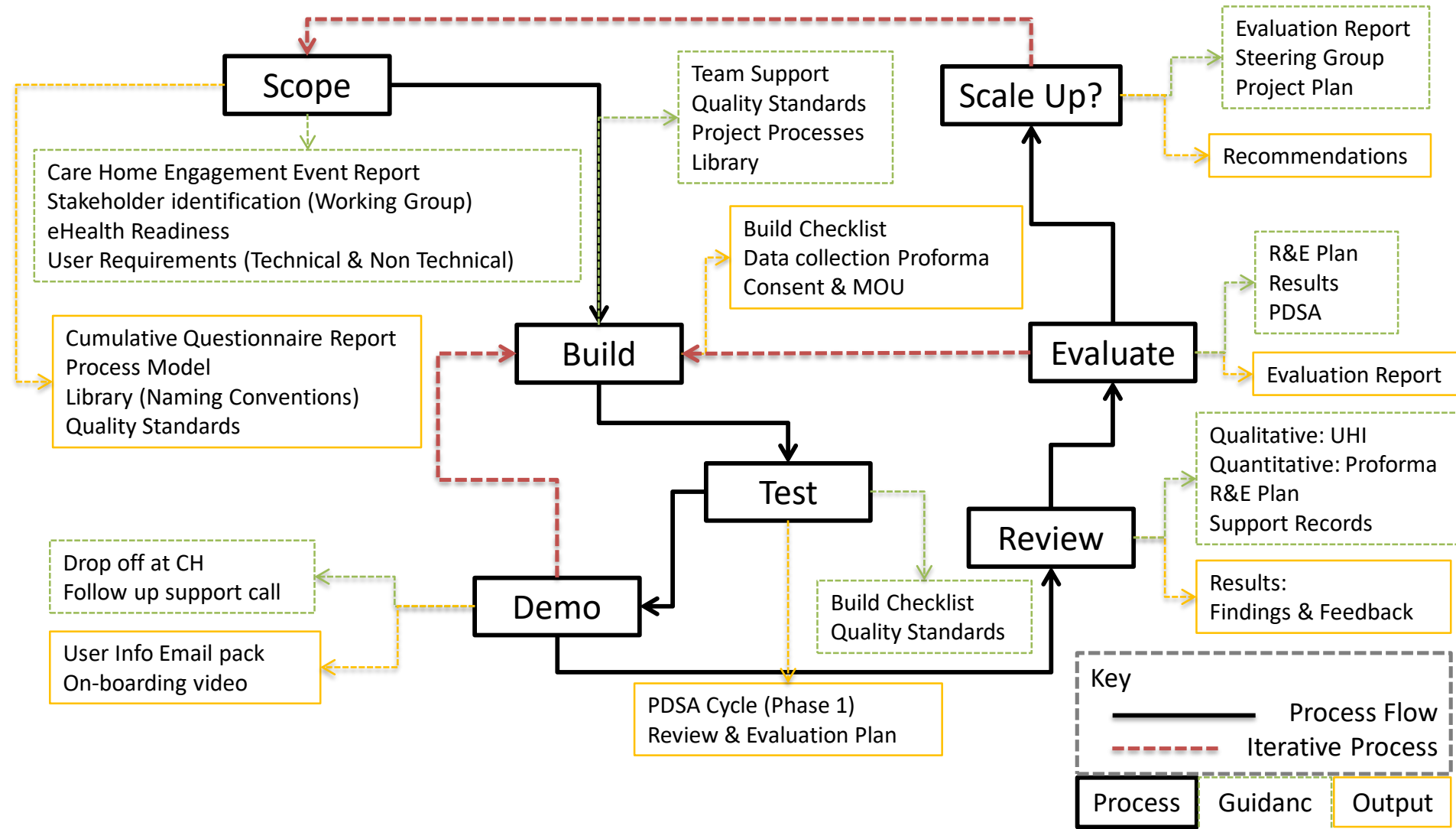


# Connecting Care Homes SHSCT

1<sup>st</sup> phase July/August – 15 Care Homes in  
Newry/ South Armagh/South Down, 225  
Digital Interventions recorded

2<sup>nd</sup> phase October/November -28 Care  
homes across the SHSCT, report on Digital  
Interventions in March/April 2021

# 'Discover Digital' Device Lending Scheme | Process Map





	APPS	PDFS	WEB LINKS
<b>SOCIAL ACTIVITY</b>	7 :- Skype, Facebook, Messenger, Zoom, Twitter, FaceTime, Google Duo	-	-
<b>CLINICAL</b>	-	1 :- Check your medicines: Stay on your Feet	-
<b>EMOTIONAL WELLBEING</b>	7 :- Libraries NI, YouTube, Bible Reader, Lumosity, A Walk Through Dementia, RSPB Birdsong, Grow Your Own	-	5 :- All sourced within the Southern Trust
<b>PHYSICAL ACTIVITY</b>	1 :- Get Up and Go!	27 :- Heart Foundation, APDA (Parkinsons), IOF (Osteoporosis), NDSS (Diabetes), Stay on your Feet, NHS Choices, U Matter, Arthritis Australia, Exercise & Mental Health, British Lung Foundation	24 :- All sourced within the Southern Trust
<b>TRAINING</b>	-	10 :- x2 SOP, x5 VC App User Guides, x3 Staff Wellbeing	-

# Build







## Connecting Care Homes SHSCT

I just wanted to email you and express our huge gratitude for such a resource. Thank you kindly for arranging such a practical resource for our residents to benefit from

I have to say it is a life line to our residents, it has a good sized screen and we can pick 4g up in the parts of the nursing home that we dont have broadband. All residents can now access facetime etc even those who are too ill to sit out, they can now sit in their beds and speak with their families.

this item is used by our residents til the battery runs dry daily. Thank you

We would be lost with out this device.

Facetime is the biggest thing but also funerals of family and friends when chapels have remote cameras set up



# Initiatives Resources Research



# W<sub>eekly</sub> A<sub>udio</sub> V<sub>isual</sub> E<sub>ngagement</sub>

Launch of 12month pilot project beginning March 2021

Replacing existing Good Morning Calls telephone call with a  
Digital FaceTime equivalent





# Digital library of Resources

## Apps

## Links

## On Line forums



SHSCT

For further information please feel  
free to contact me

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