

OUTCOME 4: WE ENJOY LONG, HEALTHY, ACTIVE LIVES **OUTCOME 8: WE CARE FOR OTHERS AND HELP THOSE IN NEED**

SERVICE PROFILES

About ‘MDT Social Work Practitioners’:

The MDT Social Workers are part of primary care multi-disciplinary teams. This is a service aimed at enhancing the services available to people at primary care level; based in the GP Practices across the Down Federation.

The aim for the teams are to work towards a holistic model of health and wellbeing which includes physical, mental and social wellbeing with a greater focus on prevention and early intervention.

The MDT Social Workers aim to concentrate on the social determinants of health and well-being and will tackle health and social inequalities by resilience and resource building with individuals, groups and communities.



Reporting Period: 01/04/2024-31/03/2025

'MDT Social Work Practitioners - Down'

How much did we do?

Referrals received

(New) – 4,780
 (Re-Referrals) – 1,946 **(TOTAL – 6,726)**

Top 5 - Referral Source:

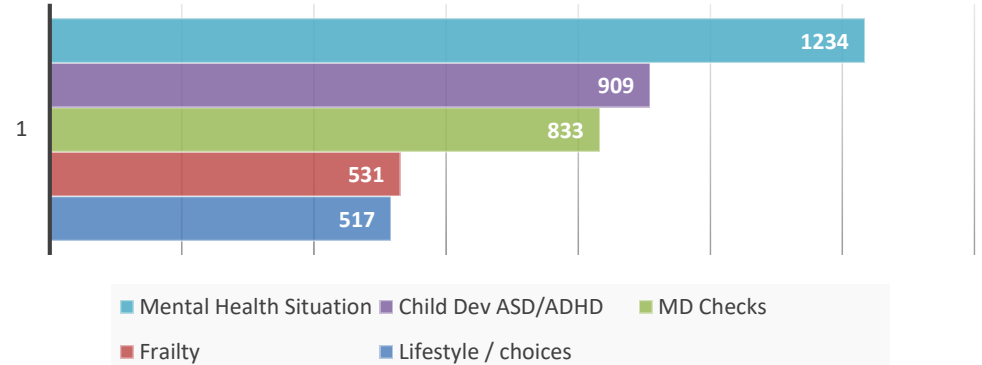
GP – 2,007
 Self – 1,429
 Reception - 1,069
 Carer / Family – 904
 Children's Gateway - 468

Age Demographics Of Referrals Received

<18 years – 2,136
 18-64 years – 2,945
 <65 years – 1,645



Top 5 Referral Reasons



How well did we do it?



Is Anyone Better Off?

"I know you cant fix the care plan – but you have made my day" – Service user feedback – continues with Advocacy work – SW Assistant

"You have been so good. I have told all my friends about you, and how you really listened to me, I cannot thank you enough" – Bereaved Service User

"Just a note to say a massive thank you for all your support with SU. You took the time to really listen and see what was going on for us and I am forever grateful. We both now have support in place which is helping us move forward. (SU) really benefits from the sessions with you as it has helped her confidence and helped her deal with emotions. Thank you so much" (Carer)

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Reporting Period: 01/04/24-30/06/24

Is Anyone Better Off?



Move More for your mental Health Event
Ballynahinch – May 2024



Carer's walk in Newcastle
As part of Carer's Week
10th-16th June 2024



The Women's DIY in partnership with SERC college in Newcastle ran a 10 week programme for women as part of their WRAP programme.



Exercise programme facilitated by
Montalto Social Work Team May – June
2024

"I feel more independent to do low level things at home – like bleed a radiator. I now know how to turn your water off at the mains if you had a leak" - Group member



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Reporting Period: 01/07/24-30/09/24

Is Anyone Better Off?



"I enjoy the projects it feels good to make something and give it to a good cause"

"I enjoy the company – it gets me out of the house. It's great to have a yarn with others" it to a good cause.

Group members – "Sew & Sew"



Following a recent public appeal from Friends of Cancer Centre NI and Royal Victoria Hospital for syringe bags a few of the 'Sew & Sew' ladies got to work at making the bags, (all made from recycled materials) to donate to this worthy cause.

Completed bags can be left at the Friends of the Cancer Centre office in the Northern Ireland Cancer Centre. Due to the expected response to this call-out, the appeal will be open until 30 August 2024.

Please note that this is an item specific call-out on behalf of the palliative care nurses, and we cannot accept any donations of other general knitted or sewn items

	Single Driver Bag	Double Driver Bag
Outer Front & Back	2 x (12cm x 25cm)	2 x (12cm x 25cm)
Outer Sides	2 x (8cm x 25cm)	2 x (12cm x 25cm)
Outer Base	1 x (8cm x 12cm)	1 x (12cm x 12cm)
Lining Front & Back	2 x (12cm x 25cm)	2 x (12cm x 25cm)
Lining Sides	2 x (8cm x 25cm)	2 x (12cm x 25cm)
Lining Base	1 x (8cm x 12cm)	1 x (12cm x 12cm)

Friends of cancer centre



New Social Connections	Increased knowledge
Gardening Group report...	
Feeling the benefits of fresh air	Increased Motivation



Gardening workshops took place in the Victorian Garden in the Downshire Estate on 23rd July 2024, 30th July 2024 and 6th August 2024. Clare McCawley co-facilitated this group with her wealth of gardening knowledge and skills. Participants learned about a range of topics, including seed collection, propagation of plants, how to make herbal teas with plants and finally how to create a colour print with plant petals and leaves.



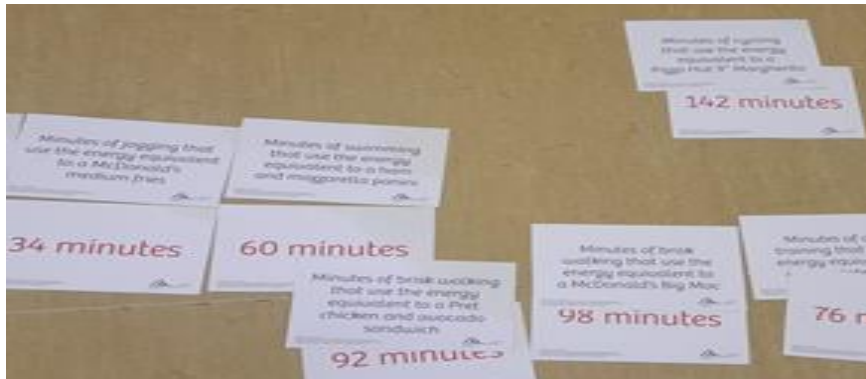
Reporting Period: 01/10/24-30/12/24

'MDT Social Work Practitioners - Down'

Is Anyone Better Off?

There have been lovely people at the group and I have learned that I need to manage my portion sizes, my snacks and boost my exercises

"I have found the group helpful as I've devised a plan to manage my sweet cravings"



"I looked forward to going every week after school "

Extremely Useful	4	66%
Very useful	1	16%
Just ok	0	0%
No change	1	16%

Equine Therapy Programme Evaluation