



# 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

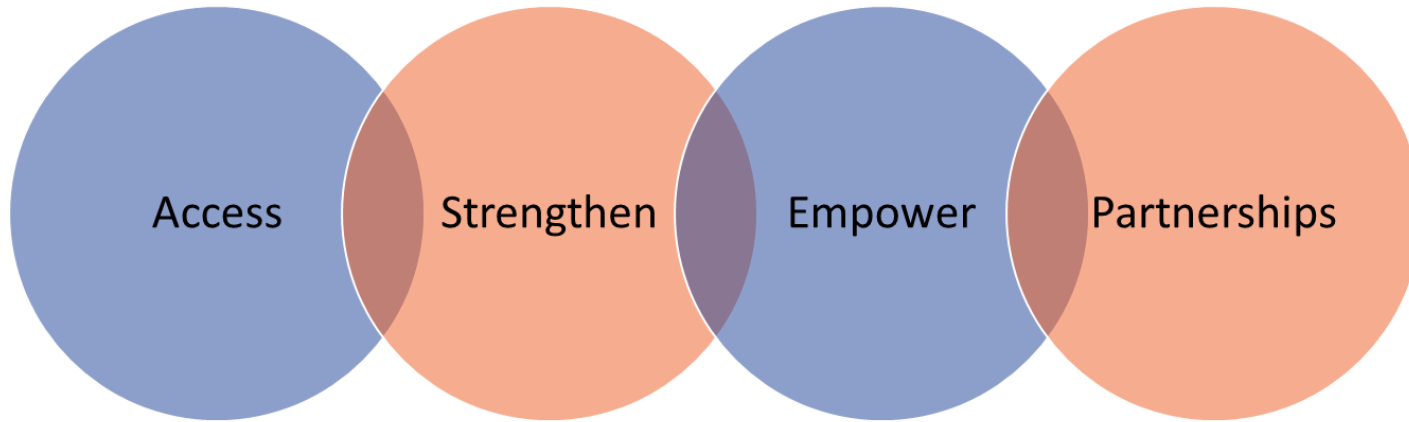


Rialtas na hÉireann  
Government of Ireland

The Social Inclusion and Community Activation Programme (SICAP) 2018-2022 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 Employability, Inclusion and Learning (PEIL) 2014-2020

**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](mailto:socialprescribing@empower.ie)

A Healthmail connected agency

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

## Benefits of social prescribing:

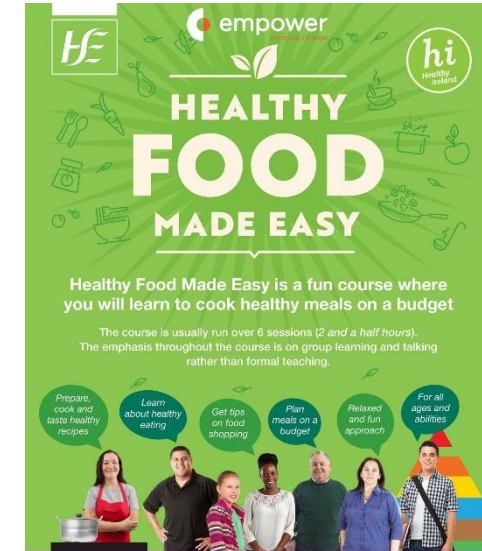
- Improved mental health and social, emotional and cognitive well-being
  - Reduction in social exclusion and isolation
  - Improved social networks and connectedness to the community
  - Increased community involvement and social capital
  - Improved self-esteem and confidence
  - Provides opportunities 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](mailto: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



Contact – Suzanne Bayley – [Sbayley@empower.ie](mailto: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](mailto: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](mailto:WeCanQuit@empower.ie);  
Tel: 01 8209550**

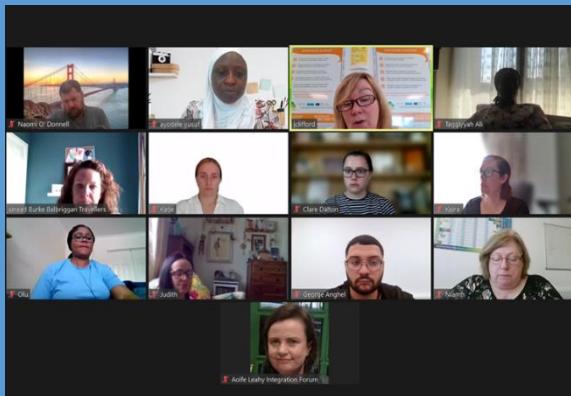


## Additional children and families supports include:

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



Communication & Well-being  
Workshops




Balbriggan Health Inequality  
Action Group

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:



**MULHUDDART  
PARENT/ CARER  
AND CHILD GROUP**

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](mailto:pmangan@empower.ie)

**WE WOULD LOVE TO SEE YOU THERE!!!**

Community Development  
Department  
Fingal County Council  
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**Child and Parent  
Yoga Class**

### 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](mailto:katiesmith@empower.ie)  
087 447 4544  
Register today!**




**Mulhuddart Breakfast and Buggy Walk Club**

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](mailto:mgonzalez@empower.ie)



## **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