

## Healthy Ireland Sub-Group Report

Prepared by: Brian Toomey, PPN Social Inclusion Rep to LCDC

Meeting Date: 21<sup>st</sup> May 2018

The meeting today of the Healthy Ireland Subgroup was a roundup of the projects that had taken place in Strand 1. There were 13 Actions in total , with 12 completed as follows;

1. Comhairle Na Nog- Youth Health Awareness programme. A very comprehensive report by Paula Kelly (Comhairle Na nOg/FDYS) was presented to the Committee and was regarded as a great success.
2. Sports Club for children with a disability. Fran Ronan gave a report on the wheelchairs that were bought and are used on the Astro Turf in Enniscorthy.
3. Playground Marking. 24 Schools participated in this project and simple as it sounds, it provides great activity and physical activities for the children.
4. School access to Swimming. Over 1400 children were introduced to Swimming Activities on this programme, which was one of the largest programmes in the country.
5. Physical Activity Programme for Men Sheds Groups. A new game of “Scooch”, which is a version of Shuttle board, was put in place and it has taken off big time.
6. Inter County Tobacco Free Ireland Plan was also introduced and the younger generation took to this in a big way with Film Making and a Poster campaign to highlight the dangers of smoking..
7. Cycle without Age Rickshaw. A Rickshaw for two persons has been purchased and is in situ in JFK Park and while some obstacles were presented re insurance and training these have been overcome. It will be launched in the coming months.
8. The 9 Stones Cycle Route. This is a 118K Loop with starts in Bunclody and Gorey in conjunction with the Carlow, Wicklow and Wexford Co. Co. Not for the faint hearted it takes about 5 hours. Marker Boards will be erected in Bunclody and Gorey ASAP and it will be launched publicly very soon although the press release and some radio announcements have already been released.
9. Healthy Ireland COOK IT (proposed by Wexford PPN)- run through the HSE with 4 community trainers trained to deliver the programme in their own communities.
10. F. A. I. Walking Soccer. This was a very successful Programme and there will be more news on something similar this summer.
11. LCDC AIRO Profile Health & Heat Map. This is to do with identifying Loneliness and is ongoing with a study being done in Maynooth College and more will be available soon.
12. LCDC Healthy Cities & County Application. This is well under way and more to come soon.

The 13<sup>th</sup> action that did not take place was Weaning Clinics.

We then went on to discuss the funding and Actions for the 2018 Programme. It all sounds very positive and worthwhile. 2018 will have 8 Actions with possible funding of €75,000. The LCDC applies for this funding and the closing date is 25<sup>th</sup> May 2018 (extended from 11<sup>th</sup> May).

More information on Healthy Ireland is available here

<https://www.pobal.ie/fundingprogrammes/healthy%20ireland/pages/healthy%20ireland.aspx>