

Who should be getting involved?

mPower will be asking a range of stakeholders to get involved in each of the target communities:



GPs and other primary care professionals
(health and social care)



Third sector and independent organisations
with an interest in supporting the health and wellbeing of older people



Local people
in collaboration with project partners and stakeholder organisations

Want further information?

To keep up-to-date with mPower developments in your local community, please visit the mPower website, where you will also find the contact details for your local mPower project team.



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Visit the mPower website
mpowerhealth.eu



Southern Health
and Social Care Trust



Western Health
and Social Care Trust



What is mPower?

mPower is 5-year EU-funded project operating in the border counties of Republic of Ireland, Northern Ireland and Scotland. It will create a cross-border service for older people (age 65+) living with long-term conditions.

From late 2017 to December 2021, the mPower team will work with communities to enable people to take the steps needed to live well, safely and independently in their own homes by self-managing their own health and care in the community.

Community Navigators will be employed to work with people referred from health and care services to develop wellbeing plans connecting them to activities in their community as well as connecting them to technology to enhance support for health and wellbeing.



A project supported by the European Union's INTERREG VA Programme, managed by the Special EU Programmes Body (SEUPB)

What services will mPower provide?

The personalised wellbeing plans will focus on supporting self-management. They will include:

Social prescribing

Connecting people to local activities and services which support health and wellbeing – will be a key component of the plans.

Digital Health interventions

Including Integrated home and mobile monitoring solutions, digital health and wellbeing apps and video enabled care solutions.

Over the next four years, mPower will support:



2500

people through the development of wellbeing plans



4500

digital health interventions

How does mPower fit with other activities related to keeping people well in the community?

In 2017, we are engaging with target communities to find out what social prescribing activity and technology enabled health and care pathways already exist and make sure mPower complements them.



Who are the partners?

NHS National Services Scotland (NSS) is the lead partner.

Health and social care services across the three areas are involved as deployment partners:

Republic of Ireland	Northern Ireland	Scotland
Health Service Executive	Southern Health and Social Care Trust	NHS Ayrshire and Arran
	Western Health and Social Care trust	NHS Dumfries & Galloway
		NHS Western Isles

The **Scottish Council for Voluntary Organisations (SCVO)** is managing communications and coordinating engagement of the third sector and other stakeholders.

The **University of the Highlands and Islands** is evaluating the project.

The project is also supported by **Cooperating And Working Together (CAWT)**, a partnership between the health and social care services in Northern Ireland and Republic of Ireland to facilitate cross border collaborative working.

How is it funded?

The mPower project is funded through the **European Union's INTERREG VA Programme**, designed to promote greater levels of cross-border co-operation. Match funding is provided by the Northern Ireland Executive, the Irish Government and the Scottish Government.

The project budget is **€8,700,000**.

