

# Healthy Kildare Plan

2022-2026



Riailas 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'

# Table of Contents

## Forewords

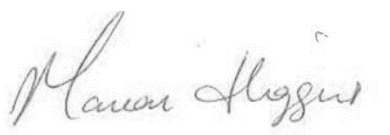
Marian Higgins, A/Chief Officer LCDC and A/Director of Services Economic, Community and Cultural Development, Kildare County Council .....	2
Audrey Warren, Tusla Area Manager Kildare/West Wicklow/Dublin South West, Chair, Kildare Children & Young People's Services Committee .....	3
Glossary of terms .....	4
Section 1: Introducing the Healthy Kildare Plan .....	5
Section 2: Setting the Healthy Kildare Plan in Context .....	10
Section 3: About County Kildare .....	28
Section 4: Developing the plan .....	27
Section 5: Consultation Findings.....	28
Section 6: Analysis.....	33
Section 7: Overview Healthy Kildare Plan 2022-2026.....	37
Section 8: Healthy Kildare Action Plan 2022-2026.....	41
Section 9: Monitoring the Healthy Kildare Plan.....	49
Appendix 1 Kildare LCDC/Kildare CYPSC Membership.....	50
Appendix 2 Consultation Participants .....	53
Appendix 3 LCDC/CYPSC HI Subgroup Members .....	54
Appendix 4 Recipients of HI Funding.....	55
References .....	56

## Foreword

Since 2017, Kildare has successfully implemented a Healthy Ireland programme of work through a joint approach between Kildare Local Community Development Committee (LCDC) and Kildare Children and Young People's Services Committee (CYPSC). Over the past five years more than €650,000 has been invested in organisations across Kildare through Healthy Ireland Strand One under the LCDC and CYPSC to promote overall health and wellbeing.

The ongoing success of this programme at both a County and National level has secured a further investment from government for the next three years. The Healthy Kildare Plan 2022-2026 presents the Health and Wellbeing priorities for Kildare during this time and beyond. Future health promotion through our local authority will work towards the vision of ***'A Healthy Kildare, where everyone can enjoy physical and mental health and wellbeing to their full potential, where wellbeing is valued and supported at every level of society and is everyone's responsibility'***. A collaborative approach is needed to drive the change to achieve this vision. The successful implementation of Healthy Kildare to date is a testament to the partnerships that have been developed over the course of the programme.

I wish to sincerely thank everyone who was involved in the development of this plan, from the Healthy Ireland Subgroup in Kildare, the Kildare LCDC and CYPSC and all those who took part in the planning and consultation process. Your engagement in the planning and development of the Healthy Kildare Plan is the foundation on which we build a Healthier Kildare and a brighter future for all.



---

Marian Higgins, A/Chief Officer LCDC and A/Director of Services Economic, Community and Cultural Development, Kildare County Council

## Foreword

Kildare Children and Young People's Services Committee (CYPSC) is delighted to partner with Kildare Local Community Development Committee (LCDC) in the development and implementation of the inaugural Healthy Kildare Plan.

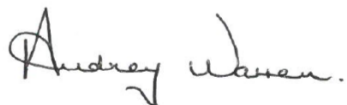
The development of a local plan that captures the shared health and wellbeing priorities for our communities in Co. Kildare is an important step towards improving the lives of children, young people and families in our county.

The Plan reflects the strong collaborative relationship between CYPSC and LCDC and the positive, supportive inter-agency context in which our member organisations undertake their work in Co. Kildare. The objectives and actions in the plan build on the learning and achievements from the programme of work that has been implemented by LCDC and CYPSC partners under Healthy Ireland Strand One since 2017.

A key priority in the development of the Healthy Kildare Plan was seeking out and listening to the voice of the people who live, work and study in our county. Central to this is the voice of children, young people and parents and we are keen to highlight and respond to their needs, as evidenced in the Plan.

I would like to extend my thanks to the LCDC/CYPSC Healthy Ireland Working Group, the Healthy Ireland Coordinator, the CYPSC Coordinator, the LCDC Coordinator and all those who shared their time and experiences to shape the plan, especially those who participated in the consultation process.

I look forward to continuing our work together to realise the goals of the Healthy Kildare Plan.



---

Audrey Warren, Tusla Area Manager Kildare/West Wicklow/Dublin South West  
Chair, Kildare Children & Young People's Services Committee (CYPSC)

## Glossary of Terms

ACES: Adverse Childhood Experiences  
CAMHS: Child and Adolescent Mental Health Services  
CHO: Community Healthcare Organisation  
CYPP: Children and Young People's Plan  
CKLP: County Kildare Leader Partnership  
CMHF: Community Mental Health Fund  
CSO: Central Statistics Office  
CYPSC: Children and Young People's Services Committee  
DEIS: Delivering Equality of Opportunity in Schools  
ETBI: Education and Training Board Ireland  
FRC: Family Resource Centre  
FS: Family Support  
GDA: Greater Dublin Area  
HAP: Housing Assistance Payment  
HI: Healthy Ireland  
HL: Healthy Lifestyle  
HSE: Health Service Executive  
KCC: Kildare County Council  
KSP: Kildare Sports Partnership  
KWETB: Kildare Wicklow Education and Training Board  
LCDC: Local Community Development Committee  
LECP: Local Economic and Community Plan  
LEO: Local Enterprise Office  
LESN: Local Employment Services Network  
LGBTI+: Lesbian Gay Bisexual Transgender and Intersex  
MHI: Mental Health Ireland  
MHS: Mental Health Support  
PCRS: Primary Care Reimbursement Services  
PPN: Public Participation Network  
R&E: Research and Evidence  
S&P: Spaces and Places  
SDG: Sustainable Development Goals  
SDH: Social Determinants of Health  
SICAP: Social Inclusion and Community Activation Programme  
SWRDATAF: South Western Regional Drugs and Alcohol Task Force  
TDAS: Tobacco, Drugs and Alcohol Support  
UN: United Nations

# Section 1: Introducing the Healthy Kildare Plan

## About Healthy Ireland in Kildare

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 plan is developed and published jointly by the Kildare Local Community Development Committee (LCDC) and the Kildare Children and Young People's Services Committee (CYPSC) as the organisations with responsibility for the coordination of Healthy Ireland Strand One funding in Kildare. <sup>1</sup>This funding is provided by the Department of Health (DOH) and the Department of Children, Equality, Disability, Integration and Youth (DCEDIY) and administered by Pobal and Tusla.

This plan and the actions and commitments within it reflect a collaborative and interagency approach towards the vision of:

***A Healthy Kildare, where everyone can enjoy physical and mental health and wellbeing to their full potential, where wellbeing is valued and supported at every level of society and is everyone's responsibility***<sup>1</sup>.

The strong track record of collaboration between the LCDC and CYPSC in Kildare has helped to foster relationships, build connections, and ensure widespread consultation and engagement in the development of this plan. This plan identifies the key health and wellbeing priorities in Kildare over the next 5 years and the responses required. It is anticipated that this plan will fit directly into and align with the next Kildare Local Economic and Community Plan (LECP). It will also inform the Kildare CYPSC Children & Young People's Plan (CYPP) 2023-2025.

The Health Services Executive (HSE) is represented on both Kildare LCDC and Kildare CYPSC and is a core strategic partner at national and local level. In addition to supporting Healthy Ireland through the LCDC and CYPSC structures in Kildare, the HSE has developed *Community Healthcare Dublin, South Kildare and West Wicklow, Healthy Ireland Implementation Plan 2018-2022* to support the implementation of the National HSE objectives under Healthy Ireland in the health services.

## About the Healthy Kildare Partners

### Kildare LCDC

Kildare Local Community Development Committee (LCDC) was established in 2014 as part of Local Government Reform. The LCDCs key function is to achieve joined

---

<sup>1</sup> See Appendix One for Kildare LCDC and Kildare CYPSC membership October 2022

up approaches to local and community development. It achieves this through a Local Economic and Community Plan (LECP).

The purpose of the LECP is to set out, for a six-year period, the objectives and actions needed to promote and support the economic development and the local and community development of Kildare. These actions will be agreed and implemented both by Kildare County Council, directly and in partnership with other economic and community development stakeholders. Kildare's first LECP expired in 2021 and a new local economic and community plan for the period 2022-2027 is currently under development.

In addition to Healthy Ireland, Kildare LCDCs programmes include:

- SICAP –the national Social Inclusion programme. The 2018-2021 programme is currently under review by Pobal and a new iteration of SICAP will be developed by 2023.
- County Kildare LEADER Programme 2014-2020- Provides grant aid through EU and Transitional National funding to support a range of enterprise, community and environmental initiatives. This programme has been extended until 2022 with a successor programme anticipated 2023-2027.
- Sláintecare Healthy Communities programme which recently commenced in Athy
- Kildare LCDC oversees a range of grant aid opportunities for community/voluntary groups targeting disadvantaged communities including Community Enhancement Programme, COVID 19 Response, LGBTI, Social Enterprise.
- Collaborative initiatives- Kildare LCDC was the basis for the development of the COVID 19 Community Response Forum and more recently the Ukrainian Community Response involving a broad range of statutory, voluntary and business interests

### **Kildare CYPSC**

Children and Young People's Services Committees (CYPSC) are a key structure identified by Government to plan and co-ordinate services for children and young people in every county in Ireland. The remit spans all children and young people aged from 0 to 24 years. The purpose of the CYPSC is to ensure effective interagency co-ordination and collaboration to achieve the best outcomes for all children and young people in their area. CYPSC is an initiative of the Department of Children, Equality, Disability, Integration & Youth (DCEDIY), hosted by Tusla, the Child & Family Agency.

The county-level structures bring together a diverse group of agencies to engage in joint planning. All major organisations and agencies working locally on behalf of children and young people are represented on the CYPSC. The Committees are responsible for improving the lives of children, young people and families at local and community level by improving provision and delivery of key services.



Kildare CYPSC was established in 2010 and developed its first Children & Young People's Plan (CYPP) for the county in 2011. The CYPP sets out the shared inter-agency priorities and planned activities of the 15 member organisations over a 3-Year period. Kildare CYPSC is embarking on the development of its 4<sup>th</sup> CYPP for the county (2023-2025).

### **Kildare LCDC and Kildare CYPSC: Strategic Partnership**

Kildare LCDC and Kildare CYPSC have developed a Memorandum of Understanding which guides the positive collaborative relationship between the two structures. This is a mutually valued strategic partnership working towards the shared goal of enhancing the lives of children, young people, families and communities in Co. Kildare.

## **Evolution of Healthy Ireland in Kildare**

The 'Healthy Ireland Fund' aims to support innovative, cross-sectoral, programmes and initiatives that support key national policies in areas such as mental health, physical activity, nutrition and sexual health, tobacco and alcohol and development of spaces and places for health and wellbeing. The Healthy Ireland Fund is intended as an innovative mechanism to stimulate and support inter-sectoral action and partnership working to implement Healthy Ireland, the national framework to improve health and wellbeing.

It is aimed at supporting the implementation of evidence-based initiatives and key policies and strategies under Healthy Ireland, including the Obesity Policy and Action Plan, the National Physical Activity Plan, Tobacco Free Ireland, the Sexual Health Strategy and others, and has a focus on supporting measures aimed at children and young families and disadvantaged groups or communities.

Since its inception, the fund has received an allocation of €5 million per annum (Budgets 2017, 2018 and 2019) from the Department of Health and including some funding from the Department of Children, Equality, Disability, Integration and Youth. This funding is allocated under two different strands:

- **Strand One** is offered to Local Community Development Committees (LCDCs) and Children and Young People Services Committees (CYPSCs) to make an application and receive funding. This funding is being used to support local implementation of health and wellbeing actions like those set out in this plan.
- **Strand Two** is used to support national level actions via statutory agencies. This includes for example a range of projects to support the National Physical Activity Plan, cycling and swimming initiatives, the Active School Flag physical activity programme and the Healthy Ireland at Your Library initiative.

Public libraries are currently delivering the nationwide Healthy Ireland at Your Library programme that will establish libraries as a valuable source within the community for health information. Funding granted by Healthy Ireland has enhanced health and



wellbeing book collections (digital and hardcopy), and provided for staff training, events, and promotion.

In 2019, an allocation of €1 million was made available under **The Community Mental Health Fund (CMHF)**, a national fund under the Department of Health’s, Mental Health Unit. It is a once-off programme to support local level initiatives that promote and enhance mental health and well-being. Funding was awarded to Local Community Development Committees (LCDC) and Children & Young People’s Services Committees (CYPSC) to administer as part of their Healthy Ireland Programme of works. In 2020, a once off allocation was made to support a national response to Covid-19 as part of the **Community Resilience Fund (CRF)**.

Kildare LCDC and Kildare CYPSC have jointly implemented three rounds of Healthy Ireland Strand One funding in the County since 2018 to the value of €826,826. In Kildare, the partners merged Healthy Ireland funds, compared to other counties where two separate programmes were led by respective LCDCs and CYPSCs. A summary of Healthy Ireland rounds 1-3 are included below.



The implementation of Healthy Ireland in Kildare is supported by the Kildare Healthy Ireland Coordinator employed by Kildare County Council and line managed by the LCDC Coordinator.

The Strand One Healthy Ireland Fund in Kildare is overseen by a joint LCDC/CYPSC Healthy Ireland Working Subgroup comprising key partners including: LCDC Coordinator, CYPSC Coordinator, CKLP General Manager, Kildare County Council (KCC) Library Service, Kildare PPN, Teach Dara Family Resource Centre (FRC), South West Regional Drug and Alcohol Task Force Coordinator (SWDATF), Health Services Executive (HSE) Health & Wellbeing and Kildare Age Friendly.

In the most recent (Round 3) funding, Healthy Kildare prioritised ten actions across the Healthy Ireland Fund and the CMHF, these included (see appendix 3) **physical activity** programmes delivered by Kildare Sports Partnership (KSP) aimed at teenage girls, older adults, people with a disability, disadvantaged communities, and Travellers. The Peter McVerry Trust provided supports to families experiencing **homelessness** throughout county Kildare whilst a healthy club accreditation model was developed and implemented by the South Western Regional Drugs & Alcohol Task Force to encourage **alcohol** free sporting events. The round three allocation also supported **health and wellbeing** programmes for adult males in the County delivered by Heads Up, an **addiction** support programme for families through Hope Cottage as well as a social farming initiative to facilitate **work placements** on farms throughout Kildare for persons with intellectual disabilities.

The Healthy Ireland fund was also at the forefront of the COVID-19 response, providing a range of workshops, resources, consultation, videos, physical activity classes and support packs for people across the County.

The purpose of this plan, endorsed by the LCDC and CYPSC as collaborative partners is to set the health and wellbeing priorities over the next 5 years, helping to shape, inform and maximise any future investment under Strand One Round 4. It also aims to provide a platform for continued collaboration to support a range of partners to achieve health and wellbeing outcomes for people/communities across County Kildare.

# Section 2: Setting the Healthy Kildare plan in context

## Introduction

The Healthy Kildare partners are committed to collaboration and partnership working to ensure that this plan makes the most of the resources available to progress towards its vision. To this end, a comprehensive review of local, regional and national policies and strategies was carried out.

This section presents an overview of the strategic context underpinning the Healthy Kildare plan. A number of seminal documents including the Healthy Ireland Framework 2013-2025, the Sláintecare Integration Plan 2018-2023, the CHO7 Healthy Ireland Implementation Plan 2018-2022 are synthesised here given their prominence and influence on the plan. Others have been reviewed and are listed towards the end of this section. The information presented in this section directly influences the development of actions and commitments over the next 5 years.

## Health & Wellbeing Context

Healthy Ireland, A Framework for Improved Health and Wellbeing 2013 – 2025 is the national framework for action to improve the health and wellbeing of the country and therefore has significant influence on the development of the local plan in Kildare. Healthy Ireland takes a “whole of government” and “whole of society” approach to tackling the issues which lead to negative health outcomes, it sets out vision of:

*A Healthy Ireland, where everyone can enjoy physical and mental health and wellbeing to their full potential, where wellbeing is valued and supported at every level of society and is everyone’s responsibility*

The framework describes four high-level goals:

### Goals

1. Increase the proportion of people who are healthy at all stages of life
2. Reduce health inequalities
3. Protect the public from threats to health and wellbeing
4. Create an environment where every individual and sector can play their part in achieving a healthy Ireland

Sixty-four actions are set out to achieve these goals, these actions are framed under Six overarching themes.

### Framework of Actions



**Theme 1:**  
Governance and Policy



**Theme 2:**  
Partnerships and Cross-Sectoral Work



**Theme 3:**  
Empowering People and Communities



**Theme 4:**  
Sláintecare Health Reform



**Theme 5:**  
Research, Evidence, Monitoring, Reporting and Evaluation



**Theme 6:**  
Reducing Health Inequalities

Theme 6: Reducing Health Inequalities was added following a review of Healthy Ireland Phase 1 (2013-2020). It reflects a need to address health inequalities and place a greater emphasis on promoting Healthy Ireland amongst disadvantaged and harder to reach communities. This reconfiguration has clear implications for the Healthy Kildare plan. The local goals and actions will align with the priorities set out in the National Framework, specifically, the use of Healthy Ireland Strand One Round Four funding to reduce health inequalities and promote healthy behaviour.

To help guide and the work at a local level, a Healthy Ireland Outcomes Framework has been developed which sets out four high level outcomes reflecting the broad determinants of health and wellbeing across the life course. These outcomes, it is aspired, will be achieved as a result of delivering the various actions and goals under each theme. The outcomes are<sup>2</sup>:

1. Responsibility is shared in addressing the social determinants of health and wellbeing.
2. People of all ages and abilities participate in education, work, and leisure activities to their full potential.
3. Children are active and healthy, with positive physical and mental wellbeing.
4. We live longer healthier lives in safe, healthy environments in resilient communities.

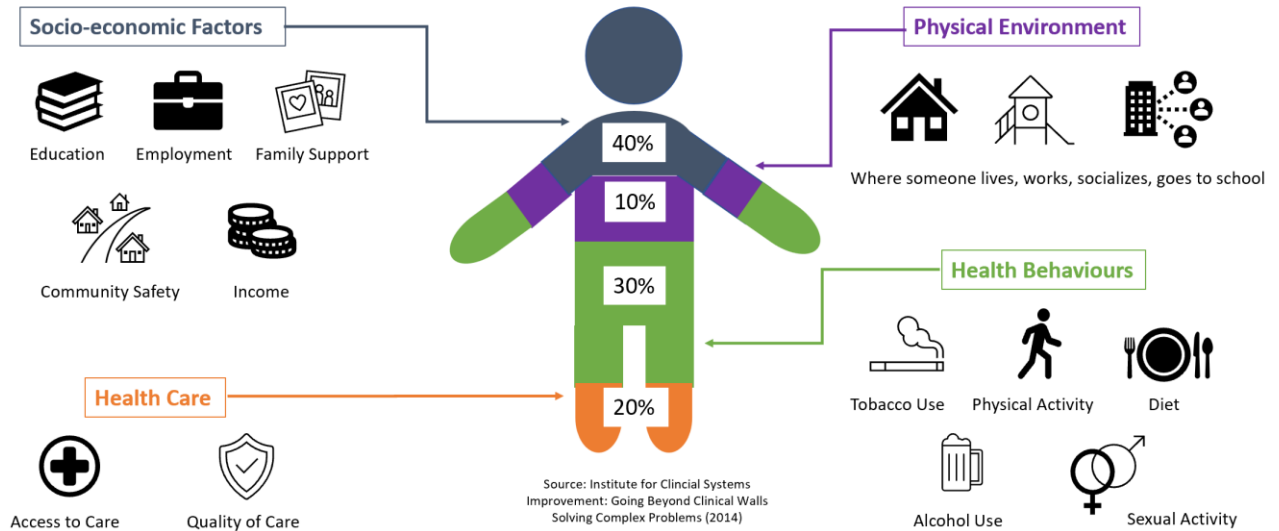
The four outcomes provide a direction of travel for local actions and the Healthy Ireland Framework offers six priority areas of work that should be considered in the development of local plans, these include: a) physical activity, b) mental health, c) nutrition, d) sexual health, e) tobacco and alcohol, f) spaces and places for health and wellbeing. In targeting programmes/initiatives and actions under these areas of work, it is anticipated that priority target groups such as children & young people, lone parents, disadvantaged communities, homeless people, new communities, older adults, LGBTQI+, people with a disability, Traveller & Roma and unemployed young people and adults can be engaged to positively impact on their health and wellbeing.

This Healthy Ireland Framework provides a foundation, underpinning the Healthy Kildare plan. The prevailing focus on reducing health inequalities offers synergy with the **Social Determinants of Health** (SDH) that is the non-medical factors that influence health outcomes.

They are the conditions in which people are born, grow, work, live, and age, and the wider set of forces and systems shaping the conditions of daily life. The SDH have an important influence on health inequities and follow a social gradient: the lower the

<sup>2</sup> <https://www.gov.ie/en/publication/030396-healthy-ireland-outcomes-framework/>

socioeconomic position, the more likely it is that health outcomes are poor. Research shows that the social determinants can be more important than health care or lifestyle choices in influencing health<sup>3</sup>.



### Adverse Childhood Experiences (ACES)

The objectives and actions in this plan are underpinned by an understanding of the role of Adverse Childhood Experience (ACES) on health and wellbeing outcomes for children, young people and adults. Findings from the ground-breaking Adverse Childhood Experience (ACE) study in the US (Felitti, Anda et al., 1998) highlight the powerful impact that adverse experiences in childhood can have on future physical and mental health and functioning. It suggests that ACEs are major risk factors for the leading causes of illness and disability.

The Healthy Kildare plan is primarily concentrated on improving overall health and wellbeing, which includes the Social Determinants of Health and consideration of the role of ACEs. This is reflected in the actions and proposed allocations in Strand One Round Four funding. This approach also aligns with the Healthy Ireland priorities at a local level.

### The Community Healthcare Dublin South, Kildare and West Wicklow (CHO7)

**Healthy Ireland Implementation plan** has been developed to support the Health Services three strategic priorities: 1) Health Service Reform, 2) Reduce the Burden of Chronic Disease and 3) Improve staff Health & Wellbeing

Strategic Priority Two, reduce the burden of chronic disease, addresses the threat of chronic disease by changing lifestyle behaviours. The implementation plan supports

<sup>3</sup> World Health Organisation

actions in a range of National strategies covering areas such as healthy eating and active living, tobacco cessation, mental health and well-being, making every contact count, staff health and well-being, positive ageing and sexual health. These are all identified as key areas of focus in the CHO7 implementation plan and this is reflected in the development of an action plan covering Healthy Childhood, Tobacco Free Ireland, Alcohol, Healthy Eating and Active Living, Mental Health and Wellbeing, Positive Ageing, Sexual Health.

The plan also reinforces the need for collaboration and partnership and references strong connections between the HSE, LCDCs and CYPSCs in the roll out of key health initiatives and actions. This interagency and collaborative approach has underscored the delivery of three previous rounds of Healthy Ireland in Kildare and will continue to be a central tenet of the approach during the lifespan of this plan.

Whilst the Healthy Kildare plan offers a clear correlation to the Healthy Ireland Framework, both nationally and locally, it is important that it connects and aligns with other key health strategies and policies.

**The Sláintecare Implementation Strategy and Action Plan 2021-2023** sets out an approach to delivering a safe, quality health and social care service that meets the needs of a growing population in Ireland, and attracts and retains the very best healthcare clinicians, managers, and staff. The vision of Sláintecare is to achieve a universal single-tier health and social care system, where everyone has equitable access to services based on need, and not ability to pay.

This Sláintecare Implementation Strategy and Action Plan 2021-2023 is underpinned by eight Sláintecare Principles. Principle 3 provides a strong emphasis on prevention and public health.

Over the 3 year period 2021-2023, two key reform programmes have been prioritised under Sláintecare. These are:

1. Improving Safe, Timely Access to Care and Promoting Health & Wellbeing
2. Addressing Health Inequalities — towards Universal Healthcare.

Each programme contains multiple projects to guide their practical implementation over the three-year period. A healthy living workstream is included to implement a broad range of health and wellbeing initiatives, policies, and programmes through Healthy Ireland. Its key focus is on 'prevention' and decreasing the prevalence of unhealthy behaviours that contribute to chronic disease, and to increase the degree to which diseases and conditions are prevented or detected early to allow for successful intervention. Key priorities for this workstream are about hospital avoidance and reducing the need for primary care services by helping people lead





healthier lives and stay well at home for longer. Much of this relates to **Healthy Ireland – which is regarded as the 'prevention' arm of Sláintecare.**

It is achieved by delivering key programmes that impact on health and wellbeing, such as physical activity, healthy eating, alcohol reduction, smoking cessation, mental health, social prescribing and screening services. Working with partners and stakeholders in sectors such as education, community, environment, children, justice, housing, social care, enterprise, arts, sports, among others. It will involve identifying solutions to some of the adverse health impacts of the wider determinants of health. This will include a continued commitment to behavioural change initiatives such as: Healthy Homes, Healthy Communities, Healthy Cities & Counties, Healthy Campuses, Healthy Clubs, Healthy Workplaces, Healthy Schools as well as building on the Keep Well campaign.

Other important priorities include the rolling out of the Sláintecare Healthy Communities Programme (19 areas were selected for investment in 2021, one of which is Athy in Kildare) and the implementation of the Obesity Policy and Action Plan 2016 — 2025. The Sláintecare Healthy Communities Programme reflects a focus on addressing health inequalities. The programme takes an area-based approach and aims to improve the long-term health and wellbeing of the most disadvantaged communities in Ireland. A rollout to further areas subject to funding and lessons learned is expected whilst a cross sectoral and cross government approach to tackling the wider determinants of health is expected to complement the Sláintecare Healthy Communities Programme. This will be achieved through existing local Healthy Ireland, Health Promotion, Health & Wellbeing and local authority structures.

The implementation of the Obesity Policy and Action Plan 2016-2025 is considered a key project within Sláintecare. Overweight and obesity are significant risk factors for many chronic non-communicable diseases. Key initiatives will include the HSE's Healthy Weight for Children (0 — 6 years) Framework and strengthening the delivery of national programmes across communities and schools.

## **A Broader Policy Context**

One of the cornerstones of Healthy Ireland in Kildare to date has been its emphasis on collaboration and partnership working across a range of sectors. This commitment to partnership working will continue through the 2022-2026 plan. The commitments set out in this document seek to complement and enhance existing and planned provision across the county, ensuring that it aligns with a wide range of additional strategy and policy documents. A number of consistent themes were identified in the synthesis of key policy documents as the key priorities for health. These are:

1. Increasing participation in physical activity
2. Supporting children, young people and families
3. Reducing the impact of harmful substances



4. Mental health
5. Housing, Homelessness and reducing Health Inequalities for minorities

### Increasing Participation in physical activity

Physical activity forms a central component of strategy and policy at both the national and local level, reaffirming its prominence in the Healthy Ireland framework. The theme of Community, Recreation, Heritage, Arts and Culture is a significant component of the **Kildare Local Community & Economic Plan 2016-2021**, it sets a high-level goal of Stimulate, support and activate a diverse range of community, recreation, arts, heritage and cultural experiences. In addition, a Health and Wellbeing high level goal “Strengthen the capacity of Kildare to respond to current and future health needs to support healthy communities across the county” also contains a number of physical activity actions. As noted, earlier work is commencing to review and plan for the second LECP.

The **National Physical Activity Plan** sets out 8 action areas to increase the physical activity levels of the Irish population to improve health and wellbeing throughout the country. The overarching target of the Plan is to increase the proportion of the population undertaking regular physical activity by 1% per annum, with the aim being that Irish people will better understand physical activity’s health benefits and learn how to be more active in daily lives. This aligns directly with the Healthy Ireland framework. At local level, the **Kildare Sports Partnership Strategic Plan for 2017-2021** aims to promote participation in sport and physical activity in the county, especially among key target groups such as disadvantaged communities, Traveller communities, minority ethnic communities, older people, women, disabled individuals, and the unemployed. The **Kildare GAA Strategic Plan 2019-2023** seeks to increase participation in the GAA at club level as well as promoting the National Healthy Club model in the county to support the holistic health of members in terms of physical, social, emotional, and psychological.

The **County Kildare Integration Strategy 2021-2026** focuses on minority ethnic communities and seeks to promote the participation of these communities in sport, this is mirrored in the **Kildare Roma and Traveller Inclusion Strategy 2019-2023**. These strategies reference sport as a mode of integration and a mechanism to support socially disadvantaged, new communities, and minority ethnic communities to participate more fully in society. As expected, physical activity plays a prominent role in **A healthy weight for Ireland: Obesity Policy and Action Plan 2016-2025** whilst the **Kildare Play Strategy 2018-2028** seeks to promote the benefits of play and recreation, encouraging children and young people to exercise to develop the strength, flexibility and co-ordination of children and young people.

The **First 5 | A Government Strategy For Babies & Young Children 2019-2028** aspires to enhance physical and mental health as one of its key goals, supporting parents, families and communities to engage in and promote positive health behaviours among babies and young children, starting from the pre-conception period.

### Supporting Children, Young People and Families

The **Better Outcomes Brighter Futures National Policy Framework for Children and Young People 2014-2020**<sup>4</sup> was introduced by the Department of Children and Youth Affairs to improve outcomes for children and young people based on 3 key principles: children's rights, family orientation, and equality. Centered on making Ireland the best small country in the world to grow up in, this strategy aspired to give children and young people a voice in decisions that affect them; empower children to make healthy choices; provide the circumstances where they can have good physical and mental health; and also, positive and respectful approaches to relationships and sexual health. **The National Sexual Health Strategy 2015 – 2020** reinforces the importance of sexual health education, promotion and services particularly amongst children and young people.

The BOBF strategy has expired and consultation with **Tusla** regarding emerging issues for children and families in the absence of a national strategy indicate that a focus on trauma informed practice and supporting children, young people and families with Adverse Childhood Experiences (ACEs)<sup>5</sup> are important priorities. Addressing the impact of ACEs and the use of trauma informed care feature prominently in **Sharing the Vision: Implementation Plan 2022-2024**

**First 5 | A Government Strategy For Babies & Young Children 2019-2028** sets out four key goals, including the development of strong and supportive families & communities. **Kildare Children and Young People's Plan 2019-2021** is built on the same foundations. This strategy identifies issues such as mental health and wellbeing, family and parent support, youth Facilities and activities, substance misuse, progression pathways in education, training and employment, child and youth development, domestic violence, childcare infrastructure, and the inclusion of minority groups as its key local priorities. **The Second National Strategy on Domestic, Sexual and Gender Based Violence 2016-2021** also sets out a series of actions on education, awareness raising and provision of services to victims as key priorities.

### Reducing the Impact of Harmful Substances

The **Department of Health's Reducing Harm, Supporting Recovery strategy for 2017-2025** is the first integrated drug and alcohol strategy and was initially structured around five key goals for the period 2017-2020, with a vision of creating "a healthier and safer Ireland, where public health and safety is protected, and the harms caused to individuals, families and communities by substance misuse are reduced and every person affected by substance use is empowered to improve their health and wellbeing and quality of life." Following a midterm review, six strategic priorities are identified to strengthen the implementation of strategy for the period 2021-2025 including strengthening prevention, enhancing access to drug and alcohol services, developing integrated care pathways & addressing the social determinants and consequences of drug use in disadvantaged communities.

<sup>4</sup> Department of Children and Youth Affairs (2014) *Better Outcomes Brighter Futures National Policy Framework for Children and Youth People 2014-2020*. <https://www.gov.ie/en/publication/775847-better-outcomes-brighter-futures/>

<sup>5</sup> are stressful experiences occurring during childhood that directly harm a child ( e.g. sexual or physical abuse) or affect the environment in which they live (e.g. growing up in a house with domestic violence)

At a regional level, the **South Western Regional Drugs and Alcohol Task Force Strategic Plan** aligns to the national drug strategy. Amongst its many objectives, this strategy seeks to expand existing responses to the drug issue in Kildare and West Wicklow; reduce the number of young people becoming involved in drugs; and establish a comprehensive prevention and education response to drug use in the region.

**Tobacco Free Ireland**, a report of the tobacco policy review group, outlines a plan for achieving a tobacco free Ireland by 2025 and limiting the societal impacts of smoking. In pursuit of this goal, the plan seeks to reduce the prevalence and initiation of smoking, including preventing children and young people from taking up the habit, protecting non-smokers from the effects of second-hand smoke, encourage current smokers to quit whilst reducing recidivism rates.

### Mental Health

Mental health emerges as a key priority across almost all of the national, regional and local strategies. **Connecting for Life 2015-2020** is Ireland's national strategy to reduce suicide. This strategy seeks to reduce the presentations of self-harm and the rate of suicide in Ireland in both the population at large and amongst specific priority groups who are at greater risk of poor mental health such as people with mental health and/or addiction issues; disabled or chronically ill individuals; members of the LGBT+ community; Travellers; refugees; asylum seekers; migrants; and those who have been previously bereaved by suicide. **Connecting for Life – Kildare and West Wicklow**, focuses on these issues at a regional level to improve the understanding of, and attitudes to, mental health and wellbeing and support local communities' capacity to prevent and respond to suicidal behaviour. **Sharing the Vision: A Mental Health Policy for Everyone** outlines a framework for mental health provision in Ireland over the next ten years to promote positive mental health and psychological wellbeing across the population. This policy highlights the necessity of prevention and early intervention for mental health care.

At a local level, the **Redressing the Balance: The business case for investment in Integrated Youth Mental Health service provision in Kildare West Wicklow** (Kildare CYPSC, 2020) seeks to advance the provision of mental health care through the establishment of mental health projects and introduction of greater numbers of mental health professionals such as youth counsellors and CAMHS team members. Similarly, the **Kildare Local Economic and Community plan 2016-2021** aims to increase the provision of accessible and equitable primary and mental health care to ensure that the community in Kildare has the infrastructure and facilities to promote a healthy community and the capacity to provide health and wellbeing initiatives.

### Housing, Homelessness and reducing Health Inequalities for minorities

The draft Kildare County Development Plan 2023-2029 sets out the housing related challenges for the County, reinforced by the growing population. Housing and Accommodation is a key theme within the **County Kildare Traveller and Roma Inclusion Strategy 2019-2023** whilst support for the delivery of new housing that meets the needs of the county in terms of the demand for social housing, the needs

of older people, homelessness, people with disabilities, and the Traveller community is a priority in the **Kildare Local Economic and Community Plan 2016-2021**.

The **County Kildare Integration Strategy 2021-2026** identifies access to social and rented housing as a key challenge, particularly for minority ethnic communities that may experience language difficulties and for those leaving direct provision in accessing housing.

The policies in this space recognise ethnicity as a social determinant of health alongside provision of housing and appropriate access to health and care services, specifically in relation to culturally appropriate services. The need for ethnic minority-based support is likely to enhance as the LCDCs are likely to be part of a community response to support Ukrainian refugees in Ireland.

## Emerging from COVID-19

Emerging from COVID-19, attention and efforts now turn to supporting people in a post COVID environment. A May 2021 paper by the HSE<sup>6</sup> sets out a series of recommendations on a plan for healthcare and population health recovery. These recommendations include continued investment into mental health services and supports, protecting children from secondary harm due to increased inequality and reduced access to health and other services, enhancement in services for older people and people with chronic disease in the acute and community sectors.

The report also references an enhancement of partnerships developed with community organisations and voluntary groups to broaden their role in partnering with the health services in tackling the health determinants as well as maximising the effective use of technology (e.g. consolidating practices); maintaining social support and face-to-face contact (to reduce anxiety and isolation); and enhancing and developing mental health services.

The report describes the significant negative and lasting impact of COVID, both from the virus itself and from societal restrictions on a range of groups such as older people, people with a disability, Roma, Travellers and those in direct provision. The report also references a sharp rise in the presentation of young people with eating disorders. This experience is replicated internationally with increased prevalence thought to relate to factors including lack of structures and routines with schools/sports closed, increased time being spent on-line, a sense of lack of control in other aspects of these adolescents' and children's lives.

The report suggests significant mental health impacts resulting from COVID such as:

- One person in every five in the general population in Ireland and elsewhere has significantly increased psychological distress (e.g., anxiety, depression),

---

<sup>6</sup> *The impact of the COVID-19 pandemic and the societal restrictions on the health and wellbeing of the population, on our staff and on health service capacity and delivery: A plan for healthcare and population health recovery, HSE (2021).*

attributable to a combination of anxiety about COVID-19 and the effects of restrictions. Particular risk factors include being female and living alone.

- Overall, mental health service-users in Ireland express needs for (a) an accessible, responsive service that meets their unique needs (contact from teams, peer support, well-being calls, clear information); (b) services to be aware of the significant impact that changes in provision have; and (c) recognition of the struggle some people have between COVID-19 restrictions and feelings of being left to cope alone.

Relating to the wider determinants of health, the report references the significant impact on the labour market and the significant correlating negative impact on health and wellbeing. In addition, decreased levels of life satisfaction, increased anxiety, increasing incidence of Adverse Childhood Experiences (ACEs) and domestic violence are all referenced as key impacts and areas of focus. A report titled *How's Your Head: Young Voices During COVID-19 (October 2020)*, features the responses of a highly varied group of 2,173 young people aged 15-24 which were received and analysed. It found that many young people experienced negative effects on their health and wellbeing during the COVID-19 pandemic. This included dealing with mental health issues, missing friends and social engagements, worries about their education, especially for those in third-level, and struggling with a lack of routine.

A refocus on public health and prevention is considered one of the emerging opportunities from COVID<sup>7</sup> such as: experience of the health and wider determinants of health working under a whole of government response, use of eHealth solutions, recognition of the importance of investing in health and wellbeing and a renewed appetite for collaborative teamworking and changes to the health system. Remaining and enduring threats include ongoing economic uncertainty, poorer population with increasing health needs and the ongoing unknown and unmet need resulting from the pandemic in certain target groups. It is incumbent on the Healthy Kildare partners to consider the impact of COVID-19 in the development and implementation of this plan for 2022-2026. The recommendations in the HSE report set out clearly that a focus on mental health provision is a key priority alongside the potential to capture a renewed focus on investing in health as referenced in Sláintecare.

The challenges in developing and implementing services as Ireland emerges from COVID-19 are exacerbated by challenges in delivering the Ukrainian Community Response involving a broad range of statutory, voluntary and business interests. This is factored into this plan.

## **Sustainable Development Goals**

September 2015 saw the adoption of the 2030 Agenda for Sustainable Development (the 2030 Agenda) by all 193 Member States of the United Nations (UN). The 2030

---

<sup>7</sup> The Sláintecare Implementation Strategy and Action Plan 2021-2023



Agenda aims to deliver a more sustainable, prosperous, and peaceful future for all and sets out a framework for how to achieve this by 2030.

This framework is made up of 17 Sustainable Development Goals (SDGs) which cover the social, economic and environmental requirements for a sustainable future.



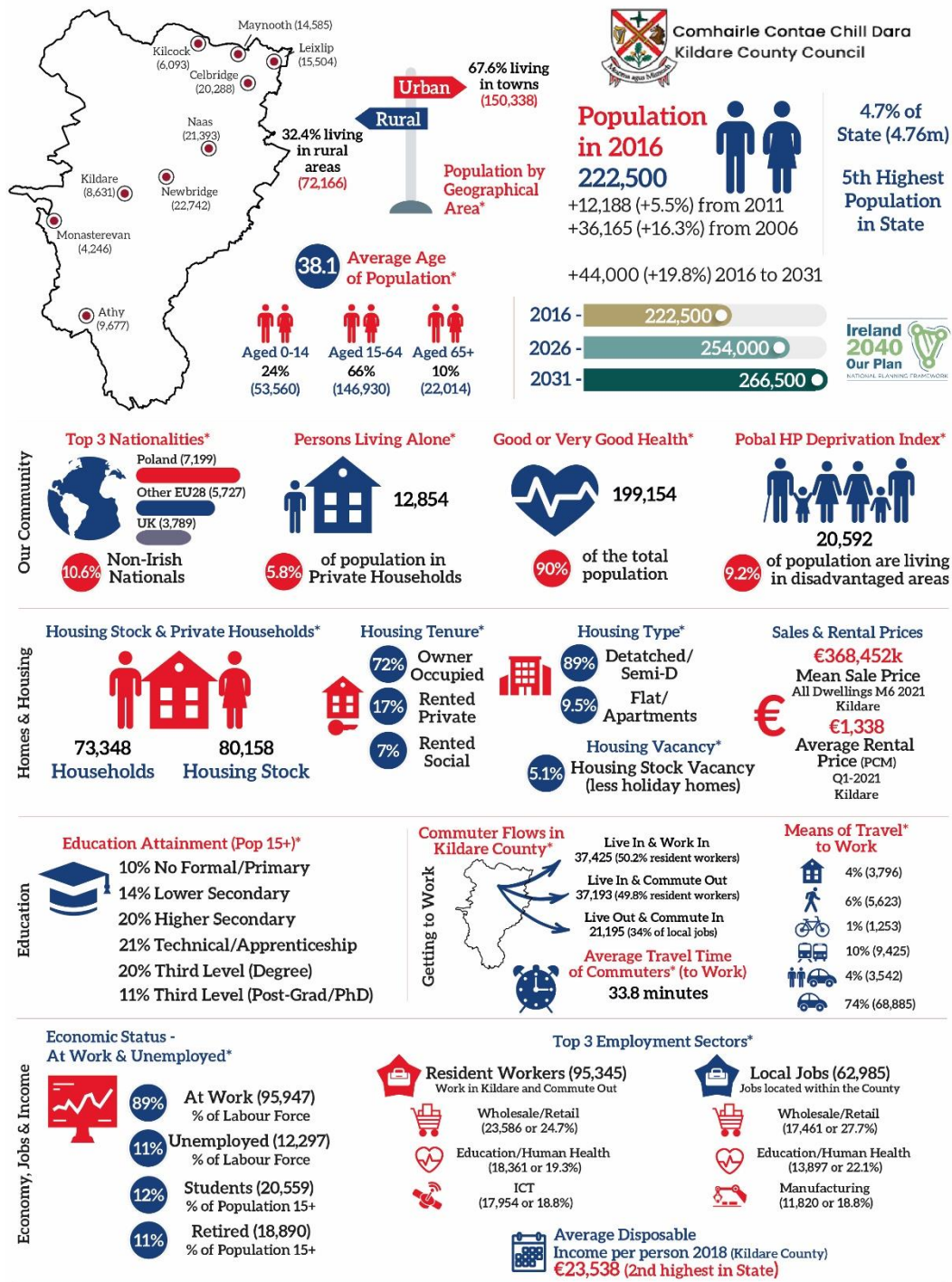
The Healthy Kildare partners are fully committed to the SDGs and this plan sets out how partners can make a meaningful and practical contribution at a local level. Consistent with the joint implementation of three previous rounds of Healthy Ireland Strand One funding, the successful implementation of this plan and thus a contribution to the SDG's is dependent on collaboration between Kildare LCDC, Kildare CYPSC and the range of Healthy Ireland partners.

The Healthy Kildare plan is underpinned by a commitment to inclusion, equality of opportunity and positive health and wellbeing. Through partnership and collaboration, the wellbeing of communities will be enhanced. Health education will be promoted, and improved health behaviours will be encouraged, particularly amongst underrepresented and disadvantaged members of society, aligning with the SDGs.

## What does the strategic and policy context mean for the Healthy Kildare plan?

The review of strategy and policy documents reinforces the importance of focusing efforts on the Social Determinants of Health and using resources and funding allocation to tackle health inequalities across County Kildare. Issues such as mental health, drug and alcohol misuse, homelessness, physical activity, and healthy eating feature consistently across most strategies and policies reviewed. A strong focus on young people, families, new communities, people with a disability and those in disadvantaged areas is an emerging theme. This analysis offers a strong sense of direction for the Healthy Kildare Plan 2022-2026 the strategic and policy context has helped to shape the vision, priorities, and key actions set out in this plan.

# Section 3: About County Kildare

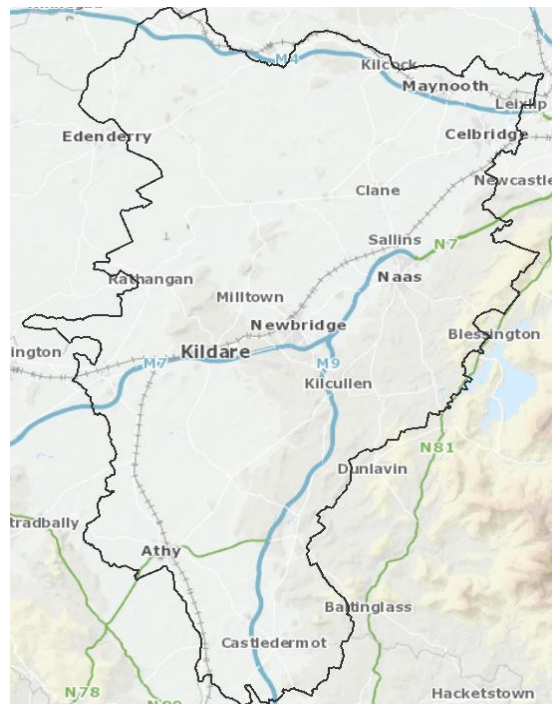


\* Data sourced from CSO Census 2016



## Introduction

This section provides a statistical and demographic profile of County Kildare, helping to frame the context for the vision, goals and actions. The development of a County health profile is challenging in that most of the data relates to 2016 census and is therefore outdated. The release of 2022 census data and the emergence of new County Health profiles from the Department of Health will be important for this plan and the partners have factored an ongoing review of data into the key actions. More recent information is included where it is available.



County Kildare is located in the province of Leinster and the Mid-East Region. It is bordered by six other counties: Carlow, Laois, Meath, Offaly, Dublin, and Wicklow. It occupies a strategic position within the Eastern Region of the Eastern and Midland Regional Assembly and also forms part of the Greater Dublin Area (GDA). Kildare is both a significant population base and a significant residential base within the State with the eighth largest household stock nationally. The county has grown more than 7.1% in the last 20 years. Kildare County Council is the local authority for the region.

Kildare is the fifth largest county by population in Ireland. Kildare has a population of 222,504 according to Central Statistics Office (CSO) 2016<sup>9</sup>. From a population of 134,992 in 1996, Kildare's population grew by 64.8% (87,512 individuals) by 2016. Over this 20-year period this represented the second highest rate of growth in the State, compared to the state average of 31.3%. By 2031, the population is predicted to be between 259,000 and 266,500<sup>10</sup>.

Kildare has a pronounced pattern of urban settlement with 68% of the population living in urban areas and 32% living in rural areas. It has 18 urban towns, 16 villages, 18 rural settlements and 12 rural nodes. The pronounced pattern of urban settlement is closely correlated to the fact that the county is densely populated, with highest density levels in the towns of Sallins, Celbridge, Kilcock, Leixlip and Kill<sup>11</sup>.

The population of rural Kildare is older than that of urban Kildare. The LECP 2016-2021 reported that the urbanisation of Kildare creates challenges for communities to

<sup>9</sup> CSO Census 2016 Kildare <http://www.kildarelcdc.ie/wp-content/uploads/2012/07/Kildare-Census-2016-Profile-Demographics.pdf>

<sup>10</sup> Project Ireland 2040 Implementation Roadmap for the National Planning Framework <https://nplf.ie/wp-content/uploads/NPF-Implementation-Roadmap.pdf>

develop, create bonds and operate as sustainable communities due to rapid growth which caused small close-knit towns across Kildare to expand exceptionally rapidly. This growth is set to continue and is likely to result in people coming to live in Kildare with little connectivity to the county, creating challenges in developing social capital and thus providing healthy communities.

The new County Development Plan identifies Naas and Maynooth as key towns which are economically active that provide employment for their surrounding areas and have the capacity to act as regional drivers. Newbridge, Leixlip, Kildare and Athy are all identified as self-sustaining growth towns<sup>11</sup>.

### Kildare – a young and growing County



- In 2016 the population aged 0 to 24 in Kildare was 81,517 (36.6% of the total population) - the highest rate in the State (average 33.2%)
- The number of young people under 25 years in Co. Kildare is higher than the total population of each of the following counties: Offaly, Cavan, Sligo, Roscommon, Monaghan, Carlow, Longford and Leitrim
- Kildare has a higher birth rate than the State at 12.3 compared to 11.2. Kildare had the 4th highest birth rate in 2020 (births per year per 1000 population)
- The Population of County Kildare is expected to rise by just short of 44,000 people between 2016 and 2031, which equates to a 19.7% increase. Whilst nationally the population is getting older, Kildare is expected to have a higher than average growth of young people, working age population and older people than the state. The Mid East region (where Kildare is located) is expected to show the largest percentage increase in aged 0-14, working age and older populations<sup>10</sup>.

### Deprivation in County Kildare

- There are 88 electoral divisions in County Kildare. 35 are below average and 3 are considered disadvantaged. The most disadvantaged being Athy West Urban (-16.83) and Kilberry (-11.64)
- Approximately 20,500 people live in areas classified as disadvantaged, very disadvantaged or extremely disadvantaged<sup>11</sup>
- There is a geographical pattern to deprivation in Kildare with the most affluent areas residing close to Naas and in the Maynooth-Celbridge area. The most disadvantaged small area in the county is Athy, with many other disadvantaged small areas also laying in the peripheral west and south of the county<sup>11</sup>.

<sup>11</sup> Kildare Draft County Development Plan 2023-2029

- Pockets of deprivation exist across Kildare – taken into context of population growth – this is likely to create service-related challenges and pressures on housing and access to services and facilities.
- Kildare has 10 DEIS post primary designated schools and 7 new primary schools were designated DEIS in Kildare in March 2022.
- CHO7 ranks 3rd highest for number of eligible people with a medical card including granting of medical card on a discretionary basis

### Housing in Kildare

- Kildare had 7<sup>th</sup> highest number of people in receipt of Housing Assistance Payment of all local authorities in Ireland as of 2019 with a total of 2610 HAP Households. A larger proportion of HAP households were single people with children<sup>12</sup>.
- There were 2272 Housing Assistance Payment tenancies in Kildare as at September 2021, the highest proportion attributed to the Kildare-Newbridge MD (36%)<sup>11</sup>

### Transport and Access to Services in Kildare

- Kildare Local Link provides a transport service to communities across Kildare. Most transport links in Kildare are key national arteries providing a connection between Dublin and the rest of the country.
- A limited transport service in rural communities affects the sustainability of rural communities in Kildare.
- Travelling across Kildare can be exceptionally challenging as the infrastructure such as bridges, roads are not conducive to larger populations. Substantial congestion and delays frequently occur in many towns across Kildare due to poor and dated infrastructure<sup>13</sup>



### Health in Ireland

- Over ¼ of the population have a long-lasting health condition however the more affluent a person is the more they perceive their health status to be *Very good or good*. Almost all (92%) of *Very affluent* people aged 15 years and over reporting their health status as *Very good or good*, compared to 78% of *Very disadvantaged* persons (Healthy Ireland Survey, 2021).
- 81% report lower levels of social connectedness and 30% report worsening mental health since the start of the Covid-19 pandemic (Healthy Ireland Survey, 2021). 21% of those unemployed have some form of depression, compared to 9% of employed. The age group 15-24 years report the highest



<sup>12</sup><https://www.cso.ie/en/releasesandpublications/ep/p-hhwl/socialhousinginireland2019-analysisofhousingassistancepaymenthapscheme/executivesummary/>

<sup>13</sup> Kildare Local Economic and Community Plan 2016-2021

visits to a psychiatrist, psychologist or psychotherapist at 6% of this age group, (Irish health survey 2019).

- 42% of drinkers state they are drinking less with binge drinking down significantly, reduced to 15% of the population as compared to 28% before the Covid-19 pandemic (Healthy Ireland Survey, 2021). Of those who reported drinking, those residing in affluent areas report higher prevalence levels of alcohol consumption (83%) than those most disadvantaged (71%). The age group 15-24 years report the highest levels for drinking 6 or more units of alcohol in one sitting at least once a month, with almost half (48%) of this age group reporting so.
- Almost 3 out of 10 people (29%) report that their weight has increased, with weight increases reported most often by women over 30 and mothers. Across all age groups, women (41%) are more likely than men (30%) to be trying to lose weight. 90% of people indicate a desire to make at least one change in their lives to improve their health and wellbeing (Healthy Ireland Survey, 2021).
- 18% of the population are current smokers, a decline of 5 percentage points since the first wave of this survey in 2015. 44% of those who smoked in the previous year have tried to quit. 29% of current smokers are either trying to quit or actively planning to do so. 4% of the population use e-cigarettes.



## Health in Kildare

- The Greater Dublin commuter belt and South East counties have lower relative supply of many non-acute primary and community care services than the national average. Kildare and Meath have lower relative supply (at least 10 per cent lower than the national average) for all non-acute community and primary care services<sup>14</sup>
- Exceptional population growth coupled with extremely low levels of services make responding to the mental health needs of young people extremely challenging. 267 young people were waiting on the waiting list for In Sync Youth & Family Services Counselling Service in 2019. Depending on the geographical location and type of intervention, the average wait time for In Sync Youth & Family Services, Counselling Service ranged from 3 weeks up to 11.75 months<sup>15</sup>
- Kildare/West Wicklow have 1,658 Children with Domiciliary Care Allowance eligibility on the 1st day of the month. *This is the highest by area when comparing it to Dublin West/Southwest/South City and is the county with the 6<sup>th</sup> highest number of children eligible*
- Kildare had a higher rate of infant mortality at 3.1 to the State at 2.7 (deaths of infants under 1 year per 1000 live births). County Kildare also had a

<sup>14</sup> *Geographic profile of healthcare needs and non-acute healthcare supply in Ireland (ESRI, 2019)*

<sup>15</sup> *Redressing the Balance business case for Integrated Youth Mental Health 2020 in Kildare West Wicklow*

marginally higher rate of neonatal deaths (deaths of infants under 28 days per 1000 live births) at 2.4 compared to the State at 2.0<sup>16</sup>.

- Both the State and Kildare experienced a reduced suicide rate from 2015-2020 seeing both fall from 9.1 to 6.8 in 2020. However, Kildare has consistently had a higher-than-average suicide rate since 2011.
- Main causes of death in Kildare are Cancer (32%), Circulatory disease (28%), Respiratory (13%)

## **What does the county profile mean for the Healthy Kildare plan?**

The demographic and statistical profile indicates a county that has been growing and will continue to experience significant population growth. Kildare is expected to have a higher-than-average growth of young people, working age population and older people than the state. The increase in population will place significant pressure on access to services such as primary care and housing, this will test already challenging circumstances. Whilst the profile offers a useful context for this plan, new census and county profile data will help to reinforce the current situation in Kildare and better reflect the experiences of those organisations providing services across the community, voluntary and statutory sectors in the County.

---

<sup>16</sup> Note that the statistics indicate that Infant and neonatal mortality rates in some areas, based on small numbers are subject to considerable fluctuation and caution should be exercised in their interpretation.)

# Section 4: Developing the Plan

## Introduction

The strategic planning process involved significant consultation and engagement with representatives and stakeholders from November 2021 – March 2022. Contributions were received from 36 organisations that have a remit or responsibility for supporting the health and wellbeing of people in Kildare including those from community, voluntary and statutory sectors, reflecting the interagency nature of Healthy Ireland in the County.

## Method

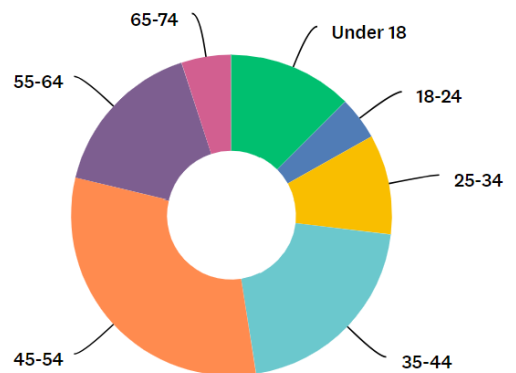
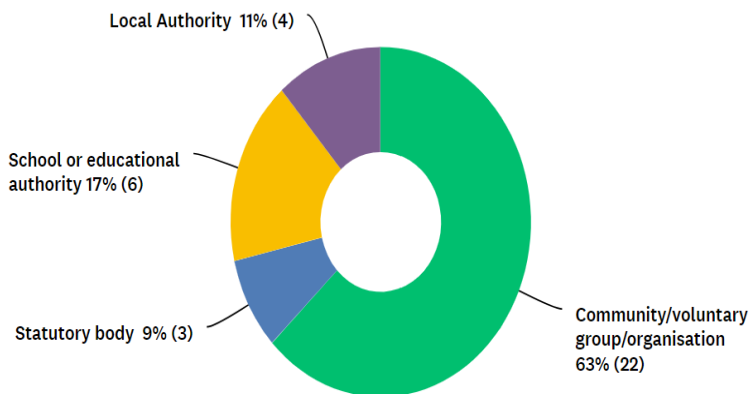
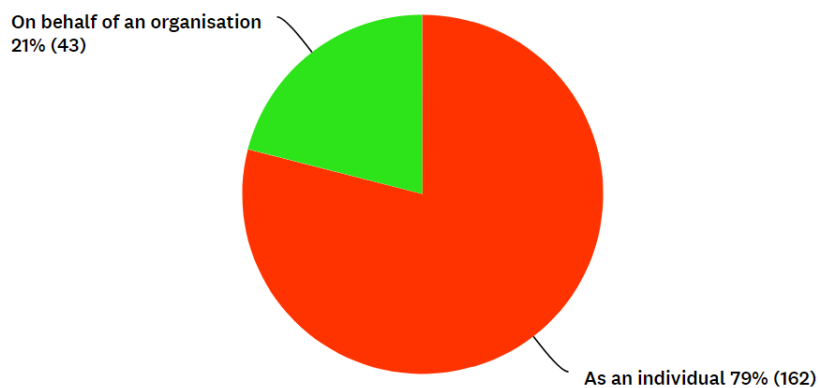
A mixed method consultation process was used comprising both semi structured interview, thematic focus group discussion and online surveys. The response deadline was extended on two occasions to ensure a widespread and inclusive consultation process, a youth friendly promotional flyer was developed, and several social media campaigns were implemented to push response rates from young people and the general public. The four staged strategic planning process is set out below.



## Section 5: Consultation Findings

The consultation process included contributions from stakeholders about the perceived health related issues, challenges and priorities in Kildare over the next 5 years. This section sets out an initial summary of survey findings, these are cross referenced with findings from the qualitative engagements to identify the emerging priorities for this plan.

### Who responded to the survey?



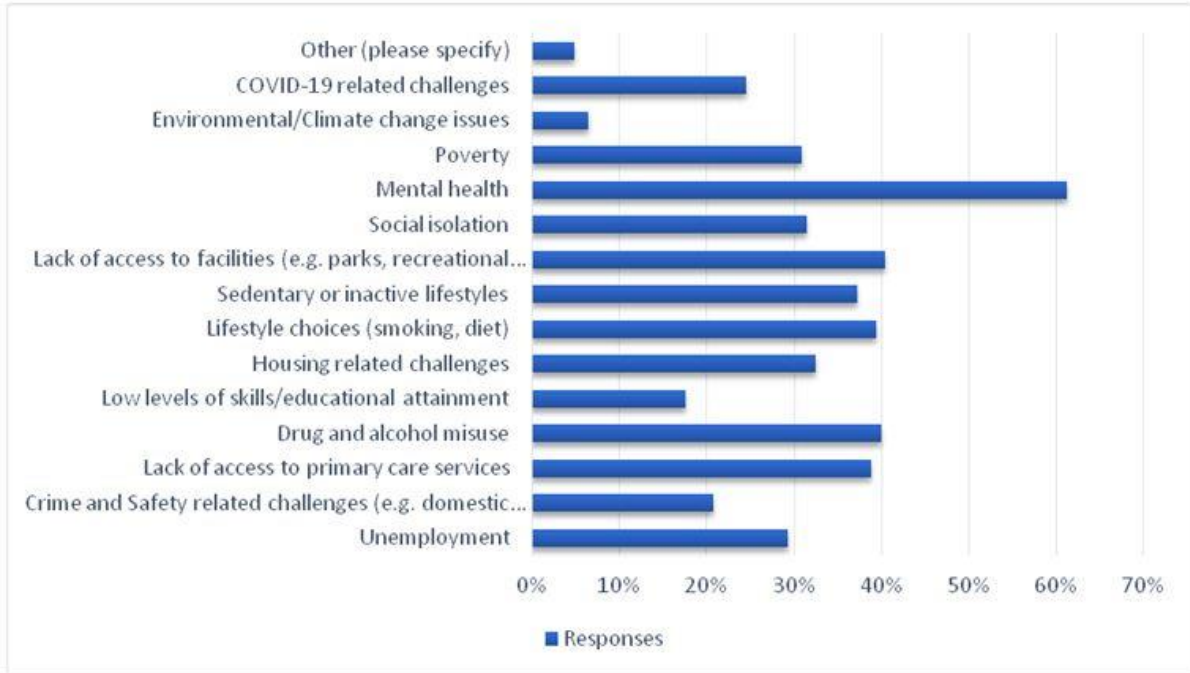
The survey received responses from a range of sectors and a wide range of age groups. Most individual responses (73%) were from females with 24% of responses from males (4% preferred not to disclose). 6% of individual responses were from members of the LGBTQI+ community and 7% from people with a disability. A lower number of individual responses were received from ethnic minorities (2%).



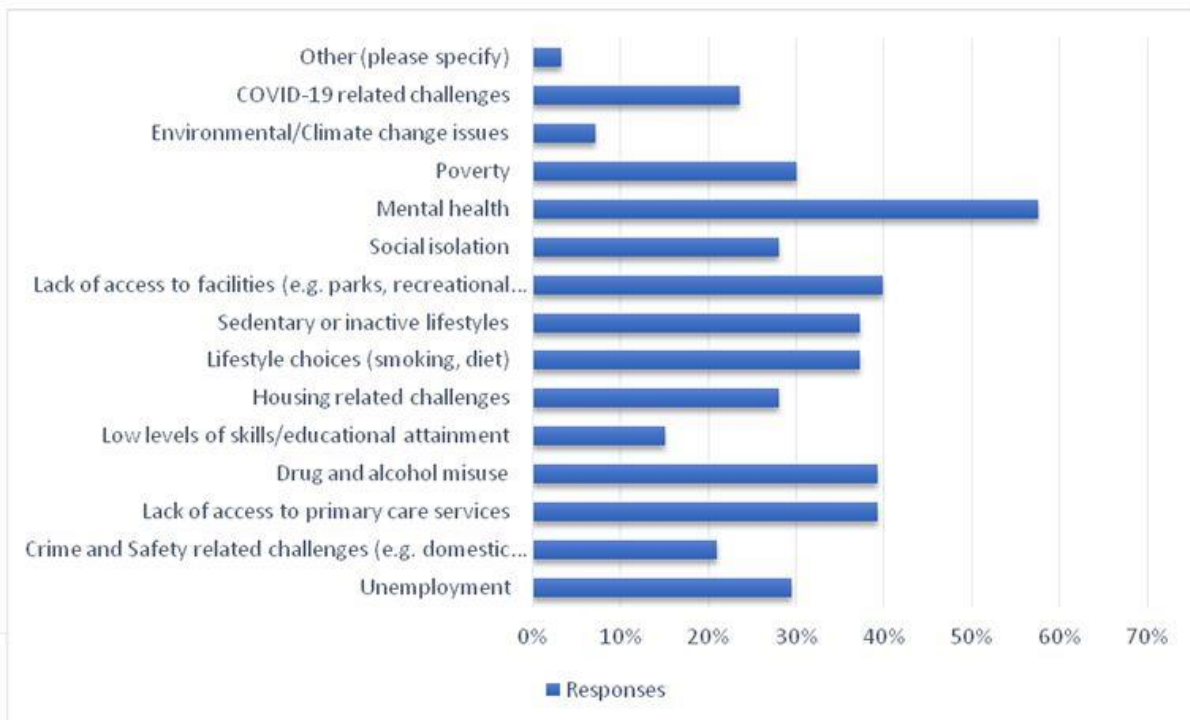
## Issues Impacting on Health

Survey respondents were asked to identify issues that have the most negative impact on health and wellbeing for people in Kildare:

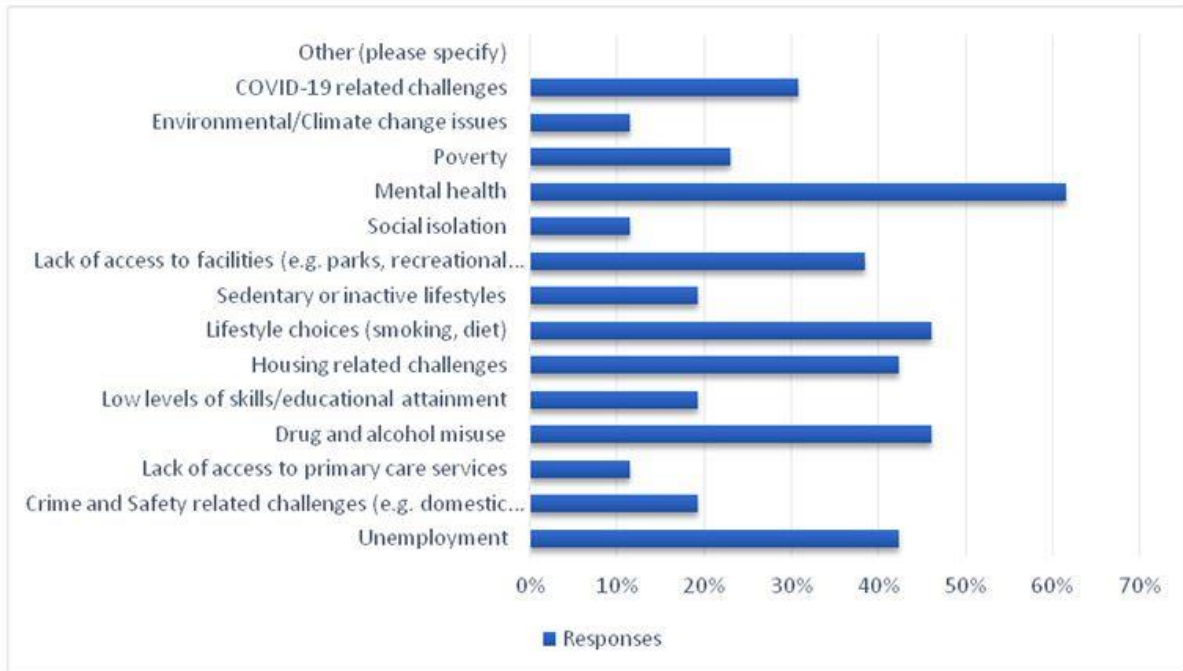
### Views from all respondents



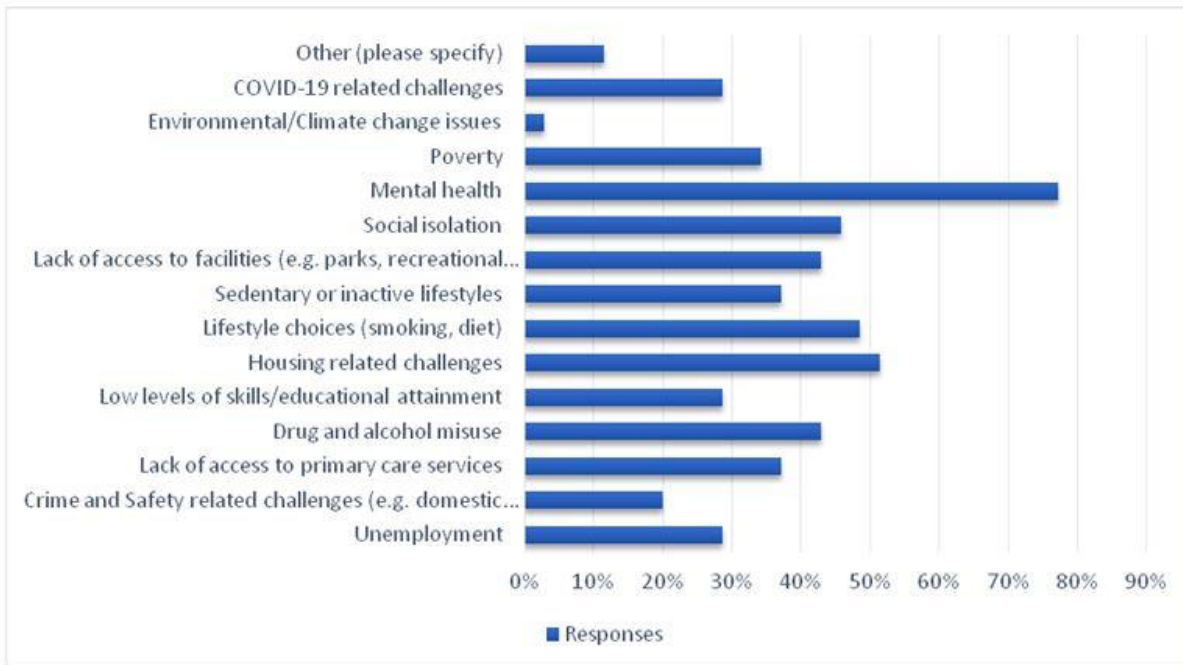
### Views from all 'Individual' respondents



### Views from young people aged 0-24



### Views from Organisations



The graphs show responses overall and responses for individuals vs organisations. When the survey findings were compared to the feedback from interviews and focus groups, the consultation process identified clear patterns and trends in relation to the emerging health priorities for County Kildare, these include:

- Mental health
- Drug and alcohol misuse
- Lifestyle choices
- Housing related challenges
- Sedentary/inactive lifestyles
- Access to primary care
- Access to facilities (parks, greenways, sport, recreation etc).

Whilst there was reasonable consistency across the responses, a key priority for young people was the inclusion of **unemployment** (42%) as an issue. This was also identified by 37% of people aged 55+ alongside low levels of skills and poverty. The survey findings were also mirrored by the feedback in workshops and meetings which identified mental health, active lifestyles and support for housing and poverty as key priorities.

A number of key areas identified in national policy documents such as sexual health and disability were less evident in local consultation. These areas may need further research locally as the gap in service particularly in the area of sexual health may have influenced the lack of priority at local level.

Respondents to the survey and those participating in interviews and workshops were asked to identify how health related issues manifest in Kildare and to identify potential ideas, actions or initiatives that could be developed to help address issues. The feedback received both from qualitative interviews and from those responding to the survey, was consistent with priorities identified.

## What does a Healthy Kildare mean?

Those consulted were asked to identify what a healthy Kildare means to them. The following word cloud captures the key responses. This has helped shape the vision for the Healthy Kildare plan.



## **Emerging from COVID-19**

Those consulted as part of the planning process were asked to consider the impact of COVID-19 and how it could help shape the direction of the Healthy Kildare Plan 2022-2026

The main responses were in relation to mental health, in particular youth mental health and managing social and health-related anxiety now that society is reopening.

Respondents reflected a spike in anxiety, depression, school avoidance, disordered eating, domestic violence, and abuse resulting from COVID-19 therefore participants felt that reconnecting with others after extended periods of social isolation, breaking unhealthy COVID habits such as excessive use of social media, binge-watching television and unhealthy eating was an area that needed significant attention.

Among these responses, the re-engagement with the community by older people was another common theme. Many believed that this would reduce stress and anxiety and benefit the mental and physical wellbeing of the older community in their area. There was a keen interest in more opportunities to engage with others after COVID by giving people the opportunity to participate in exercise classes or community get togethers. Intergenerational activities aimed at teaching young people to support and value their older relatives and neighbours and vice versa was also referenced as a potential COVID related intervention.

The Healthy Kildare plan for 2022-2026 acknowledges the contributions of all stakeholders, and the plan sets out the key areas of action developed in response to these findings.

## **What do the consultation findings mean for the Healthy Kildare plan?**

There are strong correlations between the consultation findings and the priorities as set out in the strategic and policy context. There is a particular congruence between the priorities identified by those at a local level and the Healthy Ireland Framework, reaffirming a direction of travel for the Healthy Kildare plan. The following section sets out an analysis of the strategic context, county profile and consultation findings.

## Section 6: Analysis

In developing the Healthy Kildare Plan 2022-2026, the various aspects of the strategy process have been analysed and cross referenced.



### County Profile & Trends

Review of latest available County profile data and analysis of emerging trends



### Strategic Context

Desk review of local, regional and national policy documents as well as consultation with National stakeholders.



### Consultation

Widespread consultation with local and regional stakeholders to better understand health priorities and recommended actions

The development of a county health profile is challenging in that most of the data relates to 2016 census and is therefore dated. The release of 2022 census data and the emergence of new County Health profiles from the Department of Health will be important for this plan and an ongoing review of data has been factored into the key actions.

In relation to profile, Kildare is the fifth largest county by population in Ireland. Kildare remains a youthful County and its population is expanding. There is a significant youth population, and this is expected to grow considerably over the next 5-10 years. A large increase in the working age and elderly population is expected during the same timeframe and the plan needs to consider these emerging trends.

There are high levels of deprivation in pockets across County Kildare according to the 2016 CSO statistics. Kildare continues to battle against its perception of an affluent county which means it is often overlooked for investment, particularly those using area-based deprivation measures to allocate resources. During the consultation process, organisations consistently referenced increasing service pressures resulting from increasing populations. It is important that the plan adequately reflects the emerging needs and challenges faced by local communities as further investment is sought through initiatives like Sláintecare Healthy Communities.

The new County development plan identifies Naas and Maynooth as key towns which are economically active that provide employment for their surrounding areas and have the capacity to act as regional drivers. Newbridge, Leixlip, Kildare and Athy



are all identified as self-sustaining growth towns and this will be considered as part of the planning and implementation of the Healthy Kildare plan over the next five years. Continued engagement with Kildare County Council and other agencies to monitor housing, employment and health statistics will help to ensure the plan remains current and is responsive to emerging need.

A review of the strategic context at a regional and national level points clearly to a focus on reducing health inequalities and targeting healthy behaviour. Priorities such as: tackling mental health, enhancing levels of physical activity, targeting positive health choices in relation to nutrition, smoking, drugs and alcohol emerged consistently. In addition, the need to consider trauma informed approaches, particularly in relation to supporting families, women and new communities has emerged as a priority across the children, youth and family support sectors.

As Ireland emerges from COVID, there is a need to consider the enduring health challenges that emerge not only from the virus itself but as a result of social restrictions. This plan is also developed at a time when a local community response will be mobilised in relation to the Ukrainian refugee crisis, adding to ongoing efforts to support Syrian and Afghani refugees – these will be considered in the plan.

The consultation process reinforces the national view that mental health is a key focus for the Healthy Kildare plan. The consultation pointed to challenges in accessing primary care, concerning levels of drug and alcohol misuse, the need for positive lifestyles choices including nutrition and physical activity as well as better investment in spaces and places for health and wellness related activity. Ongoing housing related challenges were referenced consistently whilst for young people, unemployment emerged as a key priority (youth unemployment rate aged 15-24 in Ireland was 12.6% as of February 2022 compared to a rate of 3.9% for the 25-74 age range)<sup>17</sup>. The consultation suggests a number of priority target groups for this plan including young people, new communities, older people, people with a disability and women.

The combination of local, regional and national priorities gathered through both desk review and consultation has directly shaped and influenced the Healthy Kildare Plan 2022-2025. The plan has two key dimensions:

- The allocation and use of Healthy Ireland Strand One Funding in Kildare under HI Round 4
- Supporting and contributing to a wider range of health investments, programmes, initiatives, events and campaigns

As informed by the consultation with National stakeholders, the aspiration is to use available resources in the most effective and impactful way possible. This means that where appropriate:

---

<sup>17</sup> <https://www.cso.ie/en/releasesandpublications/er/mue/monthlyunemploymentfebruary2022/>

- Positive relationships established during the initial three Healthy Ireland programmes will be further developed.
- Resources will be allocated in a way that complements rather than duplicates existing efforts, optimising the overall health investment to County Kildare
- In partnership with others further investment will be leveraged into the county in order to positively impact the health and wellbeing of all citizens.

A series of key actions have therefore been identified, aligned to six overarching strategic objectives and three key themes. Collectively, these provide a framework for the Healthy Kildare Plan 2022-2026. This framework is underpinned by the following priority areas:

- **Mental Health Support:** To build on previous work and allocate resources for the delivery of a targeted mental health programme. This should target improved positive mental health and wellbeing of participants, particularly post COVID-19. The focus moving forward should consider an enhanced availability and accessibility of counselling and talking therapies across Kildare, 1-1 mentoring through the potential use of social prescribing models. This should have a clear focus on engaging and supporting young people, expectant and new parents, older people, men, women and people that are socially isolated. The focus can also include wrap around support on related issues such as dual diagnosis, trauma informed support and Adverse Childhood Experiences (ACES).
- **Tobacco, Drug and Alcohol Support:** To allocate resources to an initiative or series of initiatives targeting drug, alcohol, tobacco supports and substance misuse. This should include preventative approaches, brief interventions and wellbeing initiatives adopting trauma informed approaches where relevant. The target group for these initiatives should include young people, families, and others struggling with substance misuse.
- **Family Support:** Building on previous work during round 3, to allocate resources to support families experiencing challenges, through 1-1 support and mentoring, access to physical and mental health supports, financial and budgeting supports and signposting to relevant service in relation to education, employment, and wellbeing. The target groups for this programme may include new communities, families seeking asylum, new and expectant parents, families experiencing or at risk of homelessness.
- **Healthy Lifestyles:** Allocate resources to tackle sedentary lifestyles and physical inactivity. Initiatives should build on previous work to provide access to a wide range of physical activity programmes for those not traditionally engaged such as women/girls, people with a disability, ethnic minorities, Travellers and Roma. Potentially these programmes should include nutritional support, health checks and wider lifestyle-based support for participants.



- **Healthy Spaces and Places:** Building on the actions set out in the national Healthy Ireland Framework support and promote the roll out of initiatives with a focus on Sláintecare Healthy Communities, Healthy Ireland at your Library, Healthy Workplace, Healthy Clubs, Healthy Campus, and Active Schools. Allocate resources to support healthy environments for people to live, work, learn and play in Kildare. Invest in continuous professional development and training for those living and working in Kildare in support of staff health and wellbeing and to enhance work force skills and knowledge.
- **Research and Evidence:** Allocate resources to carry out ongoing consultation and research into key health issues in Kildare, and to work to build the capacity of targeted communities that can ensure the successful application and implementation of possible future rounds of Sláintecare Healthy Communities. The area-based programme targets areas of deprivation which primarily exist in the West and South of the County.

# Section 7: Overview Healthy Kildare Plan 2022-2026



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

## Vision

*A Healthy Kildare, where everyone can enjoy physical and mental health and wellbeing to their full potential, where wellbeing is valued and supported at every level of society and is everyone's responsibility'.*

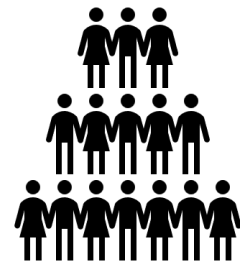
## Values

- 1. A belief in **connecting services** through **partnership working** and **collaboration***
- 2. A commitment to **consultation** and **engagement** with stakeholders, particularly local communities*
- 3. A **national view** but focussed on **local delivery***
- 4. **Impactful** and **targeted investment** to **local needs***
- 5. **Ambition** to **target resources, investments, and opportunities** for Kildare*
- 6. Ensuring **access for all, respecting diversity** and **inclusion**, and **targeting disadvantage** and the **social determinants of health** through a **trauma informed and evidence-based approach***

# Healthy Kildare Themes

The Healthy Kildare Plan 2022-2026 is structured under three themes.

## Healthy People & Communities



## Healthy Connections & Partnerships



## Healthy Places & Environments



# Strategic Objectives and National Outcomes

Each theme is aligned with the four cross cutting high level national outcomes of the Healthy Ireland Framework which reflect the broad determinants of health and wellbeing. It is anticipated that the objectives set out under each theme will strive to reach one or more of the outcomes.

The key priorities are organised under a series of strategic objectives and related actions for the next 5 years.

Theme	Strategic Objectives	MHS	T,D,AS	FS	HL	S&P	R&E	National Outcomes
Healthy People and Communities	<b>1:</b> To build on the successes of Healthy Ireland rounds 1-3 by investing in a series of programmes that target and address local health needs and to measure the impact of those programmes in Kildare	✓	✓	✓	✓	✓	✓	Children are active and healthy, with positive physical and mental wellbeing  People of all ages and abilities participate in education, work, and leisure activities to their full potential
	<b>2:</b> To ensure and inform the roll out of National and regional health initiatives and commitments across Kildare and to attract new resources to improve health outcomes	✓	✓	✓	✓	✓		
	<b>3:</b> To support the successful implementation of Sláintecare Healthy Communities in Athy, in order to inform the expansion of this programme in Kildare	✓	✓	✓	✓	✓	✓	
Healthy Connections and Partnerships	<b>4:</b> To develop strong connections and partnerships with health stakeholders at national, regional and local level, such as, the Community Health Networks (CHNs).	✓	✓	✓	✓	✓		Responsibility is shared in addressing the social determinants of health and wellbeing.
	<b>5:</b> Research health related issues within the County, both through analysis of data and through ongoing consultation						✓	
Healthy Places and Environments	<b>6:</b> To support the development of new spaces, places and environments that promote positive Health and Wellbeing across Kildare particularly targeting priority groups and areas of disadvantage					✓	✓	We live longer healthier lives in safe, healthy environments in resilient communities

\*MHS: Mental Health Support, T,D,AS: Tobacco, Drug, Alcohol Support, FS: Family Support, HL: Healthy Lifestyle, S&P: Spaces & Places, R&E: Research & Evidence

# **Section 8: Healthy Kildare Action Plan 2022-2026**



**Theme: Healthy People and Communities**

**Strategic Objective 1: To build on the successes of Healthy Ireland rounds 1-3 by investing in a series of programmes that target and address local health needs and to measure the impact of those programmes in Kildare**

Key Actions	Implementation Partners <sup>18</sup>	Timeframe	Mental Health Support	Tobacco, Drug, Alcohol Support	Family Support	Healthy Lifestyles	Spaces & Places	Research & Evidence
1.1 To facilitate a series of focus group discussions with relevant service providers to co-design specific programmes for the round 4 funding allocation under the priority actions areas	HI Subgroup and other agencies	June - December 2022	✓	✓	✓	✓	✓	✓
1.2 To submit an application to the Department of Health for Round 4 funding and implement an approved programme of work in partnership with project partners	HI Subgroup and other agencies	June - December 2022	✓	✓	✓	✓	✓	✓
1.3 To ensure appropriate monitoring and evaluation processes are in place to enable reporting on the impact of funded programmes	HI Subgroup and other agencies	2022-2026						✓
1.4 To provide ongoing information and signposting to Healthy Ireland funded and other programmes, embedding Healthy Kildare as the trusted source of information on wellbeing in the County	HI Subgroup and other agencies	2022-2026	✓	✓	✓	✓	✓	✓

<sup>18</sup> The list of implementation partners is not exhaustive and is likely to include other stakeholders.

Theme: Healthy People and Communities								
Strategic Objective 2: To ensure and inform the roll out of National and Regional health initiatives and commitments across Kildare and to attract new resources to improve health outcomes								
Key Actions	Implementation Partners	Timeframe	Mental Health Support	Tobacco, Drug, Alcohol Support	Family Support	Healthy Lifestyles	Spaces & Places	Research & Evidence
2.1 Inform and be informed by Key Local and National Strategies and any amended versions as set out in the Healthy Kildare Plan, particularly the Healthy Ireland Framework, Kildare County Development Plan, LECP and CYPSC Plan.	Link to local and national strategies as referenced and emerging plans	2022-2026	✓	✓	✓	✓	✓	✓
2.2 Support the implementation of relevant actions set out in Key Local and National Strategies which align to Healthy Kildare goals and priorities.	National and Local Stakeholders	2022-2026	✓	✓	✓	✓	✓	✓
2.3 Support and encourage organisations to access funding to deliver health related services in line with identified priority areas and target groups.	HI Subgroup, Youth & Community Organisations	2022-2026	✓	✓	✓	✓	✓	✓
2.4 Highlight the need for new and enhanced resources to improve overall health and wellbeing in Kildare.	HI Subgroup, LCDC <sup>19</sup> , CYPSC	2022-2026						✓
2.5 Support the Kildare Youth Mental Health Proposal to develop additional mental health services for Kildare.	LCDC,CYPSC, HSE, HI	2022-2026	✓					✓

<sup>19</sup> Where LCDC and CYPSC are referenced this refers to member organisations.

<b>Theme: Healthy People and Communities</b>								
<b>Strategic Objective 3: To support the successful implementation of Sláintecare Healthy Communities in Athy, in order to inform the expansion of this programme in Kildare</b>								
<b>Key Actions</b>	<b>Implementation Partners</b>	<b>Timeframe</b>	<b>Mental Health Support</b>	<b>Tobacco, Drug, Alcohol Support</b>	<b>Family Support</b>	<b>Healthy Lifestyles</b>	<b>Spaces &amp; Places</b>	<b>Research &amp; Evidence</b>
3.1 Work with the Sláintecare Healthy Communities Programme partners to provide a coordinated approach to the delivery of Programmes in Athy.	HI Subgroup, HSE, KCC, CKLP, LCDC, CYPSC	2022-2026	✓	✓	✓	✓	✓	✓
3.2 Use the learning from Athy to expand evidence-based programmes across the county. For example, Social Prescribing	HI Subgroup, HSE, KCC, FRC,CKLP	2022-2026	✓	✓	✓	✓	✓	✓
3.3 Support the consultation process with stakeholders through the Healthy Ireland subgroup and through LCDC and CYPSC and other relevant structures to agree a target site(s) for future Healthy Communities investments	HI Subgroup, HSE, KCC, CKLP, LCDC, CYPSC	2022-2026	✓	✓	✓	✓	✓	✓
3.4 Support the completion of a comprehensive needs assessment and the development of a submission for the next phase of Sláintecare Healthy Communities	HI Subgroup, HSE, LCDC, CYPSC	2022-2026	✓	✓	✓	✓	✓	✓
3.5 Provide ongoing information, support, and signposting to staff and partners in Athy. Support the successful promotion, implementation, and roll out of the Sláintecare Healthy Communities programme in Athy.	HSE, KCC, CKLP and FRC	2022-2026	✓	✓	✓	✓	✓	✓

<b>Theme: Healthy Connections and Partnerships</b>								
<b>Strategic Objective 4: To develop strong connections and partnerships with health stakeholders at national, regional and local level, such as, the Community Health Networks (CHNs).</b>								
<b>Key Actions</b>	<b>Implementation Partner</b>	<b>Timeframe</b>	<b>Mental Health Support</b>	<b>Tobacco, Drug, Alcohol Support</b>	<b>Family Support</b>	<b>Healthy Lifestyles</b>	<b>Spaces &amp; Places</b>	<b>Research &amp; Evidence</b>
4.1 To inform the development of the Local Economic and Community Plan, Children and Young Peoples Plan for Kildare and Kildare CYPSC strategy ensuring that health and wellbeing is an integral part of relevant strategies	HI Subgroup, KCC, LCDC, CYPSC	2022-2026						✓
4.2 To develop connections with DSP, SICAP, CYPSC subgroup to address unemployment as a factor impacting health and wellbeing, particularly identified by young people in the development of this plan	HI Subgroup, KWETB, CKLP, DSP, LESN, HSE, County Chamber	2022-2026	✓	✓	✓	✓	✓	✓
4.3 To work collaboratively with HSE Community Healthcare: Dublin South, Kildare and West Wicklow Health Promotion and Improvement team to support, promote and implement prevention and wellbeing programmes	HSE	2022-2026	✓	✓	✓	✓	✓	✓
4.4 To work with Community, Voluntary and Statutory Bodies to support locally developed health and wellbeing responses for example parkrun, CKLP and IWA	HI Subgroup & Statutory Bodies	2022-2026				✓	✓	✓

4.5 To work collaboratively with Kildare County Chamber of Commerce and local business across Kildare to implement the Healthy Workplace Framework	Kildare County Chamber, LEO, Local Business	2022-2026	✓	✓	✓	✓	✓	✓
4.6 To work collaboratively with HSE Health and Wellbeing team and educational providers across Kildare to implement the Healthy Campus Framework and Healthy School Programmes	HSE, KWETB, ETBI, Dept. Education, Local Schools	2022-2026					✓	✓
4.7 To work collaboratively with Kildare Sports Partnership and Sporting Organisations across Kildare to implement the Healthy Clubs Programme and Sports Inclusion Programmes	KSP, GAA, Sport Ireland, Cara Centre, National Sports Governing Bodies	2022-2026		✓			✓	✓
4.8 To work collaboratively with organisations to promote health and wellbeing responses targeting socially excluded children and young people for example children with disabilities, young carers and teenage girls	CYPSC, MHI, KSP, Youth & Community Services	2022-2026	✓	✓	✓	✓	✓	
4.9 To work collaboratively with organisations to promote health and wellbeing responses targeting socially excluded parents, carers and families	Community & Voluntary Organisations, FRC's	2022-2026	✓	✓	✓	✓	✓	✓
4.10 To work collaboratively with Local Authorities, HSE and other organisations to Implement Healthy Ireland and other national initiatives for example 'Not Around Us' and National Play Day	HI Subgroup, KCC and other organisations	2022-2026		✓			✓	✓

<b>Theme: Healthy Connections and Partnerships</b>								
<b>Strategic Objective 5: Research health related issues within the County, both through analysis of data and through ongoing consultation</b>								
<b>Key Actions</b>	<b>Implementation Partners</b>	<b>Timeframe</b>	<b>Mental Health Support</b>	<b>Tobacco, Drug, Alcohol Support</b>	<b>Family Support</b>	<b>Healthy Lifestyles</b>	<b>Spaces &amp; Places</b>	<b>Research &amp; Evidence</b>
5.1 To update the data available on health and wellbeing as it becomes available to determine priorities for example through Census 2022, HSE County Profile and other relevant data sets	Dept. Health, HI Subgroup, LCDC, CYPSC	<b>2022-2026</b>						✓
5.2 To consult with the Healthy Ireland sub group, PPN, other established networks and structures to monitor the evolving health and wellbeing needs of communities across the County	HI Subgroup, PPN, LCDC, CYPSC	<b>2022-2026</b>	✓	✓	✓	✓	✓	✓
5.3 To continue to deliver Health and Wellbeing information, events, screening days, workshops and other initiatives showcasing the work of the Healthy Ireland in Kildare	HI Subgroup, Community & Voluntary Organisations	<b>2022-2026</b>	✓	✓	✓	✓	✓	✓
5.4 To continue to monitor, evaluate and report on the programme of work delivered under Healthy Ireland Funding Round 4.	HI Subgroup, LCDC, CYPSC, Dept. Health, Pobal	<b>2022-2026</b>	✓	✓	✓	✓	✓	✓
5.5 Carry out further research/consultation regarding national priority areas which require further local consideration to inform actions for example Sexual Health, People with Disabilities	HI Subgroup, LCDC, CYPSC	<b>2022-2026</b>						✓



<b>Theme: Healthy Places and Environments</b>								
<b>Strategic Objective 6: To support the development of new spaces, places and environments that promote positive Health and Wellbeing across Kildare</b>								
<b>Key Actions</b>	<b>Implementation Partners</b>	<b>Timeframe</b>	<b>Mental Health Support</b>	<b>Tobacco, Drug, Alcohol Support</b>	<b>Family Support</b>	<b>Healthy Lifestyles</b>	<b>Spaces &amp; Places</b>	<b>Research &amp; Evidence</b>
6.1 To help inform the development of the County Development Plan, local area plans and other relevant plans, for example LECP, CYPSC Plan and Town Centre First Master planning.	HI Subgroup, KCC	<b>2022-2026</b>					✓	✓
6.2 To support the development and enhancement of health, wellbeing and recreational facilities to complement the Barrow Blueway Development	HI Subgroup, KCC, CKLP Leader	<b>2022-2026</b>	✓		✓	✓	✓	✓
6.3 To inform and support the development of greenways, cycleways and walkways across the County and promote sustainable transport	HI Subgroup, KCC, Leader	<b>2022-2026</b>	✓		✓	✓	✓	✓
6.4 To promote the use of outdoor spaces; support the provision of enhanced, quality play initiatives in the county and safe access to public places e.g.Celbridge Outdoor Teen Facilities Project	HI Subgroup, KCC, CYPSC	<b>2022-2026</b>	✓				✓	✓
6.5 To support the expansion of parkrun in South Kildare and to promote engagement by priority target groups in parkrun	HI Subgroup, KCC, KSP	<b>2022-2026</b>	✓			✓	✓	✓
6.6 To promote and support use of facilities as multiuse for example schools, sports, youth and community facilities across Kildare	Schools, KWETB & Community Organisations	<b>2022-2026</b>					✓	✓

## **Section 9: Monitoring of the Healthy Kildare Plan**

Responsibility for monitoring the implementation of the Healthy Kildare Plan is held jointly by Kildare LCDC and CYPSC. Both structures will be updated on the progress of the Healthy Kildare Plan as part of the Healthy Kildare Update from the Health and Wellbeing subgroup. The Healthy Kildare Plan will continue to be on the Kildare Health and Wellbeing Subgroup agenda. Regular reviews will be carried out to align with Healthy Ireland reporting procedures.

## Appendix One:

# Kildare Local Community Development Committee Membership (October 2022)

Name	Organisation Represented	Sector
Cllr. Suzanne Doyle (Chairperson)	Public Representative	Statutory
Cllr. Tracy O'Dwyer	Public Representative	Statutory
Cllr. Aidan Farrelly	Public Representative	Statutory
Sonya Kavanagh	Chief Executive -Kildare County Council	Statutory
Jacqui McNabb	Head of Enterprise-Kildare County Council	Statutory
Ken Seery	Director of further Education and Training- Kildare West Wicklow Education Training Board (ETB)	Statutory
Ruth Langan	Area Manager- Department of Social Protection	Statutory
Audrey Warren	Area Manager-Tusla	Statutory
Margaret McQuillan	Head of Health and Wellbeing CHO 7-HSE	Statutory
Pat Doyle	Chief Executive Officer- Peter McVerry Trust	Non Statutory
Tom Malone	Irish Farmers Association	Non Statutory
Lisa Baggott	Co-ordinator- South Western Regional Drugs & Alcohol Task Force	Non Statutory
Pat Leogue	General Manager -County Kildare LEADER Partnership	Non Statutory
Sinead Ronan	Public Affairs Manager- County Kildare Chamber of Commerce	Non Statutory
Dermot O'Donnell	Public Participation Network – Community Development	Non Statutory
Declan Nolan	Public Participation Network – Social Inclusion	Non Statutory
Bob Quinn	Public Participation Network – Environment	Non Statutory
Anthony Egan	Public Participation Network – Community Development	Non Statutory
Sarah Shakespeare	Public Participation Network -Social Inclusion	Non Statutory

# Kildare Children and Young People's Services Committee Membership (October 2022)

Name	Organisation Represented	Role
Pat League	Co. Kildare LEADER Partnership	General Manager
Sinéad Goodwin	Department of Social Protection	Area Manager Kildare
Angela Morrissey Kenny	Family Resource Centres	Manager, Curragh Family Resource Centre
Brian Cagney	Garda Síochána	Inspector
Maura Harrington	HSE	Enhanced Community Care Network Manager
Adrienne Devlin		Project Lead, Assessment of Need
Shaista Zaidi		CAMHS
Darina Harte		Health Promotion and Improvement Officer
Lorraine Flynn	Kildare and Wicklow Education and Training Board	Youth Officer
Julie McNamara	Kildare County Childcare Committee	Chief Executive
Marian Higgins (Vice Chair)	Kildare County Council	Interim Director of Service
Tom Dunne	In Sync Youth & Family Services	CEO
Sandra Byrne		Director of Therapeutic Services
Catriona O'Toole	Maynooth University	Associate Professor, Department of Education
Annette Corkery/Brenda Hughes	National Educational Psychological Service	Senior Educational Psychologist
Deirdre Matthews	Probation Service	Senior Probation Officer

Lisa Baggott	South West Regional Drugs and Alcohol Task Force	Coordinator
Lorraine Rowan	Teach Tearmainn	Manager
Audrey Warren (Chair)	Tusla, Child and Family Agency	Area Manager
Caroline Sheehan		Senior Manager, Prevention Partnership & Family Support
Amanda Cullen	Tusla, Educational Welfare Service	Senior Education Welfare Officer

## Appendix Two: Consultation Participants

1. Athy Community Family Resource Centre
2. Clocha Rince National School
3. Comhairle na nÓg
4. County Kildare Leader Partnership
5. Department of Social Protection
6. Department of Health
7. Foróige
8. Hazelhatch Park Residents Association
9. Heads Up Kildare
10. Healthy Kildare Working Group
11. HSE Resource Officer for Suicide Prevention
12. HSE Health Promotion & Improvement
13. HSE National Healthy Cities and Counties of Ireland
14. In Sync Youth & Family Services
15. Irish Wheelchair Association
16. Kildare Children Young People's Services Committee
17. Kildare County Council
18. Kildare Library Service
19. Kildare Local Community Development Committee
20. Kildare Public Participation Network
21. Kildare Sports Partnership
22. Kildare Wicklow Education and Training Board
23. Maynooth Community College
24. Naas Carpe Diem Walkers
25. National Coordinator for Children & Young People's Services Committees
26. Newbridge Family Resource Centre
27. Older Voices Kildare
28. Peter McVerry Trust
29. Pobal
30. School Completion Programme
31. Scoil Íde Naofa
32. South Western Regional Drug & Alcohol Task Force
33. Tusla
34. Tusla Educational Support Service
35. Willow Counselling
36. 4th Kildare Scout Group: Beaver section



# Appendix Three: LCDC/CYPSC Healthy Ireland Subgroup Members

Anne Myler, Kildare County Council, Senior Executive Librarian (Chairperson)

Pat Leogue, CKLP, General Manager

Sarah Shakespeare, Teach Dara Family Resource Centre, Manager

Lisa Baggott, South Western Regional Drug and Alcohol Task Force, Coordinator

Karen Heavey, HSE, Health and Wellbeing Manager

Áine Buggy, HSE, Senior Health Promotion Improvement Officer

Carmel Cashin, Kildare County Council, Kildare Age Friendly Programme Manager, Acting Senior Community Worker

Supported by

Susan Bookle, Kildare County Council, LCDC Coordinator

Emma Berney, Tusla, CYPSC Coordinator

Laura Kelly, Kildare County Council, Healthy Ireland Coordinator

Anita Clarke, Kildare County Council, A/Senior Staff Officer

## Appendix Four: Healthy Ireland Projects funded to date under HI Strand One

Round 1	Round 2	Round 3	Round 3 CMHF Grants	CRF 2020/2021
Mojo Kildare (Heads Up)	Kildare Sports Partnership	Kildare Sports Partnership	Kildare Youth Services Halo	Extern
County Kildare Chamber of Commerce	SWRDATAF	Kildare LCDC	Hope D	Monasterevin Youth Action
Kildare Sports Partnership	County Kildare Leader Partnership	Peter McVerry Trust	KYS FAIM	In Sync Youth & Family Services
SWRDATAF	Heads Up Formerly Mojo	CKLP Social Farming	Allenwood Community Development Group (ACDAL)	Chime National Charity for Deafness and Hearing Loss
County Kildare Leader Partnership	County Kildare Chamber of Commerce	SWRDATAF	Kildare Youth Service Leixlip Project	YMCA PAKT Celbridge
Kildare County Council Arts Service		CKLP HIF Coordinator	Willow Community Counselling Services Athy	Foróige Drug Prevention & Education Initiative
		Community Engagement	Teach Dara	
		Heads Up		
		Hope Cottage		

# References

- Bookle, S. (2018). *Healthy Ireland in Kildare Progress Update Strand One Round One* .
- Bookle, S. (2019). *Healthy Ireland in Kildare Progress Update Strand 1 Round 2*.
- Burtenshaw & Associates. (2019). *Evaluation of Heads Up Kildare A Programme Targeting Young Men aged 18-24*.
- Burtenshaw & Associates. (2020). *CKLP, Evaluation of Youth Employment Initiative Athy* .
- Clarke, A., Eustace, A., & Martin, T. (2018). *Study on Rural Youth In County Kildare*.
- Connecting for Life. (2015-2020). *Ireland's National Strategy to Reduce Suicide* .
- Connecting for Life Kildare and West Wicklow. (2018). *Suicide Prevention Action Plan*.
- County Kildare Leader Partnership. (2019-2023). *County Kildare Traveller and Roma Inclusion Strategy* .
- County Kildare Leader Partnership. (2020). *Review of SICAP Youth Employment Services*.
- County Kildare Leader Partnership. (2021). *Barrow Blueway Economic Plan*.
- CYPSC Kildare. (2019). *Redressing the Balance: The business case for investment in integrated youth mental health service provision in Kildare West Wicklow*.
- CYPSC Kildare. (2019-2021). *Children and Young Peoples Plan*.
- Department of Children and Youth Affairs. (2014-2020). *Better Outcomes Brighter Futures; The national policy framework for children & young people*.
- Department of Health. (2013). *Tobacco Free Ireland* .
- Department of Health. (2015-2020). *National Sexual Health Strategy*.
- Department of Health. (2016-2025). *A Healthy Weight for Ireland, Obesity Policy and Action Plan*.
- Department of Health. (2020). *Reducing Harm, Supporting Recovery*.
- Department of Health. (2020). *Sharing the Vision, A Mental Health Policy for Everyone*.
- Get Ireland Active. (2016). *National Physical Activity Plan for Ireland*.
- Government of Ireland. (2013-2025). *Healthy Ireland Framework* .
- Government of Ireland. (2013-2025). *Healthy Ireland Outcomes Framework* .
- Government of Ireland. (2021-2023). *Sláintecare Implementation Strategy*.
- Government of Ireland. (2021-2023). *Sláintecare Implementation Strategy & Action Plan*.
- HSE Community Healthcare Dublin South, Kildare & West Wicklow. (2018-2022). *Healthy Ireland Implementation Plan*.
- Kildare County Council & County Kildare Leader Partnership. (2020-2026). *County Kildare Integration Strategy* .

Kildare County Council. (2016-2021). *Kildare Local Economic & Community Plan* .

Kildare County Council. (2017-2023). *Kildare County Development Plan* .

Kildare County Council. (2018-2028). *Kildare Play Strategy*.

Kildare County Council. (2020-2022). *County Kildare Access Strategy, A Universal Access Approach* .

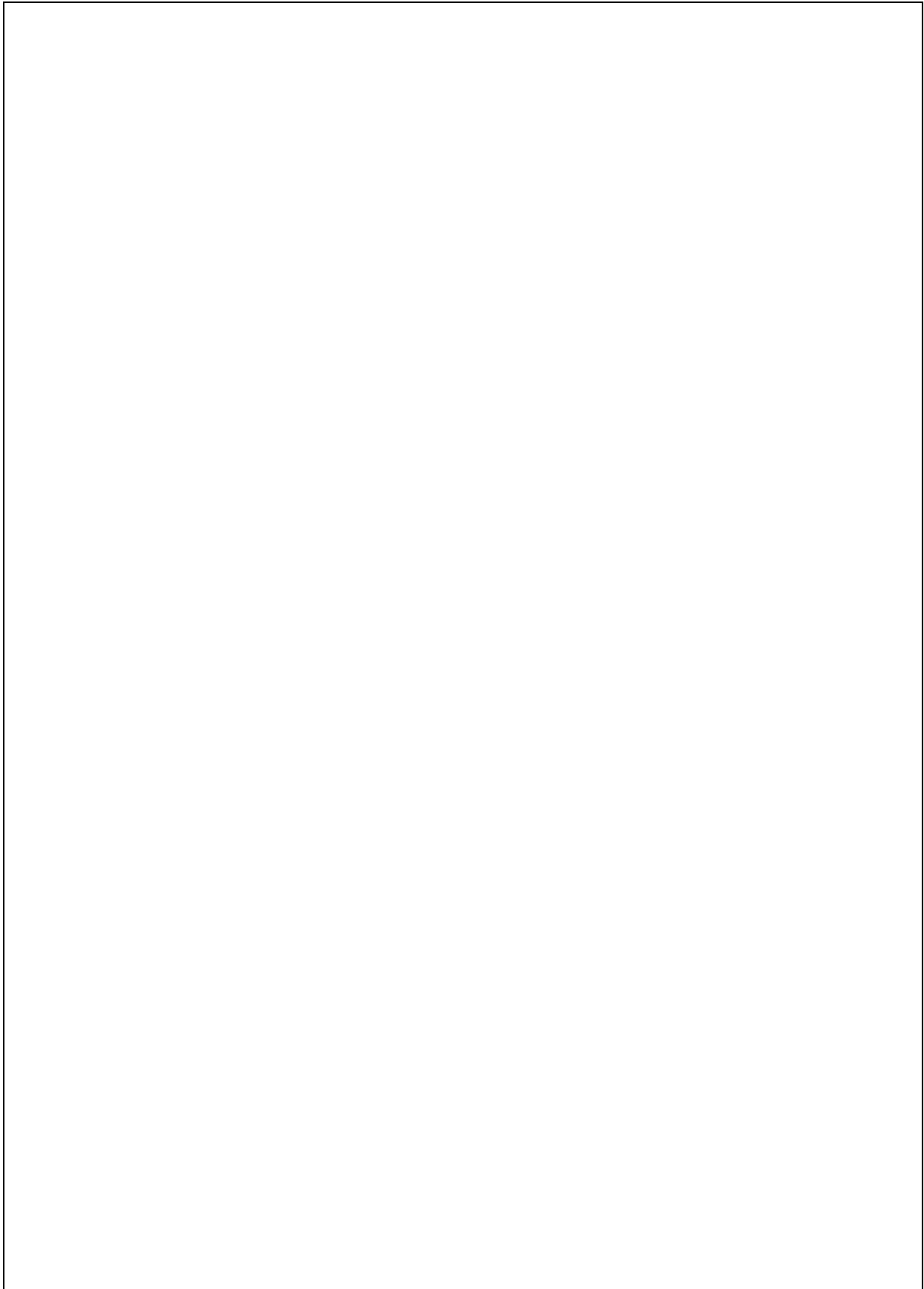
Kildare GAA. (2019-2023). *Kildare Strategic Plan* .

Kildare Sports Partnership . (2017-2021). *Strategic Plan*.

Older Voices Kildare. (2021). *Voices From Lockdown: Experiences of Cocooning*.

South Western Regional Drugs Task Force. (2005). *Strategy Document*.

# Notes





Healthy  
**Kildare**

## Healthy Kildare

Kildare County Council

Aras Chill Dara

Level 7

Devoy Park

Naas

Co. Kildare

W91 X77F

*For more information or to view the full report visit:  
[www.lcdc.ie/publications](http://www.lcdc.ie/publications)*



Healthy  
Kildare



Riailtas 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'