



Healthy

KILDARE

Round 3 Summary Report

PREPARED BY

Laura Kelly
Healthy Ireland Coordinator



Healthy Kildare



Comite um Fhorbairt Pobail Aistriúil Chill Dara
Kildare Local Community Development Committee



CHILDREN & YOUNG PEOPLE'S SERVICES COMMITTEES
Kildare



government supporting communities



Rialtas na hÉireann
Government of Ireland

'The Healthy Ireland Fund supported by the Department of Health and the Department of Children, Equality, Disability, Integration and Youth'

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1. What is Healthy Ireland in Kildare?

Healthy Ireland is a national response to improve health and wellbeing across the country, a framework for improved health and wellbeing sets out the vision, goals and priorities for 2013-2025. In late 2017, an application for funding in Kildare was made jointly by the Kildare Local Community Development Committee (LCDC) and the Kildare Children and Young Peoples Services Committee (CYPSC). Both organisations have responsibility for the coordination of Healthy Ireland Strand One funding in Kildare, provided by the Department of Health and administered by Pobal.

A joint Healthy Ireland Sub group meets bi monthly and reports into Kildare Local Community Development Committee (LCDC) and Kildare Children and Young Person's Services Committee (CYPSC). The programme is supported by the Healthy Ireland Co-ordinator in addition to the LCDC and CYPSC Coordinators.

Healthy Ireland One:

In late 2017 the Department of Health funded the first round of Healthy Ireland Initiatives through a joint application from Kildare Local Community Development Committee (LCDC) and Kildare Children and Young Person's Services Committee (CYPSC). €138,400 was available to improve health and wellbeing across the county. A small sample of the activities funded across Kildare from January to March 2018 includes: Dance targeting older people, mental health programmes, couch to 5k in targeted communities, the development of a website outlining the impact of cannabis use, health and wellbeing information events, physical activity programmes engaging with people with disabilities.¹

Healthy Ireland Two:

Following on from a very successful first programme further funding of €112,100 became available in 2018. A second joint application was made by Kildare LCDC and CYPSC to build on the first round of funding. Initiatives funded during round two include; a series of train the trainer and health and wellness

¹ A report outlining the programmes that took place under Healthy Ireland Round 1 is available from <http://www.kildarelcdc.ie/publications-links/>

programmes for 'Active Communities', A Health and Wellbeing Symposium Conference, Heads Up young men's' programme, Social Farming and the development of a youth informed website 'Tobacco, Cannabis and You'. In addition to the funded initiatives, organisations worked closely with Kildare libraries through "The Healthy Ireland in your libraries" and participated in a social media workshop funded by Kildare LCDC.

Healthy Ireland Three:

A third joint application for Healthy Ireland Funds was made by Kildare LCDC and CYPSC in September 2019. An initial sum of €374,100 was approved for Kildare, an additional allocation of €70,147 extended the programme from July 2021 to December 2021 (total budget €444,247). A further extension was granted from December 2021 to March 2022 with no additional funds received for this period. This was to acknowledge the impact of the COVID 19 pandemic on implementation nationally. Actions under round 3 Healthy Ireland funding were completed by 31st March 2022 with a total spend of €427,322.02. The slight underspend of €17,013 was largely due to unspent funding associated with the Co-ordinator post which was vacant for eight months in 2021.

All actions are now implemented under the LCDC/CYPSC Healthy Ireland Programme in Kildare. Evidence across the actions highlighted the impact of the HIF Round 3 funding for Kildare. Programmes targeted the most disadvantaged communities and target groups which is very positive. Examples are outlined below of work that has taken place with the most vulnerable to promote and support healthier lifestyles- homeless children and families, people living with addiction, disadvantaged teenage girls, older people, people with disabilities etc.

While Covid-19 was a significant challenge for all actions during round three, support to request changes and adapt delivery of actions has resulted in a completed programme of work. A key success of the overall Healthy Ireland programme in Kildare is due to the collaboration and work of the HI Subgroup, LCDC and CYPSC members. This is evidenced from the joint LCDC/CYPSC application for Round 3, the continued collaboration in areas such as the Healthy Kildare Plan and an active and supportive subgroup with ongoing reports to both LCDC and CYPSC members.

Kildare HI Round 3 Actions

The programme of work under Strand one of the Healthy Ireland Fund and Community Mental Health Fund set out ten actions funded in Round 3.

1	Motivate and Activate, Kildare Sports Partnership	€106,000
2	Support for Homeless Families, Peter McVerry Trust	€94,508
3	Social Farming, County Kildare LEADER Partnership	€10,000
4	Safer Alcohol Programme, South Western Regional Drug and Alcohol Task Force	€8,700
5	Community Engagement	€44,946
6	Kildare Health and Wellbeing Plan, Kildare LCDC	€18,475
7	HIF Coordinator	€67,500
8	Rural Men's Programme, Heads Up Kildare	€32,050
9	Regional Family Support Service, Hope Cottage	€32,050
10	Community Mental Health Fund Action: Small Grants	€30,000

Total €444,247

3.1 HIF Action 1: Motivate and Activate, Kildare Sports Partnership

Kildare Sports Partnership (KSP) continued to promote physical activity for people in Kildare under Healthy Ireland Round 3. The Motivate and Activate action primarily focused on four target groups; Teenage Girls, Older Peoples Wellbeing, Children's Physical Literacy and Targeting people with disabilities and the most disadvantaged.

✓ Teenage Girls

Teenage girls were identified as a key target group, as national and local evidence highlights their lower than average participation in physical activities. This engagement is even lower amongst disadvantaged young women. Eighty four teenage girls engaged in programmes across Kildare. A mindfulness and exercise programme took place for teenage girls in Ard Scoil na Traniode, Athy. Kayak sessions were delivered as part of the Her Outdoors Week and Teen connect week. GAS (Girls CreActive Space) ran a pilot programme leading on from the Sport Ireland Hackatho.

✓ Older Adults

Older people were identified as a key target group, as aging reduces engagement in physical activity whereas evidence points to the positive impact of physical activity on health outcomes. One hundred and fifty older adults engaged in activator pole sessions delivered both indoor and outdoor across across Kildare. New tutors have been trained to lead sessions across the county. New locations were established alongside with locations previously worked in. Programmes took place in Naas, Newbridge, Celbridge, Kilcullen, Monasterevin, Narraghmore, Suncorft, and St Laurances. Forty people took part in somatic dance classes and exercise for wellness in Celbridge, Co. Kildare. Enjoying a 3-5km walk in Castletown House, Celbridge.

✓ Back to Basics/Physical Literacy Programme

Engaging children in physical activity at a young age is recognized as being key to engagement in the longer term. A Back to Basics/Physical Literacy Forum 'Understanding Physical Literacy in Kildare' was attended by over three hundred people. This was followed by the basic theory and practical skills module "Back to Basic's". The basic module was designed to inform parents, volunteers, and coaches of the importance of early development of physical literacy in a pre-sport participation environment. Coaches

received an equipment “starter pack” to support the delivery of practical activities for the development of physical literacy.

✓ **Targeting people with disabilities and the most disadvantaged.**

People with disabilities engagement in physical activity is far lower than average levels. Over eighty five people were up skilled in disability education and training programmes. Five programmes were delivered in Sport Inclusion & Disability Awareness Training, Autism in Sport, Disability Inclusion Training. A number of clubs are more sustainable as a result and offer a wider variety of inclusive programmes.

Sixteen young people engaged in the Integration through Sport Programme in Athy in December 2021. A diverse group including members of the Traveller Community, ethnic minorities and teenage girls engaged in this programme. Over a course of twelve weeks young people engaged in fitness and boxing workshops and ended with a trip to the Irish Junior Boxing Championships at the National Boxing Arena.

Twenty four volunteers were trained under the Community Outdoor Leadership Award ‘COLA Programme’. This created 18 new outdoor programmes across Kildare engaging three hundred and eighty two participants regularly in various activities.

The funding allocated to KSP through this round of Healthy Ireland funding was €106,000. Covid 19 affected the number of people engaged and programme delivery in places. However, changes were made; additional equipment was purchased and in total over twelve hundred people engaged in activities funded under Motivate and Activate action during Healthy Ireland Round 3.



Teenage Girls Kayaking and GAS Programme



Disability Awareness Workshop



COLA Programme



3.2 HIF Action 3: Support for Homeless Families, Peter McVerry Trust

Homeless children and their families are amongst the most vulnerable cohort nationally. Their health outcomes are traditionally very low compared to national average levels. Building the capacity of parents in a parenting role enhances child development and wellbeing, particularly mental health and wellbeing.

Peter McVerry Trust employed a hub worker who engaged thirty of the most vulnerable families in a new programme, the Parenting Support and Community Integration (PCSI) programme. This included a total of One hundred and five unique participants' forty seven adults and fifty eight children. The PCSI worker engaged with families both individually and over the phone depending on Covid-19 restrictions. In total there were five hundred and fifty seven engagements with participants during this programme. During these interactions a number of supports were identified and followed up. Other engagements in health related activities and support include;

- One hundred and twenty two activity engagements include National Play Week Sports Day, Summer Activity Packs, Smiley Eiley Workshop, oral hygiene packs, family day trips to cinema, Kildare Maze and K Bowl, Halloween Arts & Crafts, Halloween Activity Packs and a Healthy Halloween Pizza Pack, St Patrick's Day activity, Pancake Tuesday activity
- Twenty Eight Educational Engagements include enrollment in school and other educational programmes, referral to other services and childcare support.
- Eleven Mental Health Engagements include assessment, referrals and engagement in support.
- Sixteen Physical Health Engagements include assessment and health related applications, programme referrals and joining local clubs.
- Sixteen Finance and Budgeting Engagements include link to local community welfare officer, application for third level grants and other payment benefits and application for official family documents.
- Ten Progression and Community Integration Engagements include transfer of services, supplementary welfare and house viewings.
- Four families were supported to transfer services to their local area, such as GP, public health nurse and schooling
- Five Domestic Violence Engagements include linking with solicitor, referral to Teach Tearmainn and other Domestic Violence programmes.

- Inter-Agency Engagements with thirteen local organisations include Kildare West Wicklow Domestic Violence Meetings, Family Resource Centres, Roma Community and Supports, Teach Teamainn , Early Childhood Education Services, Kildare County Council, Primary Schools, Local Libraries, Kildare Wicklow Education Training Board, Community Welfare Officer, Lead Practitioner Meitheal, Obair, Primary Care Centre

The funding allocated to Peter McVerry Trust through this round of Healthy Ireland Funding was €94,508. Over one hundred people from thirty of the most vulnerable families in Kildare who were directly affected by homelessness took part in activities organized through this initiative.

Oral Hygiene Pack



Halloween Activity and Healthy Pizza Pack



National Play Week Sports Day and Packs



3.3 HIF Action 4: Social Farming, County Kildare LEADER Partnership

People with disabilities and experiencing mental health issues experience low health outcomes. Social farming provides people with the opportunity for inclusion, social interaction, to increase self esteem and to their overall health and wellbeing. County Kildare LEADER Partnership coordinated with Social Farming Ireland to offer eleven participants, eight males and three females work placement activity on family run farms in Kildare as a form of social support. A total of one hundred and ten days placement were completed by participants from KARE; Dara Community Living; Kildare West Wicklow Mental Health Service, Stewards Care and St. John of Gods.

Final placement blocks were completed in December 2021, an evaluation of outcomes for participants included; Social Interaction and engagement in the local community; increased physical activity; routine building; and many new 'farming skills' have been acquired by participants.

Overall the placements by participants have been greatly appreciated. Numbers were reduced slightly due to concerns relating to Covid19. There was a greater demand than places available from people in care of St John of Gods.

This Initiative received €10,000 funding from Healthy Ireland Fund Round 3 which was match funded by County Kildare LEADER Partnership through the Social Inclusion Community Activation Programme.



Social Farming Placements

3.4 HIF Action 5: Safer Alcohol Programme, South Western Regional Drug and Alcohol Task Force (SWRDATAF)

Alcohol related harm is an ongoing issue for sporting clubs; the need for this action was highlighted through community action on alcohol programmes. The Safer Alcohol Programme was developed to provide support to communities to promote a healthier club culture. This action added value to SWRDATAF Community Action work and supported sports clubs in relation to alcohol related harm. Connections were made with sports clubs through Kildare Sports Partnership and this developed an understanding of the expectations and pressures put on volunteer led clubs. Initially four information sessions were carried out engaging sixty two people. Two additional community engagement pieces targeted areas of Maynooth and Newbridge. Two clubs signed up for Safer Accreditation with one hundred and forty club members involved and thirty eight participants took part in No/Low Alcohol Challenges.

Through this action the Safer Club branding, model, resources, and the process for making clubs SAFER in relation to Shielding their members from alcohol related harm was developed and implemented.

Healthy Kildare partners supported the development of the SAFER Club accreditation and provided access to groups which engaged in the development and implementation of the SAFER Clubs Shield.

This action was allocated €8,700 and provided low/no alcohol challenges for Sober October and Dry January. The Safer Alcohol Programme was developed and piloted with two sports clubs and work continues on this post HI Round 3 as part of the ongoing community action under SWRDATAF.



Safer Club Promotion, No/Low Alcohol Challenge, Safer Accreditation Mark

3.5 HIF Action 6: Community Engagement

Healthy Kildare engaged with the public in a number of ways as set out in the grant agreement;

1. Online Communication

Healthy Kildare share information online through the LCDC Webpage and @HealthyKildare Social Media Platforms on Facebook and Instagram. Since setting up the social media pages in August 2021 content has reached an audience of over 36,000 across Kildare. Almost 2,000 individuals follow @HealthyKildare on social media since it was established.

2. Procure Healthy Ireland Merchandise

A range of Healthy Ireland merchandise was available to project partners during HIF Round 3. In addition to project partners use of merchandise, Healthy Kildare also attended a range of public events and provided merchandise. For example; Bishopsland Community Roadshow, World Aids Day at parkrun, Kildare County Council/Older Voices Christmas Hampers, St Lawrences Operation Transformation Walk, Positive Ageing Walk at parkrun, International Women's Day Health Fair, Mental Health Ireland Hello How are you Campaign in Whitewater Shopping Centre and Maynooth University, Dawn Walk Kildare, Darkness Into Light Athy. This helped to build awareness of the Healthy Ireland Programme and supported local initiatives promoting health and wellbeing.

3. Capacity Building Initiatives

Kildare Sports Partnership delivered three key programmes to build capacity and target disadvantaged groups/communities. Integration Through Sport, COLA Programme and Back to Basics Physical Literacy Programme.

On request from Clane Irish Wheelchair Association for a health-related Programme, Healthy Kildare partnered with Kildare Sports Partnership and the Social Inclusion Community Activation Programme of County Kildare LEADER Partnership to provide a Healthy ME Programme which encouraged healthy eating and increased physical activity for over thirty service users.

Healthy Kildare also partnered with agencies across the county to organise a Positive Ageing Walk at parkrun in three locations engaging three hundred and seventy three people across Kildare.

The Community Engagement action was allocated €44,964 to engage with communities across Kildare. This funding was administered by Kildare Sports Partnership with support from Healthy Ireland Coordinator.



Women's Health Fair, Newbridge



Bishopland Roadshow, Kildare Town



Positive Ageing Christmas Activity Pack



Kilcock parkrun, Postive Ageing Walk



Integration Through Sport, Athy



Healthy Me, IWA Clane

3.6 HIF Action 2: Kildare Health and Wellbeing Plan, Kildare LCDC

The Healthy Kildare Plan sets out a local approach to the implementation of Healthy Ireland in County Kildare, providing a roadmap to help improve health and wellbeing of everyone living in the County.

The Healthy Kildare Plan is now complete and will be published shortly. HI Kildare Subgroup and the Healthy Ireland Coordinator led on the planning process with the external consultants engaged.

Twenty two interviews and two group workshops were facilitated by the consultants, one online survey was developed and distributed to organisations across the county and publically through social media. One hundred and sixty two individuals and forty three organisations engaged in the consultation process, findings were analysed to set the vision, goals and objectives for the next five years.

The consultation process identified clear patterns and trends in relation to the emerging health priorities for County Kildare. Six priority areas identified are include;

- 1 Mental Health Support
- 2 Tobacco, Drug and Alcohol Support
- 3 Family Support
- 4 Healthy Lifestyles
- 5 Healthy Spaces and Places
- 6 Research and Evidence

Three key themes emerged from the consultation feedback framing the plan for 2022-2026

- ✓ Healthy People and Communities
- ✓ Healthy Connections and Partnerships
- ✓ Healthy Places and Environments

The budget allocated for this action was €18,745. This plan will play an important role to inform the future health and wellbeing initiatives and funding submissions into the future.

3.7 HIF Action 7: HIF Coordinator

The Healthy Ireland Coordinator position was new to Healthy Ireland Round 3. The role of the coordinator is to work with the Local Authorities, Healthy Kildare Subgroup, LCDC and CYPSC to deliver a programme of work for Healthy Kildare.

Some of the actions carried out by the Healthy Ireland Coordinator were;

- Supporting project partners to complete their actions.
- Working with consultants, LCDC, CYPSC and HI Subgroup to develop the Healthy Kildare Plan.
- Accounting for the overall financial and progress reporting to Pobal, HI Subgroup, LCDC, CYPSC.
- Collaboration with other agencies and leading the development of new initiatives such as the Positive Ageing Walk at parkrun and the Healthy ME Programme.
- Developing a platform for sharing Health and Wellbeing information through Social Media.
- Community Engagement, procuring merchandise and promoting health and wellbeing where appropriate.
- Working with other agencies and groups such as Kildare Mental Health Association and the Child and Family Support Network.
- Representing Kildare at Local and National HI Meetings and Events.

Positive Ageing Walk at parkrun





Healthy Kildare, Kildare Sports Partnership and SICAP presenting service users at Clane Irish Wheelchair Association with Healthy Me Packs



Mental Health Ireland Hello, How are you Campaign and Dawn Walk Kildare Launch

The Healthy Ireland Coordinator action allocated €37,500 to County Kildare LEADER Partnership to employ a Healthy Ireland Coordinator; initially a part-time coordinator was in post until January 2021. An additional €15,000 funding was received in July 2021 to employ a coordinator on full time hours until December 2021. The programme was extended further and another €15,000 was received to retain the coordinator until end of March 2022. A total budget of €67,500 was received under the Healthy Ireland Coordinator Action with a balance of €18,000 remaining due to the gap in post from January - August 2021. Sanction has recently been given to recruit the HI Co-ordinator on a three year contract through Kildare County Council in line with national agreements. This process has commenced.

3.8 Community Mental Health Fund Action 1: Rural Men's Programme, Heads Up Kildare

Men are four times more likely to die by suicide than women. In 2016 Kildare had the fourth highest rate of male suicides in Ireland. Men with mental health issues have substantial challenges with their health and wellbeing. Heads Up target's men with mental health issues to engage in a defined programme. Alongside managing mental health, physical activity is a key component of the programme. It was identified that the rural Northwest of the County as a target area for engagement by the LCDC. The wellbeing coordinator for Heads Up Moving on Programme designed, printed and distributed promotional materials in areas across Northwest Kildare. Promotional materials were publicised through email and Social Media to raise awareness of Healthy Ireland funded programmes. Programmes were designed to meet the needs of the men engaging with the service and as a result;

A total of one hundred and three men engaged in the Heads up Moving on Programme and social prescribing support, fifty one men availed of supports and programmes provided by the Moving on Wellbeing Coordinator and an additional fifty two men engaged in the online wellness webinars. Almost twenty four hours of support was spent with men on the phone during times of restrictions.

Wellness webinars;

1. Male Identity & Masculinity in partnership with Mindmatters
2. Move to Boost your Mood in partnership with Kildare Sports Partnership
3. Motivation & Goal setting in partnership with Eric Donovan, Pro Boxer.

Wellness programme; A four week wellness programme was planned, promoted and delivered with men engaged in the Moving On service and through the wider North West Kildare Area. The sessions took place weekly, in-person in ACDAL Community Centre for the month of November 2021. All those who attended reported improved self confidence, improved ability to manage their mental health, improved sense of friendship and community friendship and community and having increased hope.

Counselling Support; forty seven men were referred for counselling support with a total of thirty five men taking up the opportunity. For those that availed of the no cost counselling there were positive increases in their mood and self management of their mental health.

Men's Shed Workshops; two workshops were held in the Men's Shed titled Building a Wellness Toolbox.

Initially €32,050 was allocated to this action and an additional €1,051.44 was secured through reallocation of underspent funding. Total funding available for this action €33,101.44 which supported one hundred and three men.

Heads up Team Planning Session



Moving on Programme Posters

Free counselling service

Our professional counselling service is available to men 18+ in North West Kildare

Contact Sinead O'Kane from Moving on Kildare on 0867702907 or email headsupwellbeing@countkildare.ie

MOVING ON KILDARE

FREE
A FREE, USER-LEAD SERVICE

Aimed at MEN in the North West of Kildare. Aged 18+ who are STRUGGLING and REQUIRE SUPPORT

SOCIAL prescribing SERVICE. Linking men with sources of SUPPORT & SOCIAL activities within the COMMUNITY

Focused on CONNECTING MEN and improving their WELLBEING

Contact WELLBEING and RESILIENCE Coordinator Sinead O'Kane

MOVING ON KILDARE

Wellness Programme

- Are you male & living in Northwest Kildare?
- Are you stressed, lonely or isolated?

Would you like to attend a 4-week Wellbeing Programme (2 hours - one day a week) in ACDAL, Allenwood in November

Contact Sinead at 086 7702907
headsupwellbeing@countkildare.ie
lorha@countkildare.ie

EXAMPLES OF COMMUNITY GROUPS

- Men's Groups
- Men's Sheds
- Parenting Groups
- Health & Fitness Activities, e.g., Park Run, Walking Groups, etc.
- Creative pursuits such as creative writing/drama groups
- Self Help Groups
- Education & training opportunities
- And much more

MOVING ON KILDARE

Contact Us
Sinead on 086 770 2907
headsupwellbeing@countkildare.ie

SOCIAL CONNECTIONS PROMOTING GOOD PHYSICAL, EMOTIONAL, & MENTAL WELLBEING

WHAT'S IT ABOUT

Moving on Kildare links people with sources of support in their communities encouraging them to get involved. As well as self-referrals it provides GPs and other medical professionals with non-medical options to improve health and wellbeing.

WHO IS IT FOR?

- Men 18+ living in Northwest Kildare
- Those being dismissed, lonely or isolated
- Those who enjoy the company of others and would like to explore options available in their community

BENEFITS

- Learn a new skill or participate in a new activity
- Improve your mental and physical health
- Meet new people
- Receive social supports from others
- Increase self-confidence and self-esteem
- Become involved in your community

"Social connections are an important protective factors to help maintain and promote good physical, emotional and mental wellbeing"

WHAT HAPPENS WHEN SOMEONE IS REFERRED?

The Health & Wellbeing Coordinator will:

- Spend time talking to the client about activities which interests them, explore hobbies and identify opportunities for involvement in the community
- Support the client to put a plan in place
- Check back in with the client to see how they are getting on & offering additional support where needed.

3.9 Community Mental Health Fund Action 2: Regional Family Support Service, Hope Cottage

Families affected with addiction are amongst cohorts with lower health outcomes. South Western Regional Drug and Alcohol Task Force supported the employment of a Family Support Worker for Hope Cottage to strengthen supports for families impacted by substance misuse. The family support worker delivered the five-step intervention and evidence based programme to thirty five clients. The family support group was offered on a weekly basis via Zoom, due to Covid 19 and ongoing governmental restrictions and lockdowns. Due to using the medium of Zoom, the meetings were attended by a wider cohort of service users. The programme developed and expanded in the past year and barriers such as travel were no longer an issue.

This programme had a positive impact and outcomes on service users providing clients with realistic coping tools and skills which improved everyday life and aided the reduction of everyday stresses and strains of living with addiction.

An evaluation of the service was completed in January 2021. Feedback on the level and type of support, information and updates were received via text and email and the overall service being offered. All feedback was extremely positive. This work was reviewed regularly through COVID restrictions. Clients were referred and signposted to other appropriate agencies as deemed both essential and beneficial to them.

Initially €32,050 was allocated to this action, an under spend of €1051.44 was reallocated to Heads Up Moving On Programme for Counselling Support. Total funds for this action was €30,998.56.

Hope Cottage, Family Support Kill



3.10 Community Mental Health Fund Action 3: Small Grants

Small grants of between €2,000 and €5,000 were awarded to support local community mental health initiatives. This funding was prioritised for applicants providing locally based low/no cost counselling. Seven Projects were allocated funds under the Small Grants Scheme in Kildare totaling €30,000:

Halo: Six young people engaged in a ten week programme aimed at addressing both substance misuse and mental health issues. A combination of face to face and online meetings was provided for participants. Sixty sessions were offered to young people with forty two sessions attended.

Hope D: One hundred and forty eight sessions of no cost counselling were provided to 40 people in the Newbridge and surrounding areas. This fund targeted multi cultural ethnicities in these areas and invited people from local direct provision centers to engage in support where needed.

Leixlip Youth Project: Thirty four young people took part in a variety of sessions to promote positive mental health. Workshops included; dance/zumba, healthy eating, cooking skills, graffiti art, self defense and building resilience and reducing anxiety. Young people were supported to engage in open conversation with peers and staff. Staff referred young people to In Sync counselling where required.

Willow Community Counselling: One hundred and six counselling hours were provided at no cost to twenty clients, fifteen of those became drug free and three who were in the judicial system have not reoffended.

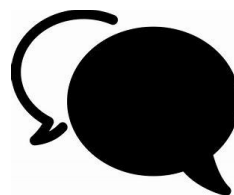
ACDAL: provided one hundred counselling sessions at no cost to twenty clients ranging from 18-65years. Feedback from clients was positive and three people would like to continue sessions

FAIM: provided a twelve week no cost music therapy workshop for six young people 8-17yrs in North Kildare.

Teach Dara: Twenty three clients ranging from under 12 to over 66years engaged in one hundred and seventeen counselling hours at no cost. Services continued throughout lockdown and allowed young people to access support without a waiting period when needed.



149 People



500+ Sessions












€29,968.55

4. Overall Assessment

Healthy Ireland Round 3 was very successful and built on the foundations and learning from round one and round two of this funding stream. While a national commitment to future funding is in place through HI 4, it is not clear a) what the criteria for application is, b) when the application process will take place and c) how much funding is available for Kildare. It is expected that this will be clarified shortly.

It is disappointing that indications are that future funding through Local Community Development Committees and Children and Young People's Services Committee cannot be combined. This collaboration has been a core strength of the Kildare programmes to date.

This programme engaged over 5,500 people across the county and particularly targeted the most vulnerable communities, groups and individuals. This doesn't account for the cascading effect of the programme impacting on participants families and communities because of their engagement in this HI programme.

 <p>Motivate and Activate</p>	 <p>1200 People, 10 Train the Trainer</p>	 <p>€105,945.63</p>
 <p>Support for Homeless Families</p>	 <p>30 Families 105 People</p>	 <p>€94,865.47</p>
 <p>Social Farming</p>	 <p>11 People, 110 Placement Days</p>	 <p>€10,000</p>



Safer Alcohol Programme



**2 Safer Clubs
330 People**



€8748.70



Healthy Kildare Plan



**22 Interviews
205 People**



€18,102.00



Community Engagement



**3000 People
2.000 Social Media**



€44,949.95

HEADS UP

supporting U and your mental health

Heads up, Rural Men's Health



**35 Counselling
103 People**



€34,396.56



Hope Cottage Regional Family Support Service



**5 Step Interventions
35 Clients**



€30,998.56



County Kildare LEADER PARTNERSHIP

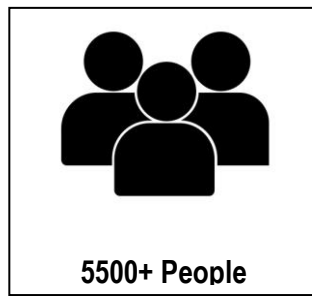
Healthy Ireland Coordinator



**2 Collaborations
500 People**



€44,949.95



Community Resilience Fund

The Community Resilience Fund was an additional stream of funding for Kildare under Strand One Healthy Ireland Funds. This was to respond to Covid19 and was administered by CYPSC and Kildare County Council. €124,500 was available through this fund to support services across Kildare in 2020. This funding was in addition to the €444,247 allocated to HI Round 3.

Kildare CYPSC allocated €18,500 to services across Kildare under the theme *'Managing Your Mood'* and Kildare County Council allocated €106,000 to support services to deliver programmes under three themes; *Your County; Switching off & Being Creative; Staying Connected [Community Call]*.



The following outlines a short assessment of HI Round 3 funds

- The programme of work for round three was set out prior to **Covid19**. This had implications for actions which required in person delivery or support. The challenges are not to be underestimated, and were compounded in Kildare, which was restricted throughout August 2020 while the rest of the country had opened up. The flexibility to request change and adapt the programme of work was imperative to actions being completed under this round of funding. All of the project partners responded to Covid19 and successfully completed their actions and achieved their outcomes.
- **Collaboration** continues to work and was key for achieving outcomes. This was evidenced through:
 - The joint LCDC and CYPSC approach allows for greater impact, learning and reduces duplication. The programme of work set out joint actions under LCDC and CYPSC to improve Health and Wellbeing across the county. Combining funding, agreeing priorities and working closely together throughout the programme was exceptionally positive.
 - The project partners worked together to develop new initiatives and support each other to complete their actions. Some actions were collaboratively funded outside of the funding available through HI. The Social Farming action was match funded by SICAP, while others were supported to continue after the end of Round 3 using other sources of funding.
- In the later part of this fund it became difficult to retain **staff** employed under Healthy Ireland actions. While contracts had been extended temporarily from December 2021 to March 2022 there was uncertainty pertaining to the continuation of funding post programme. Both staff employed under the Healthy Ireland actions resigned in December 2021. Working with project partners these positions were filled however a longer-term vision and sustainability of funds is required for future funding.
- Healthy Ireland Round three funding supported a **breath of programmes** and people across County Kildare. Actions included programmes and initiatives from young people right through to older adults. Programmes targeted the most disadvantaged people affected by homelessness, living in the most deprived areas, minority groups, teenage girls, people with disabilities and people

experiencing social exclusion. Project partners worked well together. This was evident in the support at local events.

- Over **five thousand five hundred** people engaged in Healthy Ireland Initiatives in Kildare through this funding. A health and wellbeing platform was developed for social media which continues to grow and currently has two thousand followers on @Healthy_Kildare through Facebook and Instagram.
- The programme in Kildare reflected excellent **value for money** at approximately €77 per person.
- The **demand and feedback** from those engaged in Healthy Ireland in Kildare was exceptionally positive.
- The support of **Pobal** through our liaison officer was very positive. The portal reporting system allowed a mechanism to track our work. However the reporting requirements are onerous, and do not enable a short, clear progress report for LCDC/CYPSC reporting purposes.

The demand, impact, success and outcomes achieved in Kildare through this funding are exceptionally positive. It is important that future HI programmes are funded through Kildare LCDC and CYPSC. Building on the collaborative work to date, as soon as possible will help to sustain, embed and develop new responses to support health and wellbeing, particularly targeting the most vulnerable.