



Welcome

Welcome to the first issue of the Making Life Better Newsletter: *MLB News*.

This is one of the resources through the Network, that we hope will help us to build connections, share learning, collaborate, and network and to improve health and wellbeing for our populations.

This first issue includes an update on the Inaugural MLB Conference on 4th June, highlights upcoming events and includes some ideas for what you might see included in the future.

Ultimately, this newsletter is for you. If you have any suggestions or you wish to include information in upcoming issues please just let us know by [email](mailto:MLBNetwork@hscni.net).

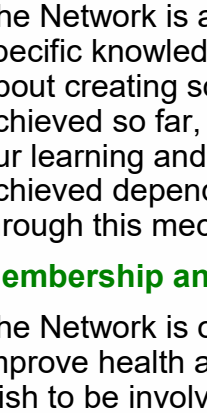
We hope you enjoy this issue of MLB News.

Issue 1
Summer 2019

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Making Life Better Regional Network



MAKING LIFE BETTER Network

Creating the Conditions for Collaboration

The MLB Network officially launched at its inaugural conference on Tuesday 4th June 2019. Its aim is to create the conditions for people and organisations, across sectors, to come together as partners, to work towards the vision of Making Life Better that *All people are enabled and supported in achieving their full health and wellbeing, to achieve better health and wellbeing for everyone and reduce inequalities in health.*

Collaboration is at the heart of Making Life Better and our ambition for the MLB Network is to provide an active forum that enables us to:

- Share and engage in learning
- Create new connections and strengthen existing ones
- Work closer together in pursuit of our goal of a healthier N. Ireland
- Showcase, expand and spread good practice across the region in line with the needs of local communities

The Network is a real opportunity to harness the years of experience, specific knowledge and expertise we have in Northern Ireland. It isn't about creating something new but about building on what has been achieved so far, about working together for bigger impact and sharing our learning and knowledge for the collective benefit. What can be achieved depends on how we make best use of the opportunity afforded through this mechanism.

Membership and Meetings

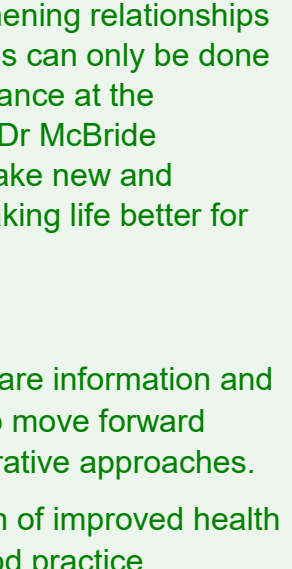
The Network is open to those working in organisations who wish to improve health and wellbeing and reduce inequalities in health. If you wish to be involved please contact MLBNetwork@hscni.net

A primarily virtual network, information will be shared through e-newsletters and updates. The full Network will meet once a year at the MLB Regional Conference, and separate ad hoc events will also be arranged.

Structure

The Network will also connect with the MLB HSC Partnership and our All Department Officials Group (ADOG) – and ultimately the Ministerial Committee for Public Health - and also help inform our future strategic direction.

The Inaugural Making Life Better Regional Conference was held on 4 June 2019 in Craigavon Civic Centre. Chaired by William Stawley, the conference aimed to reach out to stakeholders from across all sectors and, through keynote speakers, deliver sessions based on the six key themes of MLB and to launch the Regional Making Life Better Network.

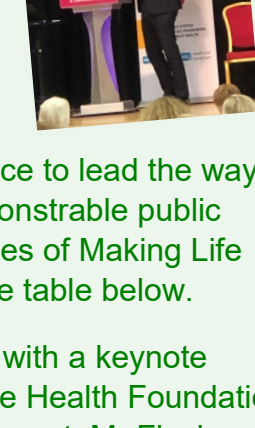


Chief Medical Officer, Dr Michael McBride, opened the conference and welcomed delegates to the inaugural conference and launch of the Regional Making Life Better Network. Dr McBride highlighted how the MLB Network is designed to help us come together as partners to work towards MLB's vision of improved health and wellbeing through sharing learning and good practice, networking, and building and strengthening relationships across organisations and sectors. This can only be done together and by the registered attendance at the conference, it is clear that many share in this vision. Dr McBride encouraged delegates to engage in conversation, make new and strengthened existing connections and to commit to making life better for the populations we serve.

The MLB network aims to:

- Re-energise action to deliver on MLB and to share information and learning with the view of discussing how best to move forward through strengthened partnerships and collaborative approaches.
- Bring partners together to work towards a vision of improved health and wellbeing through sharing learning and good practice, networking, and building and strengthening relationships across organisations and sectors.
- Recognize the good work that has been done to date on the delivery of Making Life Better and to galvanise collective efforts for greater collaboration and better outcomes into the future

The morning continued with a keynote address from Prof Neil Gibson considering why health and wellbeing matters, the current situation in Northern Ireland and the particular challenges faced in Northern Ireland. Professor Gibson closed noting the need for more prevention and not cure; consideration of the potential transformation power of technology; and Northern Ireland is the perfect place to lead the way due to its manageable size, improving data and demonstrable public interest. Parallel sessions around each of the 6 themes of Making Life Better were held throughout the day as detailed in the table below.



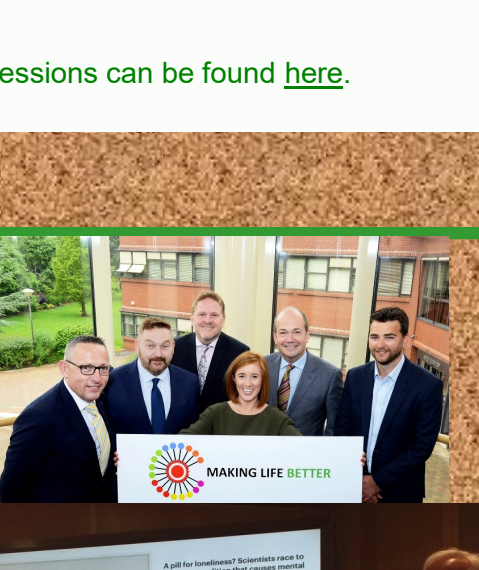
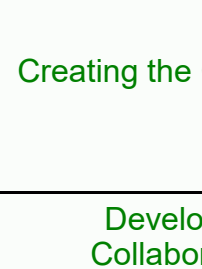
The afternoon session began with a keynote address from David Finch, The Health Foundation, who considered health as an asset. Mr Finch discussed the current context for health and inequalities across the UK, the need for a focus on prevention and health creation, the economic value of health and then how we can reframe the conversations we have about health through the language we use.

Following the afternoon parallel sessions, delegates came together for a Q&A panel to consider our next steps. The panel included:

- Dr Naresh Chada, Deputy Chief Medical Officer, Department of Health
- Professor Neil Gibson, Chief Economist, EY
- Dave Finch, Senior Fellow, Healthy Lives Team, The Health Foundation
- Dr Adrian Mairs, Director of Public Health (interim), The Public Health Agency
- Caroline Gillan, Head of Programme for Government, The Executive Office



Dr Adrian Mairs, Director of Public Health (interim), Public Health Agency, closed the conference noting both the interesting discussions started at the conference and also the challenges set to all of us working to improve health and wellbeing and what our next steps and considerations need to be. Dr Mairs noted the aim of the conference and of the Network, to bring stakeholders together, to re-energise action and to share information and learning with the view of discussing how best to move forward through strengthened partnerships and collaborative approaches. To help drive this, Dr Mairs committed, if there is willing, to making the MLB Conference an annual event and also announced the first MLB Seminar Series which will take place in autumn/winter 2019/20. Dr Mairs closed the conference thanking the keynote speakers, session speakers and organisers.



The Sessions

Morning Parallel Sessions

Giving Every Child the Best Start in Life	Improving Outcomes for Children in Northern Ireland <i>National Children's Bureau ASD & Co-Deliverer of the Incredible Years ASD Programme</i>
Equipped Throughout Life	Interventions to combat loneliness for older people (including PLACE-EE, an NPA Interegg funded programme led by Ulster University)
Empowering Communities	The Marmot City Initiative <i>Coventry City Council</i>

Afternoon Parallel Sessions

Empowering Healthy Living	Supporting Cancer Patients to Live Better <i>Cancer Services, Northern Health and Social Care Trust</i>
Creating the Conditions	The impact of the built environment on mental health and wellbeing. <i>Urban Scale Interventions Ltd</i> Derry & Strabane's Green Infrastructure Plan - Greater cities make healthier cities <i>Derry City and Strabane Council</i>
Developing Collaboration	Collaboration and Collective Impact <i>Community Evaluation Northern Ireland</i>

Available presentations from the sessions can be found [here](#).



MLB Seminar Series

The Public Health Agency is pleased to announce the **Making Life Better Seminar Series for 2019/20**. Registration is now open for the following seminars.

Date	Topic	Venue
11 September 2019	<i>Making Life Better through a palliative care approach with the All Ireland Institute of Hospice and Palliative Care</i>	Chestnut Suite - Lagan Valley Island
23 October 2019	<i>Giving Every Child the Best Start in Life - What the Research says Part 1</i>	TBC
21 November 2019	<i>Recognising and Supporting the Multi-Professional Standards of those Delivering on the Public Health Agenda</i>	Craigavon Civic Centre
11 December 2019	<i>Life Expectancy is stalling with Duncan Selbie, Public Health England and Gerard McCartney, NHS Scotland</i>	Ground Floor Conference Room - Assembly Buildings Spires Centre

Numbers are limited so early registration is advised.

Please email MLBNetwork@hscni.net to register for the above seminars. Please note that registration for a seminar will close two weeks before the date of each seminar.

To register for the seminar on "Recognising and Supporting the Multi-Professional Standards of those Delivering on the Public Health Agenda" please contact [Frances Dowds](mailto:Frances.Dowds@hscni.net) by email by Friday 7th November.

Further details including exact times and agendas will be circulated in due course.

Share Your News

Did you make any new connections at the conference?

Have you embarked on something that is making life better for your community?

Are you looking for help or partners to progress something?

Please let us know what you have been up to since the conference and we will include it in the next issue of MLB News.

MLB Network Contact Details

If you need to speak to anyone regarding the Network or MLB News please contact us by email at: MLBNetwork@hscni.net

The aim of this newsletter to help you, to help all of us, as we work to make life better with useful information, updates and announcements. If there is anything you wish to see included, anything you want to submit to be included or anything you want to ask network members, please just let us know by [email](mailto:MLBNetwork@hscni.net).

If you have received this but aren't yet part of the network and want to keep up to date with MLB, please click [here](#).

If you wish to unsubscribe please click [here](#).