



Empower Mental Health & Wellbeing Supports



Comhairle Contae
Fhine Gall
Fingal County
Council



Ireland's European Structural and
Investment Funds Programmes
2014-2020
Co-funded by the Irish Government
and the European Union



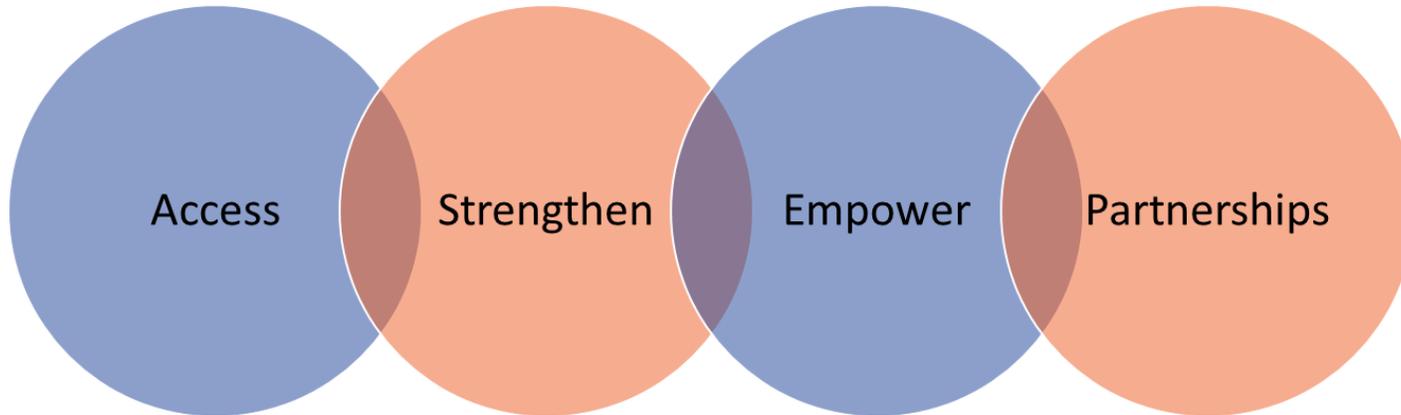
European Union
Investing in your Future
European Social Fund



Rialtas na hÉireann
Government of Ireland

Our Vision - To ensure that all who live in Fingal are valued equally. To live and work within a culture of raised expectations and equal opportunities for all. Where social inclusion and financial security is a lived experience for children, families, individuals and communities in Fingal.

We work with individuals, children & families, groups and communities who experience or who are at risk of experiencing social, cultural, health and economic disadvantage.



Our key task is to develop initiatives, which create positive change in disadvantaged communities.

We support the mental health and wellbeing of individuals, families and community groups, through services including employment supports, training and our broad Social Inclusion & Community Activation Programme (SICAP) which includes a number of health and wellbeing programmes and initiatives which tackle health inequalities

Social Prescribing

Social Prescribing is the provision of non-medical supports to support people to improve their health and wellbeing.

It's an easy-going, fun and interactive programme for anyone aged over 18yrs in Dublin 15 who feel that they need some extra support.

It supports the health and wellbeing of people in the Dublin 15 area using community-based activities, supports and services and can be of great help to a person who feels isolated, stressed or anxious.

Since Empower's service commenced in Dublin 15, we've received almost 200 referrals



Social Prescribing

Supporting the health and wellbeing of people using community based activities, supports and services.

What is Social Prescribing?

The programme is for anyone that feels they need some extra support to take care of their health and wellbeing. It can also help if a person feels isolated, stressed or anxious. Taking part in community activities can help a person meet new people or take part in a new activity.

Ask your GP or other Healthcare Professional to refer you today.

To find out more information and register your interest please call 01 820 9550 or email socialprescribing@empower.ie

A Healthmail connected agency

Photographs used with permission of Balbriggan Women's Development Group (BWDG)



The Healthy Ireland Fund supported by the Department of Health and the Department of Children and Youth Affairs

Benefits of social prescribing:

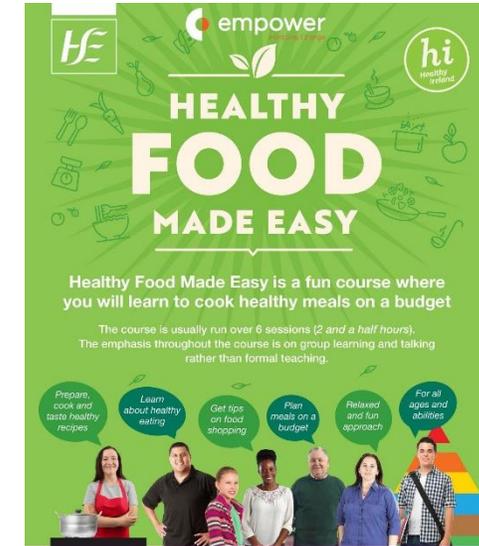
- Improved mental health and social, emotional and cognitive well-being
 - Reduction in social exclusion and isolation
 - Improved social networks and connectedness to the community
 - Increased community involvement and social capital
 - Improved self-esteem and confidence
 - Provides opportunities to learn new skills
 - Improvement in overall physical health
 - Reduced GP visits
-
- Referral Forms for Health Care Professionals/Community Services are sent through healthmail (self referrals also considered)

Contact – SocialPrescribing@empower.ie to make a referral or for further information call 01 8209550.

Healthy Eating

Healthy Food Made Easy supports Fingal residents to learn to cook healthy meals on a budget.

In 2021 we delivered 14 Healthy Food Made Easy Courses to 160 participants



Baby Food Made Easy supports Fingal parents and guardians to know when and how to introduce solid foods to a baby's diet.

In 2021 we delivered 14 Healthy Food Made Easy Courses to 160 participants

Baby Food Made Easy

Are you weaning your baby?
Are you planning to start weaning?
Do you have questions?

FREE

Our next workshop is taking place on:
**Tuesday September 27th
10am - 11.30am**

Click the link in the post to register & find out more



Contact – Suzanne Bayley – Sbayley@empower.ie

Community Food Initiative

Empower is a Community Food Initiative (CFI) Leader 2022 - 2024, a scheme developed by Safefood.

The aim of the Community Food Initiative (CFI) programme is to positively influence the eating habits of families with children in low-income communities.

As a CFI Leader we champion the CFI in Fingal and facilitate:

- 2 – 3 small projects to promote healthy eating and food skills per year
- 2 community events per year



Contact – Suzanne Bayley – Sbayley@empower.ie;
Tel: 01 8209550

We Can Quit

We Can Quit is a free community peer-led smoking cessation programme available to Fingal residents Over 18.

Participants receive one-to-one support to stop smoking by trained Community Facilitators along with free Nicotine Replacement Therapy.

In 2021, we delivered 6 We Can Quit programmes to 63 adults with 57 quitters



Contact – We Can Quit Team – WeCanQuit@empower.ie;
Tel: 01 8209550

Additional children and families supports include:

We have engaged actor Shane Casey, best known as Psycho Billy in the Young Offenders, to deliver communication and wellbeing workshops. which are primarily delivered to Leaving Certificate Applied and Transitions Year students in DEIS schools



Due to the continually identified need at focus groups facilitated by Empower the Balbriggan Health Inequality Action Group was formed.

It aims to improve health outcomes and access to health services for marginalised communities in Balbriggan through a holistic approach which targets the social determinants of health.

Additional children and families supports include:



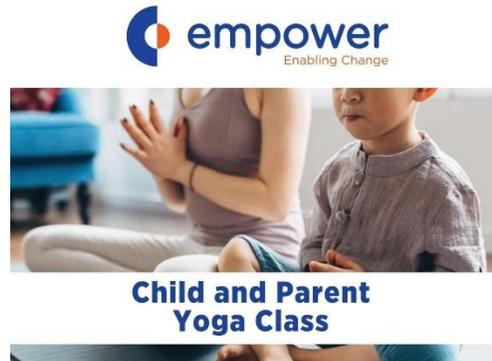
IT IS A SPACE FOR CHILDREN TO
PLAY, LEARN AND GROW TOGETHER

The Mulhuddart Parent/ Carer and Child Group meet every Thursday morning during school term time in **Mulhuddart Community Centre from 10am to 12noon**

There is no need to book just turn up

If you would like to know more about the group you can contact **Pauline Mangan** from Empower on **0874190777** or email **pmangan@empower.ie**

WE WOULD LOVE TO SEE YOU THERE!!!



About the class

The class will include animal sounds & pictures to engage the children and adults. Breath work and meditation will be incorporated in a child friendly way

Dates: Thursday July 28th and
Thursday August 11th

Time: 10.00AM-11.30AM

Location: Parslicktown House,
Damastown Rd, Dublin 15

To book
a place in the class
contact Katie,
katiesmith@empower.ie
087 447 4544
Register today!



The Social Inclusion and Community Activation Programme (SICAP) 2014-2020 is funded by the Irish Government through the Department of Rural and Community Development and co-funded by the European Social Fund under the Programme for Employment, Inclusion and Learning (PEIL) 2014-2020.



Come and join Empower's new **Breakfast and Buggy Walk Club**, you'll have the opportunity to get active and meet other local parents/carers. Join us with your baby/toddler for a local walk followed by a light breakfast at the Mulhuddart Community Centre.

Starting: Wednesday, 28th September

Where: Meet at Mulhuddart Community Centre

When: Wednesdays, 9.30am to 11.30am

Duration: 10 weeks

If you are interested in being part of this programme, please contact **Maria Gomez** on **087 232 3932** or email **mgonzalez@empower.ie**



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Additional children and families supports include:

- **Early Years**
 - Creating awareness about the need for community-based, not-for-profit early years services
 - Research
- **Child Health and Wellbeing**
 - Infant mental health (baby massage)
 - Collaborating with Primary Health Care Services (child development checks Balbriggan)
 - Information and advice on child health, e.g. immunisation
- **Parenting/Family Supports**
 - Parenting courses – Incredible Years
 - Advocacy, information and advice

Additional children and families supports include:

- **Roma Intergenerational Programme**
 - Rights based advocacy clinics
 - Personal development and capacity building
 - Health and wellbeing promotion
 - Women's groups
 - Parenting support groups
 - Family summer programme
 - Health inequalities research

Supports to Ukrainian children and families have included:



Tickets for Ireland vs Ukraine Football Match



Day trips including to Lullymore, Newbridge House and Malahide Castle