#### Fingal Wellbeing Roadshow

October, 2022 Emilia Marchelewska



Cairde is an advocacy organisation working to tackle health inequalities among the ethnic minorities in Ireland





- Health Information & Advocacy
- Working with communities
- Working with service providers
- Research
- Policy



#### HEALTH INFORMATION AND ADVOCACY CENTRES PROVIDE:

- Information about health services in Ireland
- Guidance on rights and entitlements
- Advocacy and support to deal with problems
- Assistance in one's own language as we speak Arabic, French, Chinese, Italian, Polish, Russian
- Application forms and other helpful materials are available to take
- All services are free and confidential



















- HIAC Individual Support Monday-Thursday
- Groups
  - Incl. BIF, BWDG, Youth Forum, Family mirror; AA, NA, brass band
- **Classes and courses** incl. knitting, machine sawing, sustainable arts & crafts, cooking & baking, wellness
- Thrive Balbriggan



V Learn about health services in Ireland, like GP doctors, maternity, sexual health services and more.

- Locate services in your area.
- Get information about your rights & entitlements, like help with medical costs and medical cards.

Supported by:

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Developed by:

Cairde

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## HealthConnect recent campaigns



HEALTHCONNECT





HEALTHCONNECT Cairde

Free contraception for all women aged 17 to 25 is now available

#### 为所有 17 至 25 岁的女性提供免费避孕

وسائل منع الحمل المجانية لجميع النساء اللواتي تتراوح أعمارهن بين 17 و 25 عامًا. Безкоштовна контрацепція для всіх жінок віком від 17 до 25 років.

Bezpłatna antykoncepcja jest teraz dostępna dla wszystkich kobiet w wieku od 17 do 25 lat

Бесплатная контрацепция для всех женщин в возрасте от 17 до 25 лет

## Roma Project

#### **National Roma Infoline**



- Monday Sunday 9am-9pm
- Romanian, Romani, English
- Health Information and Advocacy
- 087 126 4606













- Mental Health Guides & Directory in 8 languages
- Workshop for migrant community groups
- Capacity building for migrant faith & community leaders
- Mental Health and Wellbeing Advocacy and Support



Mental Health and Wellbeing

# Ukrainian Crisis Response

• Health assessments in CHO 9, CHO 6

• Community development Dublin City North

• Individual support



#### Thank you

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Old St Georges School, Hampton St, Balbriggan Ph.: 01 8020785 Email: balbriggan@cairde.ie Cairde Challenging ethnic minotity health inequalities HEALTHCONNECT

be aware, be well



**CITY CENTRE OFFICE** 

**BALBRIGGAN OFFICE**