



HEALTH PROMOTION & IMPROVEMENT HEALTH & WELLBEING Newsletter

Autumn 2023



Mary O'Hare General Manager and HP&I team at the World Mental Health day event, Tullamore

Introduction

Improving the Health and Wellbeing of the population continues to be a key priority for MLM CHO. A whole system shift is required towards a culture that places greater emphasis and value on prevention, early intervention, self-management and keeping people well.



Driving this shift is the MLM CHO Health and Wellbeing (HWB) Team. The Sláintecare Reform programme reinforces this *"shift in policy, service design and practice away from treating sick people to keeping people healthy"* as outlined in *Future Health: A Strategic Framework for Reform of the Health Service (2012)*.

Working to achieve this and responding to the Healthy Ireland Implementation Plan, Health and Wellbeing has developed individual plans tailored to meet the needs within our population. The suite of actions covers a range of areas such as: Healthy Eating and Active Living, Tobacco, Mental Health and Wellbeing, Making Every Contact Count, Self-Management Support, Alcohol, Healthy Childhood, Staff Health and Wellbeing, Positive Ageing and Sexual Health. The associated actions are evidence based health and wellbeing interventions that will contribute to the reduction of capacity requirements as set out in the *Health Service Capacity Review (2018)*.

Fundamental to the provision of these programmes of work, and services of Health and Wellbeing, are the Social Determinants of Health - *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 embedding of the Sláintecare Healthy Communities initiative is fundamental to this discrete approach to addressing inequalities.

Grainne McGill, the Interim Head of Service Health and Wellbeing wishes to acknowledge the hard work by the MLM CHO Health & Wellbeing Communications Working Group and their dedication in producing this Interim Newsletter.

MLM CHO Health & Wellbeing Communications Working Group members: Clodagh Armitage, Aisling Warburton, & Kathleen Pardy Offaly; Siobhan Hourigan & Elaine Brennan, Laois; Michele Baker, Westmeath; Anne McGuinness, Longford; Olivia McGeough, Louth; Louise Farrelly & Katie Gerard, Meath.

Grainne McGill

Interim Head of Service Health & Wellbeing

Inside this issue



World Mental Health Day

HSE Staff events for World Mental Health day
10th October



Tobacco

HSE Quit campaign & CHO 8 Stop Smoking clinics



Making Every Contact Count

Launch of the updated CHO8 MECC Signposting Resource



Influenza

Autumn Winter Vaccination Programme Campaign for Healthcare Workers



Self Management Support

COPD Support Groups launched



Staff Health & Wellbeing

Steps to Health, Healthy Weight & Kick Start to Health



Connecting for Life

Creating Hope Through Action



Training

Mental Wellbeing, Sexual Health & Engage Training



Slaintecare Healthy Communities

Addressing Food & Nutritional Poverty



Healthy Eating & Active Living

START campaign, National Breastfeeding Week & Baby Food made Easy

World Mental Health Day



To mark World Mental Health day on the 10th of October, the HSE Health Promotion & Improvement service in the Midlands, Louth and Meath focused on wellbeing and connections with HSE colleagues and community groups by organising a number of events across the region.



Health Promotion & Improvement Team at World Mental Health Day Ardee

The HSE Health Promotion & Improvement service MLM CHO provide mental wellbeing programmes including the Minding your Wellbeing programme for HSE staff. Events for World Mental Health day and throughout the month of October took place in HSE and community locations to promote HSE mental wellbeing programmes and mental health information resources.



World Mental Health Day Ardee

The focus was on promoting wellbeing and making connections with colleagues. Taster sessions of HSE Staff Health and Wellbeing supports were provided.

Events for World Mental Health day and throughout the month of October include Staff Appreciation Coffee morning events at a number of primary care / health centres promoting mental wellbeing programmes and providing health information.



Pictured at the recent launch of the updated CHO8 MECC Signposting Resource in St. Brigid's Campus, Ardee, Co. Louth are Mary O'Hare, Carole Broadbank, Duana McArdle and Katriona Campbell

The Health Promotion and Improvement Team were delighted with the engagement around the CHO 8 area from staff who were keen to know about the services we provide and the supports that are made available to HSE staff to support their Mental Health and Wellbeing.

The Health Promotion & Improvement Team in Meath and Louth provided a Wellness at Work Staff Health and Wellbeing Coffee morning in St. Brigid's Campus, Ardee.

The Health Promotion & Improvement team have organised World Mental Health Day events including Staff Wellbeing and Staff Appreciation days at St. Brigid's Campus, Ardee; Athlone Clonbrusk Primary Care Centre; Mullingar Primary Care Centre; Springfield Centre St Loman's Mullingar; Longford Primary Care Centre; in Mountmellick Primary Care Centre; St. Fintan's campus, Portlaoise; Primary Care Edenderry; Scott Building, Tullamore.

Health Promotion & Improvement Wellbeing training events in October included:

- 19th October:
Minding your Wellbeing programme for HSE Staff Ardee
- 12th October:
Minding your Wellbeing programme for HSE Staff Kells
- 3rd, 5th and 24th October
Mindout Training – Promoting Social and Emotional Wellbeing
- 18th October:
Minding your Wellbeing programme for HSE Staff in the Parish centre Portlaoise.



Staff at the World Mental Health day event at Mountmellick Primary Care Centre

World Mental Health Day Events

Organised by Health Promotion & Improvement MLM CHO



World Mental Health Day Mullingar



World Mental Health Day Mullingar



World Mental Health Day Event Ardee



Longford World Mental Health Day Artwork



Longford World Mental Health Day Artwork



Longford World Mental Health Day



World Mental Health Day Mullingar



World Mental Health Day Engage Display

Wellbeing Supports for HSE Staff

Minding your Wellbeing - A programme to support your positive mental health and wellbeing

Minding your Wellbeing is a one day workshop offered by staff health and wellbeing and delivered by Health Promotion and Improvement to support staff to care for their own mental health and wellbeing and to build good self-care practices for every day.

The training covers 5 main topic areas; practicing self-care, understanding our thoughts, exploring emotions, building positive relationships and improving our resilience.

For further information, or to book a place on upcoming workshop please email:

Kathleen.pardy@hse.ie - Midlands counties

Geraldyn.nolan@hse.ie - Louth & Meath



Minding Your Wellbeing

TAKE A POSITIVE APPROACH TO YOUR MENTAL HEALTH



HSE Employee Assistance programme

The HSE Employee Assistance Programme (EAP) is a free and confidential support service for employees.

This service is available both face to face and online. It supports employees with issues either personal or work-related, affecting your job performance or home life.

The service is free and available to all HSE employees.

Call **0818 327 327** to speak to someone in confidence.

For further information, visit:

<https://healthservice.hse.ie/staff/benefits-and-services/employee-assistance-programme-staff-counselling/>

Other useful links for HSE Staff

<https://healthservice.hse.ie/filelibrary/staff/policy-for-prevention-and-management-of-stress-in-the-workplace-2018.pdf>

www.stresscontrol.ie

Staff Health & Wellbeing booklet on resources and initiatives for staff. This can also be downloaded at

www.hse.ie/healthyireland



EAPandME
Employee Assistance Programme

Any of us can feel burdened by a life or work problem.

Call **0818 327 327**
to speak to someone who can help.

Go to www.hse.ie/EAPandME to
access our online hub of helpful resources

#EAPandME

Tobacco

HSE QUIT Campaign

Stopping smoking is important in preventing smoking related illness. The message from the HSE for the QUIT October campaign encourages people who smoke to **Take Back Control** from smoking this October. The HSE is inviting people who smoke to **'Take Back Control'** by trying the **28-day no smoking challenge** this October.

One of the benefits that people often talk about after quitting is freedom from the control that cigarettes had over them. During those first 28 days new quitters will begin to see the moments when smoking had control over them.

'Once you quit smoking, you realise smoking it's not the friend you thought it was'.



Early this year the HSE announced **FREE NICOTINE REPLACEMENT THERAPIES (NRT)** for anyone who wants to quit smoking.

NRT are licensed medicines that safely give you lower levels of nicotine to help you get through cravings and withdrawal symptoms that can double your chances of quitting for good.

They are free from local stop smoking clinics as part of a package of supports on offer to people who quit smoking through the HSE QUIT service.

Dr Paul Kavanagh, HSE Public Health Medicine Lead with the Tobacco Free Ireland Programme, outlines how NRT works:



Health Promotion & Improvement Stop Smoking Advisors MLM CHO

"We sometimes talk about smoking as a choice but the reality is that it is an addiction. Nicotine makes cigarettes addictive and hard to give up. You will double your chances of quitting for good if you get support from QUIT.ie and use NRT, which is now provided free from local stop smoking clinics.

NRT are safer than smoking because they don't contain the other poisonous chemicals, like tar and carbon monoxide, which are present in tobacco smoke.

They come in many different forms like patches, gum, lozenges, inhalers and mouth sprays and often work best when you combine them together in a way that suits you.

I would recommend anyone who is thinking about stopping smoking to consider making a quit attempt with help from NRT and a Stop Smoking Advisor to give themselves every chance of staying quit for good."

Smoking causes many preventable deaths and significant harm to health. While there is a decline in smoking rates across the country, we must continue to



work together to maintain the progress and ensure that no one is left behind in our goal of a Tobacco-Free Ireland.

There have been some very positive achievements to support the goal of Ireland being Tobacco Free (<5%) before 2025. However, smoking continues to cause preventable harm on a large scale in Ireland, claiming over 4,500 lives each year.

"Our HSE Tobacco Free Ireland Programme plan 2022-2025", "The State of Tobacco Control in Ireland 2022", and "The Tobacco Endgame Survey Report".

In CHO8, we provide a confidential, friendly and non-judgemental one-to-one behavioural support programme to assist you on your journey to a smoke-free life.

CHO staff can avail of up to 12 weeks of free stop smoking medications as part of the HSE Quit Programme delivered by the following Health Promotion and Improvement staff



Experience of a HSE Stop Smoking Clinic

Thomas' Story

My first encounter with cigarettes started when I was fifteen. I found an unopened packet of ten cigarettes. This was something we could never get ourselves at that age. I still remember the plan we made to go up the fields in a group and try them out. Little did I know at that time how this event would become such an addiction in my life.

Part time work covered the cost of a packet a week and it was soon becoming a routine. Moving on into a trade and full time employment .taking my smoking habit as a normal daily requirement. I always kept to ten cigarettes a day but exceeded this at weekends socialising.

I honestly think it was the routine and the nicotine addiction that kept me hooked on the cigarettes .When the first covid lockdown was imposed I suddenly stopped smoking and that lasted for nine month. For the last few years I have been on and off cigarettes perhaps a week or a month at a time, trying various nicotine replacement products, even hypnosis but lacking will power.

Although being a very active person I noticed that in the last few months I was becoming breathless .Climbing a stairs, lifting things and cycling. This is when I decided I had one last chance to make a "Quitting Date".

Taking into account, my so many failed attempts in the past I knew I could not undertake such a journey alone.

This is when I contacted the HSE Smoking Cessation Service and was put in contact with a local counsellor Gail McNeill. With the help of Gail's experience, understanding and encouragement, I quit six weeks ago. I must admit it is challenging at the best of times. On my last weekly visit to the clinic I had a reading of zero on the carbon monoxide device. This news has given me a great boost of determination to keep going. Avoiding smoking situations and having a Nicorette mint in my mouth beforehand helps as a physical reminder to say to myself "hang in for another few minutes, I don't need that cigarette now (or ever again for that matter).I know it's not going to be easy but this is the way ahead from now on.

I would strongly recommend anyone wishing to quit smoking to contact this service, and make it happen.

Thanks again Gail for your past, present and future support.



Stop Smoking Clinics in CHO8 MLM

See table below for a full list of our clinic locations and contact details of local stop smoking advisors.

AREA	CLINIC LOCATION	CONTACT DETAILS
Meath	HSE HP&I Dept. Railway Street, Navan, Co. Meath	Kate Gerard katieA.gerard@hse.ie 087 4512808
Meath	Kells Primary Care centre, Kells Co Meath	Kate Gerard katieA.gerard@hse.ie 087 4512808
Louth	Redeemer Centre, Dundalk Co Louth	Mark Garvey mark.garvey1@hse.ie 087 266 7685
Louth	Ballsgrove Primary Care Centre, Drogheda, Co Louth	Madeline Kennedy madeline.kennedy@hse.ie 087 2363040
Longford	Ballyminion Primary Care Centre, Longford, Co. Longford	Catherina Brady Catherina.Brady3@hse.ie 087 443 5256
Longford/ Westmeath	Longford Health Centre, St. Joseph's Campus, Dublin Road, Longford Town, Longford Athlone Health Centre, Athlone	Dr. Gail McNeill gail.mcneill@hse.ie 086 815 7708
Longford	Luis na Greine Family Resource Centre, Granard Granard Health Centre, Co. Longford	Anne McGuinness Anne.McGuinness5@hse.ie 087 443 8132
Westmeath	Mullingar Health Centre, Mullingar Regional Hospital, Co Westmeath	Joan Tierney Joan.tierney@hse.ie 086 380 1153
Westmeath	Mullingar Primary Care Centre, Harbour Road, Mullingar, Co. Westmeath Clonbrusk Primary Care centre, Athlone, Co. Westmeath	Catherine Carragher Catherine.carragher3@hse.ie 087 188 1973
Laois	CADS/MIDOC building, St. Fintan's Campus Portlaoise Treo Nua, Family Resource Centre, Portlaoise , Co Laois Mountmellick Primary Care Centre, Co. Laois	Helen Maher helen.maher4@hse.ie 087 3334223
Offaly	Tullamore Primary Care Centre, Church Avenue, Tullamore, Co. Offaly CADS/MIDOC building, St. Fintan's Campus Portlaoise	Amanda Caulfield Amanda.caulfield@hse.ie 087 607 6432
Offaly	Ely House, Primary Care Centre, St John's Terrace, Birr, Co Offaly	Caroline Brickland Caroline.brickland@hse.ie 087 448 4728

Have you
tried to quit
before?

**We Can
QUIT**

Do you
want support
to quit?

**Register for a course
in your area**



Making Every Contact Count

CHO8 Making Every Contact Count Signposting Resources

MAKING EVERY CONTACT COUNT

CHO8 Health Promotion and Improvement Department are delighted to announce that the launch of the updated Making Every Contact Count Signposting Resources.

The MECC Signposting Resources are a suite of documents to support staff working in the HSE, partner organisations and community settings to signpost their clients to locally based services and supports relating to the brief intervention areas included in Making Every Contact Count.

The resources are organised under the topic themes covered in the Making Every Contact Count training;

- Tobacco / Smoking
- Alcohol and Drugs,
- Active Living / Physical Activity,
- Healthy Eating and Weight Management
- Mental Health and Wellbeing,
- Community Supports and Social Prescribing

Individual localised signposting resources are available for the following CHO8 areas; Louth & Meath, Laois & Offaly, Longford and Westmeath. Data included in the resources has been gathered, agreed, verified and documents designed by the HSE Health Promotion and Improvement Teams in each County.

The first edition of the CHO8 Making Every Contact Count Signposting Resources was released in October 2022 and has proven a valued and effective tool for health and social care staff who are engaging in brief interventions with service users across the CHO8 area. The CHO8 Health Promotion and Improvement Team are committed to full verification and review of the resources each year, in order to ensure that all information provided is up to date and accurate.

You can now download the e-version of the Local MECC Signposting Resources at:

<https://www.hse.ie/eng/about/who/healthwellbeing/making-every-contact-count/order-resources/>



The 2023 / 2024 update of the Making Every Contact Count was officially launched at a recent Staff Health and Wellbeing Event in HSE St. Brigid's Complex, Ardee, Co. Louth by Carole Broadbank, Chief Officer – HSE CHO8 Midlands Louth Meath.

Enhancing Your Skills Workshop

HSE CHO8 Health Promotion and Improvement Department are pleased to announce the Enhancing Your Skills Workshop Schedule for Autumn 2023.

You will no doubt have heard about the Making Every Contact Count Training Programme for all Health and Social Care Professionals. Training continues to roll out across CHO8 Midlands Louth Meath, and numbers participating in the online and in-person training is increasing each month; as many HSE Staff across the region focus on health promotion and chronic disease prevention with their patients and service users.

“ Having short, helpful conversations with patients and service users about their health; signposting to local community supports has become the norm in many service areas across CHO8. This is the Making Every Contact Count programme in action. ”

Duana McArdle

Senior Health Promotion Officer and Lead for Making Every Contact Count Programme, Midlands Louth Meath Health Promotion and Improvement Department

Making Every Contact Count (MECC) provides a framework to health and social care professionals to assist them in supporting Patients / Service Users to make lifestyle choices that help prevent chronic diseases and promote self-management of existing chronic disease. The course is designed to provide health professionals with the knowledge and skills to carry out a brief intervention with patients or service users. Making Every Contact Count is about Healthcare Workers **recognising the role and opportunities** that they have to raise the issue of lifestyle behaviour change and doing this in a supportive way. It is about health behaviour change interventions becoming **part of routine care** delivered by all staff in the health service.

‘Making Every Contact Count’ chronic disease prevention training programme is a blended learning programme which includes:

1. eLearning consisting of 8 x 30-minute modules on www.hseland.ie

The elearning modules provide staff with knowledge and information to support them to have conversations with patients to address lifestyle risk factors.



2. 3.5 hrs Enhancing Your Brief Intervention Skills Workshop (in-person)

The MECC Enhancing Your Skills workshop builds on the information provided in the MECC e-learning modules, by offering an opportunity to enhance your brief intervention skills with a practical in-person session.

CPD points are available for both e-learning and face to face workshops.



The feedback amongst Healthcare Staff in relation to this training is very positive. Here are some comments from recent participants of the Enhancing Your Skills Workshops in CHO8:

“ I found the e-learning programme excellent, great tuition in aspects we often overlook in our normal working day. ”

“ It only takes a few minutes to achieve MECC! We already do this, but aren't aware we do it and this programme reiterates the importance of active listening and encouraging change in those who are. ”

“ I found all aspects of the MECC training enlightening, good, practical, informative guidance with information that is easy to understand and put into practice. ”

“ I enjoyed the workshop as it provided me with an opportunity to tie all my learning together, and helped to build my confidence in how to start these brief conversations with clients. ”

“ I enjoyed the workshop, it was a good general refresh of the online piece and putting it into practice, also really useful to hear other attendee's stories and learn from them. ”

HSE CHO8 Health Promotion and Improvement Department are pleased to announce the following Enhancing Your Skills Workshop Schedule for autumn 2023. Booking for Enhancing your Brief Intervention Skills Workshops is now open on www.hseland.ie.

LOCATION	DATE & TIME	CONTACT
Eureka House, Kells, Co. Meath. A82 DX47	13th September 2023 10:00 - 13:30	Carmel Halpin - carmel.halpin@hse.ie Tara Kearns - taraA.kearns@hse.ie
Regional Education Centre, St.Brigid's Complex, Ardee, Co. Louth. A92 DRN0	18th October 2023 09:30 - 13:00	Tara Kearns - taraA.kearns@hse.ie Mark Garvey - mark.garvey1@hse.ie
Primary Care Centre, Harbour Road, Mullingar, Co. Westmeath. N91 V6R9	19th October 2023 09:30 - 13:00	Joan Tierney - joan.tierney@hse.ie Catherine Carragher - catherine.carragher3@hse.ie
Clonbrusk Primary Care Centre, Athlone, Co. Westmeath. N37 P8P8	24th October 2023 09:30 - 13:00	Joan Tierney - joan.tierney@hse.ie Catherine Carragher - catherine.carragher3@hse.ie
Eureka House, Kells, Co. Meath. A82 DX47	8th November 2023 10:00 - 13:30	Carmel Halpin - carmel.halpin@hse.ie Tara Kearns - taraA.kearns@hse.ie
Regional Centre of Nursing & Midwifery, Midlands Regional Hospital, Tullamore, Co. Offaly. R35 NY51	15th November 2023 09:30 - 12:30	Caroline Brickland - caroline.brickland@hse.ie Clodagh Armitage - clodagh.armitage@hse.ie
Edi Centre, 2 Mastertech Business Park, Athlone Road, Longford. N39 Y0F4	23rd November 2023 09:15 - 14:00	Catherina Brady - catherina.brady3@hse.ie Gail McNeill - gail.mcneill@hse.ie

ADDITIONAL INFORMATION READING AND RESOURCES:

For more information on MECC in Midlands Louth Meath CHO please contact Duana McCardle, Senior Health Promotion Officer and Lead for Making Every Contact Count Programme, Midlands Louth Meath Health Promotion and Improvement Department.

Email: duana.mcardle@hse.ie Phone: 087 3761 552

HSE Talking Health and Wellbeing Podcast – Making Every Contact Count

<https://www.hse.ie/eng/about/who/healthwellbeing/hse-talking-health-and-wellbeing-podcast/>

Sláintecare short video explaining MECC

<https://www.youtube.com/watch?v=hyYOKPpFqIU>



Members of the HSE Meath and Louth Primary Care Social Work Team who recently completed the MECC Enhancing Your Brief Intervention Skills Workshop

Making Every Contact Count and Continuous Professional Development



Catching up on CPD ahead of the end of year deadline?

Here's all you need to know about how the Making Every Contact Count e-learning programme can help you meet your CPD requirements

Continuing professional development (CPD) is how health and social care professionals maintain and improve their knowledge, skills, and performance. CPD ensures you develop the professional qualities required throughout your professional life. CPD is an integral component in the continuing provision of safe and effective services for the benefit of service users. CPD is critical to ensure that you continue to have the up-to-date knowledge and skills necessary to deliver a safe and effective service to service users.

The MECC e-learning programme is designed to support learners in developing an understanding of the factors that impact on a person's health and wellbeing. It focuses on how asking questions and listening effectively to people is a vital role for us all. A MECC interaction takes a matter of minutes and is not intended to add to existing busy workloads, rather it is structured to fit into and complement existing engagement approaches.

For HSE staff, MECC means having the competence and confidence to deliver health and wellbeing messages, to help encourage people to change their behaviour and to direct them to local services that can support them. Making Every Contact Count is for everyone, it is not restricted to one person, profession or organisation.

'Making Every Contact Count' training programme is a blended learning programme which includes:

eLearning consisting of 8 x 30-minute modules on www.hseland.ie



An optional follow on 3.5 hour **Enhancing Your Brief Intervention Skills Workshop (in-person)**

The Making Every Contact Count programme is considered a valuable and important CPD activity for all health and social care professionals and staff who are registered with these Irish Professional Bodies can avail of the following CPD credits:

The Irish Association for Counselling and Psychotherapy (IACP)



MECC eLearning - 4 CPD points

MECC Enhancing Your Skills In-Person Workshop - 3.5 CPD points

The Nursing and Midwifery Board of Ireland (NMBI)



The training programme has post-registration Category 1 approval from the Nursing and Midwifery Board of Ireland (NMBI) with Continuing Education Units (CEUs).

MECC eLearning: 4 CEUs

MECC Enhancing Your Skills In-Person Workshop: 3 CEUs

CORU



CPD credits for staff registered with CORU are self-determined on the basis that one hour of new or enhanced learning is equal to one CPD credit.

MECC eLearning: 4 hours = 4 CPD points

MECC Enhancing Your Skills In-Person Workshop: 3.5 hours = 3.5 CPD points

So don't delay..... fulfil your CPD requirements for 2023 by registering on

www.hseland.ie for the Making Every Contact Count e-Learning Programme today!!!



Influenza

Autumn Winter Vaccination Programme Influenza Campaign for Healthcare Workers



Flu Vaccine Information for People at Risk



The MLM CHO Autumn Winter Vaccination Programme for Healthcare Workers commenced on Monday 2nd October 2023.

Healthcare workers can avail of their free Flu / Covid booster. All clinics are open to walk in's.

You can book your appointment via the following link or by scanning the QR code below:



<https://healthservice.hse.ie/staff/covid-19-and-flu-vaccination-clinics-for-staff/>

This leaflet and other Health Promotion resources including leaflets, booklets and posters can be ordered at www.healthpromotion.ie





COPD Support Groups

EXERCISE, SOCIALISE, LEARN.

Are you living with COPD ?

Chronic Obstructive Pulmonary Disease

- Weekly exercise class
- Social chat & activities
- Exercise at your own pace
- Suitable for all fitness levels
- Physical Fitness Trainer Led Class
- Friendly group
- Great fun for adults of all ages
- Regular COPD expert talks

All Welcome to any of the groups in the CHO8 area

**Weekly classes in
Navan, Drogheda, Dundalk, Portlaoise, Tullamore,
Athlone, Mullingar and Longford**

Classes locally delivered by 

To join Tel: 083 086 4118 | email : support@copd.ie | www.copd.ie

What is covered each week?

- Week 1
 - Using your mind to manage symptoms
 - Fatigue and getting a good night's sleep
 - Introduction to action plans
- Week 2
 - Dealing with difficult emotions
 - Physical activity, exercise, preventing falls
- Week 3
 - Decision making
 - Pain management
 - Healthy eating
- Week 4
 - Better breathing
 - Reading food labels
 - Communication skills
- Week 5
 - Medication management
 - Positive thinking, dealing with low mood and feelings of depression
- Week 6
 - Making informed treatment decisions
 - Planning for the future

www.hse.ie/LivingWell

What people have said about the programme

"It made me aware of my habits and gave me the tools to make positive changes"

"I have never done a course like this before. It was so truly enjoyable and I learned so much about myself and living with my illness"

"I met wonderful people with other illnesses and this made me feel 'not alone' which helped me emotionally"

For more information on the Living Well Programme, please contact:

CHO8 - Louth, Meath & Midlands

Aine McNamee, Living Well Coordinator
Email: aine.mcnamee@hse.ie
Tel: 041 6850676 / 087 114 0371

Elaine Duffy, Living Well Administrator
Email: elaine.duffy5@hse.ie
Tel : 041 6860710 / 087 430 8735

www.hse.ie/LivingWell
HSELive: Freephone 1800 700 700



Sláintecare.

Date of publication:
August 2022



Sláintecare.

Living Well is an SMRC Evidence Based Self-Management Programme originally developed at Stanford University



Living Well

A Programme for Adults with Long-term Health Conditions



What is the Living Well programme?

Living Well is a free, group self-management programme for adults 18 years and older with long-term or chronic health conditions. A long-term health condition is one that can be treated and managed but usually not cured. Examples include asthma, COPD, diabetes, heart conditions, stroke, multiple sclerosis, arthritis, inflammatory bowel disease, chronic pain and many more. The Living Well programme may also be a support for those with long-COVID.

What is Self-management?

Self-management is what a person with a long-term health condition does every day. This may include:

- Recognising and dealing with symptoms
- Taking medication and managing other treatments
- Making lifestyle changes
- Coping with the emotional effects of the health condition.

Good self-management happens in partnership with your healthcare team. It is not about 'going it alone'.

Why should I join the Living Well programme?

Living with a long-term health condition can be challenging. The Living Well programme supports you to develop the skills and confidence that will help you to self-manage and to live well with your long-term health condition.

These skills include how to:

- Set goals to make changes in your life
- Make plans to achieve these goals
- Problem solve
- Manage your medications
- Cope with difficult emotions, low mood and feelings of depression
- Manage pain, fatigue and sleep problems
- Communicate well with your family, friends and healthcare team.

These skills become your toolkit for better health.



What does the Living Well programme involve?

- Living Well is a free group programme, which runs for six weeks. There is one workshop each week, which lasts 2.5 hours.
- You can do the programme in person or online.
- Two trained leaders deliver the workshops. At least one of the leaders lives with a long-term health condition.
- People taking part in the workshops may or may not have the same health condition(s).
- The workshops are delivered in a relaxed and friendly way so that all participants can learn from each other. Each person who takes part gets a book about self-management.
- For the online programmes, you will receive support to get online, if required.



Who is the Living Well programme for?

Living Well is for adults 18 years and over. It is suitable for those who are:

- living with one or more long-term health conditions
- caring for someone with a long-term health condition

The Living Well Programme is not suitable for people with significant memory or learning difficulties.

Staff Health & Wellbeing

Steps to Health Challenge 2023

The Steps to Health Challenge (S2H) is a HSE health and well-being workplace initiative focused on encouraging HSE staff to increase their levels of physical activity both during and beyond the challenge, making it a continuous habit. This initiative has been running since 2017. This year, 876 participants (116 teams) took part in the Steps to Health Challenge in CHO MLM between 8th May and 11th June 2023.



Steps to Health

5 week staff challenge



What is the Steps to Health Challenge (S2H)?

The Steps to Health Challenge, established by the Healthy Eating and Active Living (HEAL) Programme includes:

- A 5-week challenge to increase physical activity.
- It sets the goal of building participants' daily steps up to 10,000.
- Participants and teams in the programme are encouraged to count their steps throughout the challenge.
- Those taking part in the challenge are encouraged to keep up the levels of activity achieved after the 5 weeks of the challenge.

Teams used the Steps to Health challenge as an opportunity to build staff morale and develop team bonding opportunities that incorporated physical activity at work. The challenge allowed colleagues to get to know each other better outside of work discussion with great enjoyment and motivation.

Local team coordinators reported the challenge "sparking interest and promoting better morale and a more positive topic of interacting daily" and "embracing the fun factor to it and now planning more staff activities as a result of taking part"

Steps to Health Competition winner 'Desk Jockys', Health Centre Portlaoise



Quote from a survey respondent

“ I absolutely love the programme and initiative and always look forward to new members joining the challenge on my ward. It's one area where the ward demonstrate their strength in healthy competition as well as keeping up the 'fun-factor' and energy levels at its optimum. It's always a great experience with team members excited at the end when they receive their certificate. It really feels like a big deal and we love the kick it brings with it. ”
GREAT PROGRAMME!

Quote from HP&I Officer

“ This year's steps to health really encouraged participation and goal setting to increase levels of physical activity. It made increasing being active fun!!!! ”

Quote from Healthy Ireland Hospital Group Representative

“ Everything was so well organised everyone really enjoyed the Steps2Health Challenge this year. And most of the teams, now with the fine weather are continuing with their efforts to get the 10,000 steps in every day. ”

Staff Health and Wellbeing Portlaoise Health Centre

Health Promotion and Improvement Officers (HP&IO) in Laois organised a Month of staff health and wellbeing events for HSE staff working in the Health Centre Portlaoise.

Events included; information sharing stands on various health and wellbeing topics and supports available, lunch time walks, meditation sessions and a healthy lunch.

Weekly Health and Wellbeing emails were also sent to staff with information and supports on physical activity, self-care, healthy eating and stop smoking service available locally.

Staff reported feeling 'uplifted' and 'positive' following events.

Laois HP & IO Elaine and Helen have planned a Month of Health and Wellbeing activities in Mountmellick Primary Care centre incorporating World Mental Health Day on October 10th.

Staff Quotes

A real mood lifter

Very enjoyable experience overall

Great to see such positivity in our centre

The Health Promotion team have been excellent in promoting health and wellness

Healthy Weight Management Programme

Free online Dietitian led programme

This is an online 12 Week Staff Healthy Weight Management Programme, where HSE Staff in CHO8 whose BMI is over 25 are welcome to join.

Along with a focus on weight loss, this programme will look at improving your overall health & wellbeing, giving participants the confidence to make informed decisions.

Delivery of this programme will be in the form of:

- Weekly Information emails providing tips, advice and plans for weight management/loss and tracking your weight loss and food intake.
- Personalised weight loss target.
- Access to a CORU registered Clinical Dietitian via ONE Live Group Session to answer any questions.
- Access to Virtual Pre-recorded Education Sessions that can be accessed at any time during the programme.
- Individual Progress Report at key points of your journey.

FREE STAFF ONLINE HEALTHY WEIGHT MANAGEMENT PROGRAMME

Free online Dietitian led programme

You will receive:

- Personalised target reports
- Access to 1 live dietetic webinar
- 12 Weekly information emails
- 24hr access to pre-recorded sessions

Email HP.Nutrition@hse.ie,
To Register [Click Here](#) or Scan me

Kick Start to Staff Health

Kick Start to Staff Health: Health and Wellbeing Taster Sessions programme is a free virtual programme running over a calendar month. Each session will focus on improving your overall health and wellbeing and give you the confidence to make informed decisions for your health and wellbeing.



The programme consists of pre-recorded sessions and are approximately 30 minutes in duration. Session topics include; self-care, physical activity, healthy food, stop smoking, men's health and women's health.

To sign up or for more information about the programme, please register at



Scan the QR Code to register

Health & Wellbeing Taster Sessions Review

Caroline enrolled in the Kick Start to Health: Health & Wellbeing Taster Sessions Programme inspring 2023 and hasn't looked back.



HERE'S CAROLINE'S REVIEW:



The six programme sessions arrived in my email inbox on a weekly basis. I found all of the sessions very informative. It was great to receive the PowerPoint presentations and signposting to additional resources/services following the online sessions.

As a result of the programme, I have made some beneficial changes to my life. In terms of physical activity, I now bring my runners to work and go for a walk on my lunch break. This May I signed up for the Steps to Health and I track my daily steps using a stepper. I have found this very motivational in terms of increasing my daily activity levels.

I found the visual displays of portion size from the Exploring Healthy Food Choices session with very helpful. It gave me a chance to explore my current eating patterns and the small changes that I could make to boost my overall sense of health and wellbeing

The Women's Health session was very informative, particularly the input on breast check. All of the sessions were useful. They are a great resource both personally and professionally. I would recommend the programme to my colleagues. It is easy to understand, very visual, allows for individual reflection and does not require a huge time commitment.

Kick Start to Staff Health: Health and Wellbeing Taster Sessions programme is a free virtual programme running over a calendar month. Each session will focus on improving your overall health and wellbeing and give you the confidence to make informed decisions for your health and wellbeing.

The programme consists of pre-recorded sessions and are approximately 30 minutes in duration. Session topics include; self-care, physical activity, healthy food, stop smoking, men's health and women's health.

PROGRAMME INCLUDES:

- Online programme
- Delivered over a calendar month
- Pre-recorded sessions 30 minutes long
- 24hr access to sessions
- Topics cover Healthy Eating, Self-care, Stress management, Men's & Women's Health, Physical Activity etc.



CONTACT US

For more information email:
HPCourse.NE@hse.ie

or

Scan the QR Code



Green Ribbon Campaign

The annual See Change Green Ribbon campaign aims to spread awareness about all mental health difficulties to help end mental health stigma and discrimination.

The 'Let's Talk and Walk' Green Ribbon walk held in Ballinakill, Co. Laois on Sunday 10 September 2023 attended by Finola Colgan (Mental Health Ireland) and Elaine Brennan (Health Promotion and Improvement Officer, HSE).



Connecting for Life Midlands, Louth & Meath

September 10th was World Suicide Prevention Day, the aim of which is to focus attention on the issue of suicide, to reduce stigma and raise awareness among organisations, governments and the public, giving a singular message that suicides are preventable.

The theme for this year was “Creating Hope Through Action”. This key message and the idea of creating hope through action are central to the Midlands, Louth & Meath, CHO Connecting for Life Suicide (CfL) Prevention Action Plan 2023 – 2024.

The Action Plan was launched at an online event on 31st of May, the launch was viewed by over fifty CfL partners from the statutory, community and voluntary sectors. The Action Plan consists of 44 Actions that are linked to the 7 National Goal's, as set out in CfL Ireland's National Strategy to Reduce Suicide 2015 – 2020. The Plan names action leads and key partners whose role is to support the implementation for each action. Care Group Representatives within the HSE, along with other key partners from the community and voluntary sectors, have committed to leading out the actions in this Plan.

As part of the Implementation Process, Bi-County Implementation Groups have now been established, all have had their initial meetings and have set out their meeting schedules for 2024. The Bi-County Groups are chaired by Claire Donnelly, GM Mental Health Services – Laois & Offaly, Grainne McGill, HOS – Health and Wellbeing, CHO 8 and Mary O'Hare, GM - Health & Well-being, CHO 8. The Resource Officers for Suicide Prevention - Josephine Rigney (Laois Offaly); Rosaleen Dolan (Louth Meath), and Patrick Jones (Longford Westmeath) have a central role in working with CfL partners implementing the CFL actions which are part of the plan.



Actions within the plan are varied and include but not limited to:

- Work in partnership with statutory, voluntary and community groups in Suicide Prevention Service Delivery
- The implementation of Suicide Prevention, Intervention and Postvention Training for HSE staff and the wider community.
- Developing easily accessible and up to date sources of information on suicide prevention and postvention - support services and training.

- Creating awareness of events and initiatives that promote positive mental health and build resilience in conjunction with the Health Promotion Department and with external stakeholders such as Shine, Mental Health Ireland and Grow.
- Working with Interim Recovery Education Coordinator to ensure the person with lived experience of suicide is reflected in CfL through co-production.
- Development of Pathways to Care mapping services so that those who are vulnerable within a community who need care can access
- Promotion of good interagency working particularly with services for young people including CYPSC's, 3rd level institutions, Drugs Task Force and FRC's
- Audit by MH Managers identified that STORM training was required for 30 MH professionals (Day Hospital and CMHT staff) across the Midlands. Training will begin 2024, funded through NOSP.
- Liaise with families and individuals who are worried about their loved ones and sign post them to agencies and organisations who are there to help them
- Working with SBLO Pieta and An Garda Síochána to provide postvention supports with Pietas SBLO's and local community partners in the aftermath of suspected suicides. These responses vary depending on the individual circumstances and the potential impact within a community.
- Assist with the development and implementation of new suicide prevention initiatives and services – e.g. Developing a Community Response for instances of suspected suicides.

If you or your Team would like to know more about the CfL Action Plan, the Implementation Plan, and for resources please contact your local ROSP:



Josephine Rigney – Laois/Offaly:

Email: josephine.rigney@hse.ie Mobile: 086 8157850.

Rosaleen Dolan – Louth/Meath:

Email: Rosaleen.dolan@hse.ie Mobile: 087 2165846

Patrick Jones – Longford/Westmeath:

Email: patrick.jones1@hse.ie Mobile: 087 6486649

To access training, please visit:

For Louth/Meath:

<https://bookwhen.com/suicidepreventiontraininglouthmeath>

For the Midlands:

<https://bookwhen.com/suicidepreventiontrainingmidlands>

Training



Foundation Programme in Sexual Health Promotion (FPSHP)

The aim of the 6 day Foundation Programme in Sexual Health Promotion is to enhance participants' capacity to incorporate sexual health promotion into their work through the development of their comfort levels, confidence, knowledge and skills in relation to sexual health.

The FPSHP is accredited by: The Nursing and Midwifery Board of Ireland as a Category 1 course awarding 35 continuing education units (CEU's) The Irish Association of Counselling and Psychotherapy and awarded 36 CPD points



On completion of the FPSHP participants have said:

- It has totally broadened my understanding of sexual health and its importance in my work
- I have the confidence to broach this subject with my client group
- I knew it was important but I underestimated just how important it is to my patients overall health and wellbeing

For more information on the FPSHP please contact

olivia.mcgeough@hse.ie (Louth/Meath)

fiona.gallagher@hse.ie (Midlands)

or go to **sexualwellbeing.ie**



Zippy's Friends

Zippy's Friends is an evidence based programme for teaching social and emotional skills to 5-7 year olds. The programme has been evaluated in Ireland and internationally.

Participants who have completed the training have said:

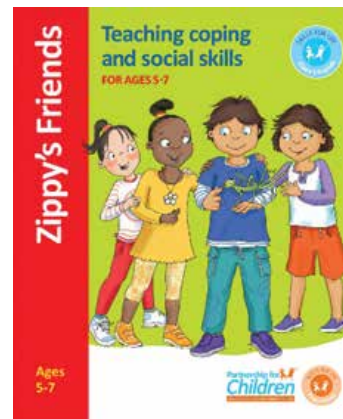
The Zippys Friends folder was fantastic and great to have each module laid out so clearly

Zippy's Friends training and resource folder will help me to learn to deal with social and emotional issues in the classroom correctly

This training is only available to Primary School Teachers in the classroom setting.

All schools are e-mailed the national flyer with the link to register for the training.

For more information please go to: <https://www.hse.ie/eng/about/who/healthwellbeing/hse-education-programme/>



Some of our recent participants who completed Zippy's Friends training in 2023

Stress Control

Stress Control on-line sessions are available during the month of November. The classes, provided by Dr. Jim White, are live streamed and free of charge.

All you need to successfully complete this class is to watch each of the six sessions, read the booklets and use the relaxation and mindfulness. You can find the sessions on YouTube.

TAKE CONTROL WITH STRESS CONTROL

November 2023: Commencing Monday, 6th November

EACH SESSION WILL BE AVAILABLE TO VIEW DURING THE FOLLOWING TIMES:

	What is Stress?	9am, Monday, 6th November available until 8am, Thursday 9th November
	Controlling your Body	9am, Thursday 9th November available until 8am, Monday 13th November
	Controlling your Thoughts	9am, Monday 13th November available until 8am, Thursday 16th November
	Controlling your Actions	9am, Thursday 16th November available until 8am, Monday 20th November
	Controlling Panicky Feelings and Getting a Good Night's Sleep	9am, Monday 20th November available until 8am, Thursday 23rd November
	Controlling your Future	9am, Thursday 23rd November available until 8am, Monday 27th November

www.stresscontrol.ie



Engage Training Programme

Following a train-the-trainer programme in 2022, HSE Health Promotion and Improvement staff are now running workshops for frontline health and social care staff throughout the country. Men are (contrary to public perception) interested in their health – if we offer them the right things in the right ways.



The Engage Training Programme receives a warm welcome in The Midlands/Louth Meath (CHO8)

The Engage Training Programme has a number of key objectives which will assist in this regard. Participants will have the opportunity to:

- Reflect upon how to create a 'safe space' for working with men.
- Gain a common understanding of what men's health is and why it is important.
- Explore how gender influences the values and attitudes that men develop in relation to their health, and how this influences their health behaviours.
- Identify some of the determinants that shape health outcomes for men.
- Reflect on participants' own value base, experience, skills, attitudes towards and expectations of men.
- Explore what a 'male friendly' health programme or service looks like in practice.
- Signpost participants to further sources of help, advice, guidance and support.

Four programmes have been delivered in 2023, thus far, in Counties, Offaly, Longford, Meath and Louth (CHO8). Feedback from the workshops is extremely positive;



The Engage programme is one day in duration and it is free.

Participants will leave the course with an increased understanding of Men's Health and Wellbeing along with plenty of ideas of how to engage men while also having the opportunity to network with other agencies in the process.

If you would like to develop your skills to ensure that your service is responsive to the needs of men, please contact your local Health Promotion and Improvement Department.

Catherina Brady, Longford/Westmeath
Email: Catherina.Brady3@hse.ie

Caroline Brickland, Offaly/Laois
Email: Caroline.Brickland@hse.ie

Mark Garvey, Louth
Email: Mark.Garvey1@hse.ie



Sláintecare Healthy Communities

Addressing Food & Nutritional Poverty



Recent Community Food & Nutrition workshop in Longford

Two new initiatives funded by Health Promotion & Improvement Midlands Louth Meath Community Health Organisation have commenced in Longford and Athlone under Sláintecare Healthy Communities' which sees the recruitment of Community Food and Nutrition Workers for both areas.

Sinéad Costello (Longford) and Marie Byrne (Athlone) have started working to support and empower people to make healthier food and lifestyle choices by addressing some of the issues which lead to a poor diet and food poverty.

Sinead and Marie have been building relationships with community groups and organisations in both areas while getting to know the food and nutritional needs of these communities. This includes delivering workshops and educational sessions across all age groups, including primary schools, parent and toddler groups, and 'new community' groups; for example, Roma, Traveller, Ukrainian and African.

Sinead and Marie are liaising with organisations such as St Vincent De Paul, Simon Community, Barnardos, Meals on Wheels, Primary Health Care Projects for Travellers and School Liaison Officers in DEIS schools to ensure they reach people most affected by this issue. The reasons for food and nutritional poverty are complex; however, most agree that people benefit from non-judgemental, person-centred support to increase their skills and confidence with food budgeting, menu planning, health knowledge and cooking (while having fun doing so).

For further information, please contact Sinead and Marie directly using the details below:

Sinéad Costello

Community Food and Nutrition Worker (Longford)
EDI Centre | 087 4312713 | sineadcostello@edilongford.ie

Marie Byrne | Community Food and Nutrition Worker (Athlone)
Athlone Family Resource Centre | 085 264 6318 | foodandnutrition@afrc.ie

Stakeholder Engagement & Communications

Healthy Eating Active Living

Making a healthy START in Lus na Greine Family Resource Centre (FRC)



Pictured at the event were Kyrie Mahon (HSE Health Promotion and Improvement Officer), Anne Mc Guinness (HSE Health Promotion and Improvement Officer) and Fiona Gallagher (HSE Health Promotion and Improvement Officer)

A fun and enjoyable morning was had by local parents and children at a START campaign event held recently in Lus na Greine FRC in Granard, Co Longford. The aim of the START campaign is to encourage and support parents and carers of children aged 6 months to 12 years to start and persist with healthier habits in relation to food, physical activity, screen time and sleep that promote good health.

Parents from the local Parent and Toddler group attended an interactive START information session on the day where they received information about healthy eating, screen time limits, treats and physical activity. This was then followed by a group of 5th class children from the local primary school arriving to the centre where they enjoyed a fun filled session engaging with the multiple choice START quiz and the START Spin the wheel physical activity game.



Kells PHN START event

Their session ended with each child having an opportunity to make a written commitment to one healthy habit that they can incorporate into their day, and of course they each received a small reward for their excellent participation!

Many Thanks as always to the team in Lus na Greine Family Resource Centre and to the fantastic children who attended from the local primary school.

More information about the START campaign can be found on www.makeastart.ie

National Breastfeeding Week

Supports for parents in community and workplace highlighted during National Breastfeeding Week 2023

- NUMBER OF LACTATION CONSULTANTS HAS DOUBLED SINCE 2021
- BREASTFEEDING BREAKS DURING WORK EXPANDED UP TO CHILD'S 2ND BIRTHDAY
- BREASTFEEDING RATES INCREASING

Supports for mothers beginning breastfeeding and for those who wish to continue on their return to work and beyond are highlighted during HSE National Breastfeeding Week 2023, on the first week of October.

This year's theme is **'Making our communities and workplaces more breastfeeding friendly'**. It aims to highlight local supports for parents and the recent expansion in law of breastfeeding breaks during work hours up until to a child's second birthday. Parents can get tips on continuing breastfeeding and going back to work and chat with a breastfeeding expert on the HSE's mychild.ie.

Recent initiatives to help support breastfeeding include:

- 35.5 new lactation and infant feeding posts recruited across the country in the last 3 years. There are now 57 lactation and infant feeding staff members nationwide to provide specialist support in all maternity and public health nursing services. This represents a doubling of lactation consultant posts employed in the HSE since 2021.
- In July, the government extended the entitlement to breastfeeding breaks in the workplace from the previous period of six months up to two years.

The number of babies being breastfed is continuing to grow. New HSE figures for 2022 show that 62% of babies were breastfed when the public health nurse made their first visit after birth. The figure was 59% in 2021. In 2017, it was 55% and has been rising since then.

“Improving Ireland's breastfeeding rates will help to improve long term population health. Breastfeeding supports your child's health now and over the long term. It's also important for mothers too, supporting their recovery after birth and reducing their risk of breast cancer and diabetes.

We must continue our efforts to support parents who want to breastfeed their children, from early days to going back to work and beyond. We all have a role to play, in the health service, in the community and in the workplace in making this happen.”

*Hildegarde Naughton
Minister for Public Health, Wellbeing
and the National Drugs Strategy*

“We know from our data that more mothers are breastfeeding every year. Parents can get support and advice on establishing breastfeeding from their midwife and public health nurse. They can also ask them questions about other aspects of caring for newborn babies, such as recognising what is normal in the early weeks and soothing a crying or unsettled baby, common concerns for parents highlighted in a paper published by The Lancet earlier this year. Hospital and community lactation consultants can offer support with specific breastfeeding queries and challenges.

The number of breastfeeding groups is also growing in every county. There are over 180 groups running, and in-person and online options are available, all listed on mychild.ie.”

*Laura McHugh
HSE National Breastfeeding Coordinator*



Breastfeeding support groups in the Midlands, Louth and Meath are provided by HSE Lactation Consultants (IBCLCs), midwives, public health nurses, and voluntary organisations La Leche League and Cuidiu.

Details are on the HSE website mychild.ie
<https://www2.hse.ie/services/breastfeeding-support-search/>

Support for parents is also available on the HSE's mychild.ie, including:

- The ask our breastfeeding expert live chat and e-mail breastfeeding support service, available 7 days a week
- Practical advice across a wide range of breastfeeding and other topics
- Contact details for local breastfeeding support groups where you can meet other parents and get advice

To join the HSE parenting and breastfeeding community, follow for expert tips, videos and updates on the HSE mychild.ie Facebook page and hse_mychild on Instagram #hsemchild #breastfeeding #breastfeedingweek

An updated infant feeding education programme is now being rolled out nationally for midwives, public health nurses and other front line staff supporting breastfeeding mothers and babies. This programme focuses on standardising the delivery of breastfeeding education and skills training. It maximises blended learning and ensures midwives and PHNs are up to date with emerging evidence.

Some relevant mychild.ie guides, include:

FEEDING YOUR BABY: THE FIRST FEW DAYS

<https://www2.hse.ie/babies-children/breastfeeding/a-good-start/feeding-first-few-days/>

HOW TO TELL IF YOUR NEWBORN IS GETTING ENOUGH MILK

<https://www2.hse.ie/babies-children/breastfeeding/a-good-start/is-your-baby-getting-enough-breast-milk/>

NEWBORN BREASTFEEDING ROUTINE

<https://www2.hse.ie/babies-children/breastfeeding/a-good-start/newborn-routine/>

COMMON BREASTFEEDING QUERIES AND CHALLENGES

<https://www2.hse.ie/babies-children/breastfeeding/common-challenges/>

BREASTFEEDING AND WORK

<https://www2.hse.ie/babies-children/breastfeeding/expressing-pumping/breastfeeding-and-work/>

EXTENDED BREASTFEEDING

<https://www2.hse.ie/babies-children/breastfeeding/stopping-extending/extended-breastfeeding/>

START Campaign event in Treo Nua, Family Resource Centre, Portlaoise

Laois Health Promotion and Improvement Officers Elaine Brennan and Helen Maher held a START Campaign event in Treo Nua, Family Resource centre, Portlaoise. The START campaign aims to support families to take small steps to eating healthier food and becoming more active.

The children, parents and staff attending Treo Nua, Family resource centre were invited to take part in the START Campaign which also incorporated fun activities for the children with equipment and resources kindly supplied by Laois Sports Partnership. Children from both the pre-school and after schools programme attended with their parents and all got involved in the activities organised.

The Spin the wheel activity was utilised along with other activities including throwing a ball into a hoop and throwing various coloured beanbags into their matching coloured net. Music was also used during the activities which really lifted the mood and created a feeling of excitement for all involved. Parents and staff were provided with information with support to make small healthy changes that can be incorporated into daily life including; increasing fruit and vegetable consumption, increasing physical activity and limiting screen time. The event was a great success with over 60 children along with their parents and staff attending the event.



Many thanks to Treo Nua Family Resource centre who were very supportive of the START event and Laois Sports Partnership for kindly supplying equipment to provide fun activities on the day.

More information about the START campaign can be found on www.makeastart.ie



Cuidiú
Caring Support for Parenthood

Dundalk Breastfeeding Support Group

Cuidiu is an Irish charity, part funded by the HSE. It operates via a parent to parent support model, and supports parents antenatally and throughout their parenting journey.

We are the Dundalk branch and we primarily provide breastfeeding support to new parents. All of our breastfeeding counsellors have completed a HSE approved and funded course over a 2 year time frame. We are all experienced breastfeeding mothers and have a broad spectrum of experience to draw on.

Our aim is to help parents achieve their breastfeeding goals without any judgement. We are available for telephone support 7 days per week and have an active WhatsApp group also providing support. Details of our in person groups can be found on our social media pages.

 Dundalk Cuidiu Breastfeeding

 Cuidiu Dundalk

IT TAKES A
VILLAGE
TO RAISE A
PARENT

www.cuidiu.ie



BABY FOOD MADE EASY

Find out how, when and what to feed your baby

Ask questions or just listen, it's up to you!

97% would recommend the workshop to a friend!

"A lot of information overload out there online so this was very straightforward and informative. Feeling much more confident and looking forward to getting started."

"Thank you! I feel more confident about weaning now"

"That was a great session, thanks so much!"

Are you weaning your baby or planning to wean? Do you have questions? Why not join one of our monthly online Webex Sessions to learn more and have your questions answered!

How does it work?

This is a free 90 minute Webex Session that begins at 10.30am on the morning of the event. Participants stay on mute but can get involved and ask questions if they wish via the chat function. The sessions are usually held on the second Tuesday of every month. For more details and to request a link to register, please email HP.NUTRITION@HSE.IE or [Click Here](#) OR Scan QR code below straight to registration. Prior to the event participants are sent a link to access the session and following the event participants receive a weaning booklet and weaning recipes & tips via email.



This is a HSE Department of Health Promotion & Improvement CHO8 Louth/Meath Health & Wellbeing Initiative and is hosted by Senior Community Dietitians.





PLEASE BRING YOUR FRIENDS & FAMILY TO THIS HEALTHY IRELAND / CREATIVE IRELAND SPONSORED EVENT

RCSI HG & CHO 8

✦ Christmas Market ✦

- Tastes From Around the Globe
- Traditional Dance Displays
- African Artist Painting Display
- Multicultural Singers and Musical Bands
- Live Choirs
- Arts and Craft Stalls
- Endurance Challenges
- Spot Prizes
- Free Entry & Free Parking

Sunday: Nov 19th 2023

✦ Time: 2-6 PM

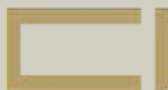
Place: Fairways Hotel,
Dundalk, Co. Louth

Prize For Best Festive Attire!

Contact: doloresdonegan@rcsi.com



Clár Éire Ildánach
Creative Ireland
Programme



Health Promotion & Improvement
Health and Wellbeing Division HSE
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Connolly Street
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