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CYPSC Healthy Ireland Report 2023

Healthy Ireland Fund

Interagency working to improve the lives of children, young people and families in Ireland



An Roinn Leanaí, Comhionannais,
Míchumais, Lánpháirtíochta agus Óige
Department of Children, Equality,
Disability, Integration and Youth



2023 CYPSC Healthy Ireland Report

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“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”

A Framework for improved health and well-being 2013-2025
(Department of Health, 2013)

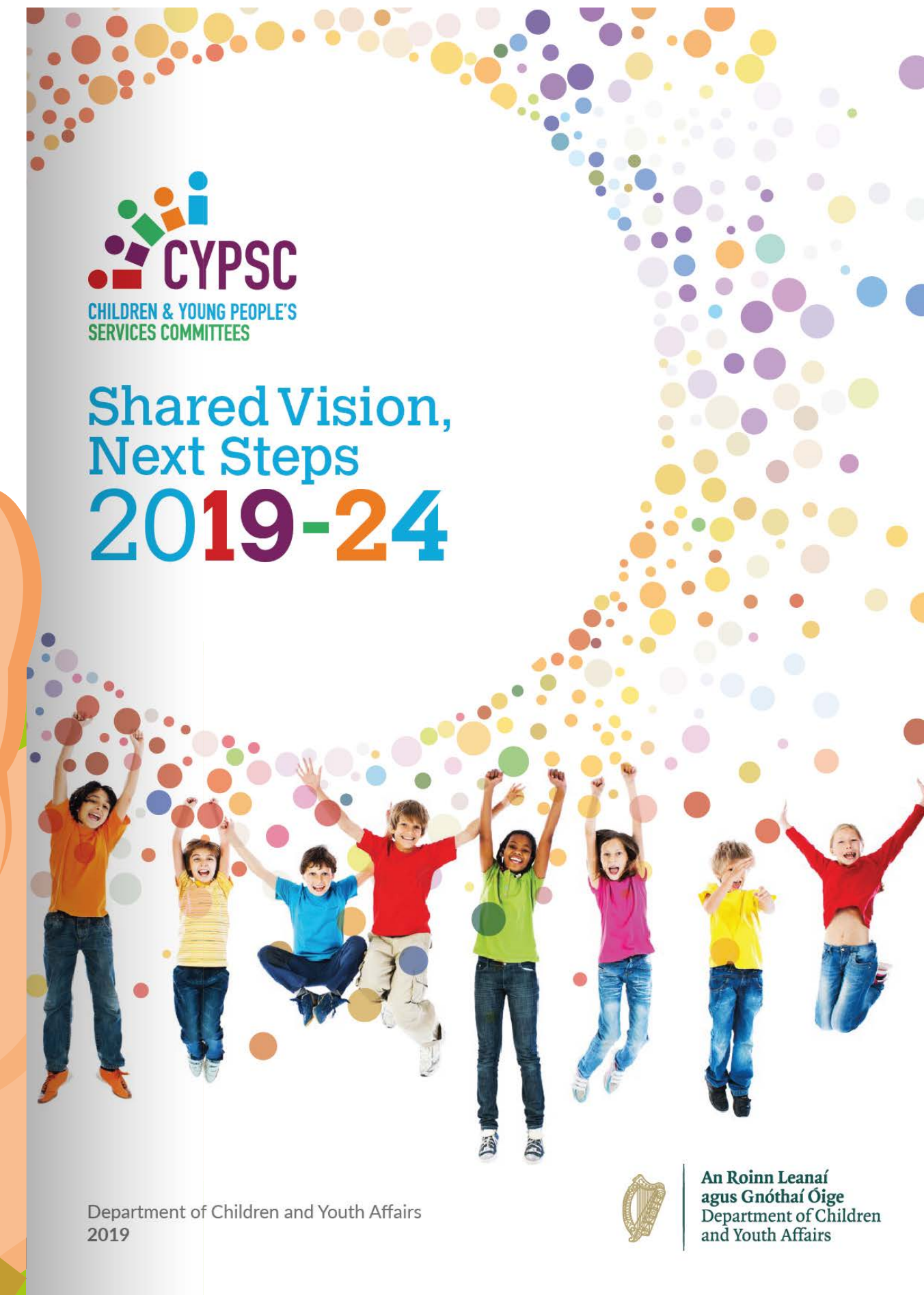


1. CYPSC National Model of Interagency Working

Shared Vision, Next Steps 2019-24

CYPSC Healthy Ireland operates within the Children and Young People's Services Committees model of interagency working.

Through "Shared Vision, Next Steps 2019-24" (DCYA, 2019) the Department of Children, Equality, Disability, Integration and Youth (DCEDIY) has set out the future of interagency working, and the leadership role which will be played by CYPSC. Shared Vision, Next Steps 2019-24 recognises the good work of the CYPSC initiative to date and aims to maximise its value for professionals and all service users.



1. CYPSC National Model of Interagency Working

Interagency work

The CYPSC model places children and young people 0-24 years at the centre of each local CYPSC inter-agency committee's planning and annual cycle of delivery.

Each Committee pursues a core set of CYPSC objectives, and actions are organised to respond to improving outcomes for Ireland's children and young people, aligned to the five national outcomes for children and young people.



1. CYPSC National Model of Interagency Working

Implementation Support

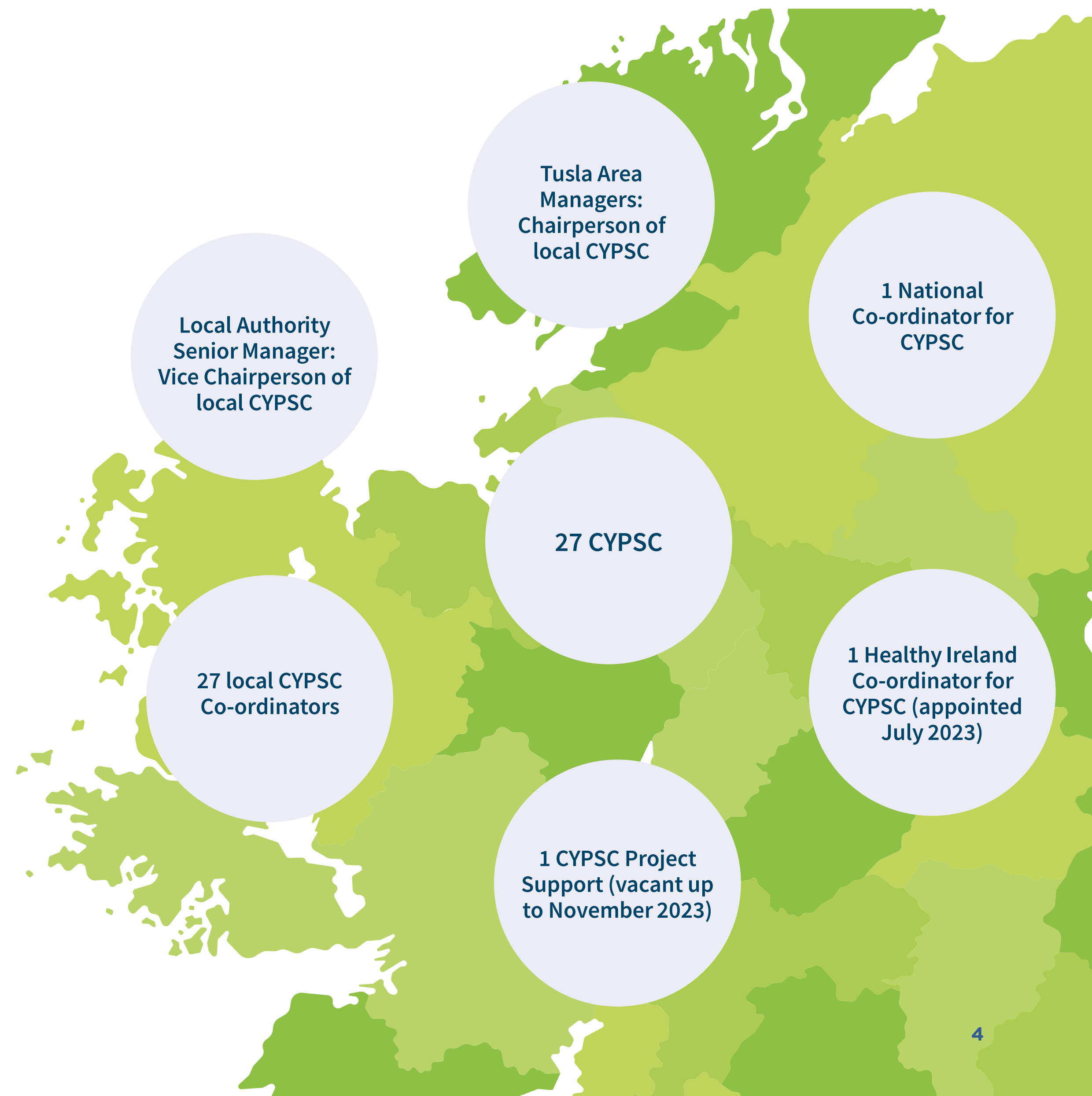
Policy and strategic direction for the CYPSC Initiative is provided by the Department of Children, Equality, Disability, Integration and Youth.

At national level operational leadership of CYPSC is provided by TUSLA – Child and Family Agency through a National Co-ordinator for CYPSC, supporting the implementation of the strategic plan for CYPSC and to realise oversight of progress and impact of CYPSC; co-ordinating collective reporting to the DCEDIY and Tusla Senior Management.

The CYPSC Chairperson is drawn from TUSLA – Child and Family Agency. The role of the chairperson is to provide local leadership to ensure the effectiveness of the committee. The Chairperson ensures the sign-off of local CYPSC plans and reports.

The Vice-Chairperson of each CYPSC is a representative from the Local Authority (City/County Council). The CYPSC Vice Chairperson supports the CYPSC Chairperson in the performance of his or her duties.

Each CYPSC has a local CYPSC Co-ordinator, employed by TUSLA – Child and Family Agency, who is responsible for co-ordinating the development and implementation of local plans and the monitoring and reporting of local CYPSC implementation. The CYPSC Co-ordinator provides the backbone implementation support to their local committee and works closely with all CYPSC members and CYPSC Sub-group members and cultivates local engagement and communication with other relevant stakeholders regarding the local CYPSC initiative.

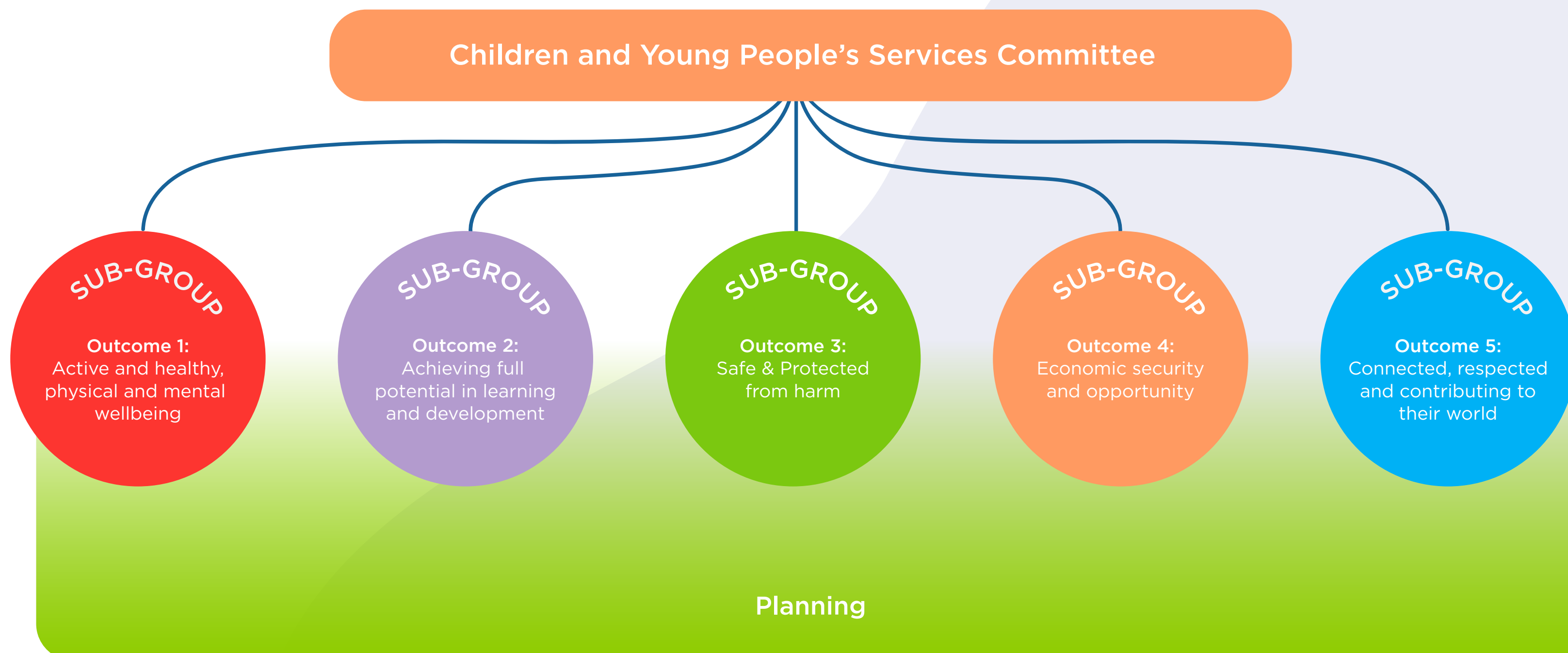


1.2 CYPSC National Model of Interagency Working

Local Implementation

Each local CYPSC operates one main interagency CYPSC committee and at least five interagency CYPSC Sub-groups.

Each Sub-group is aligned to one of the five national outcomes for children and young people as guided in “Better Outcomes, Brighter Futures national policy framework for children and young people 2014-2020.” In the latter part of 2023 the Department of Children, Equality, Disability, Integration and Youth launched a new national policy framework for children and young people called “Young Ireland”. It is this new policy framework that will inform elements of CYPSC implementation going forward. Young Ireland retains and preserves the five national outcomes for children and young people and accordingly CYPSC continues to configure its local implementation infrastructure to align with those 5 national outcomes.



2. Overview of CYPSC Planning and Reporting Framework

Oversight

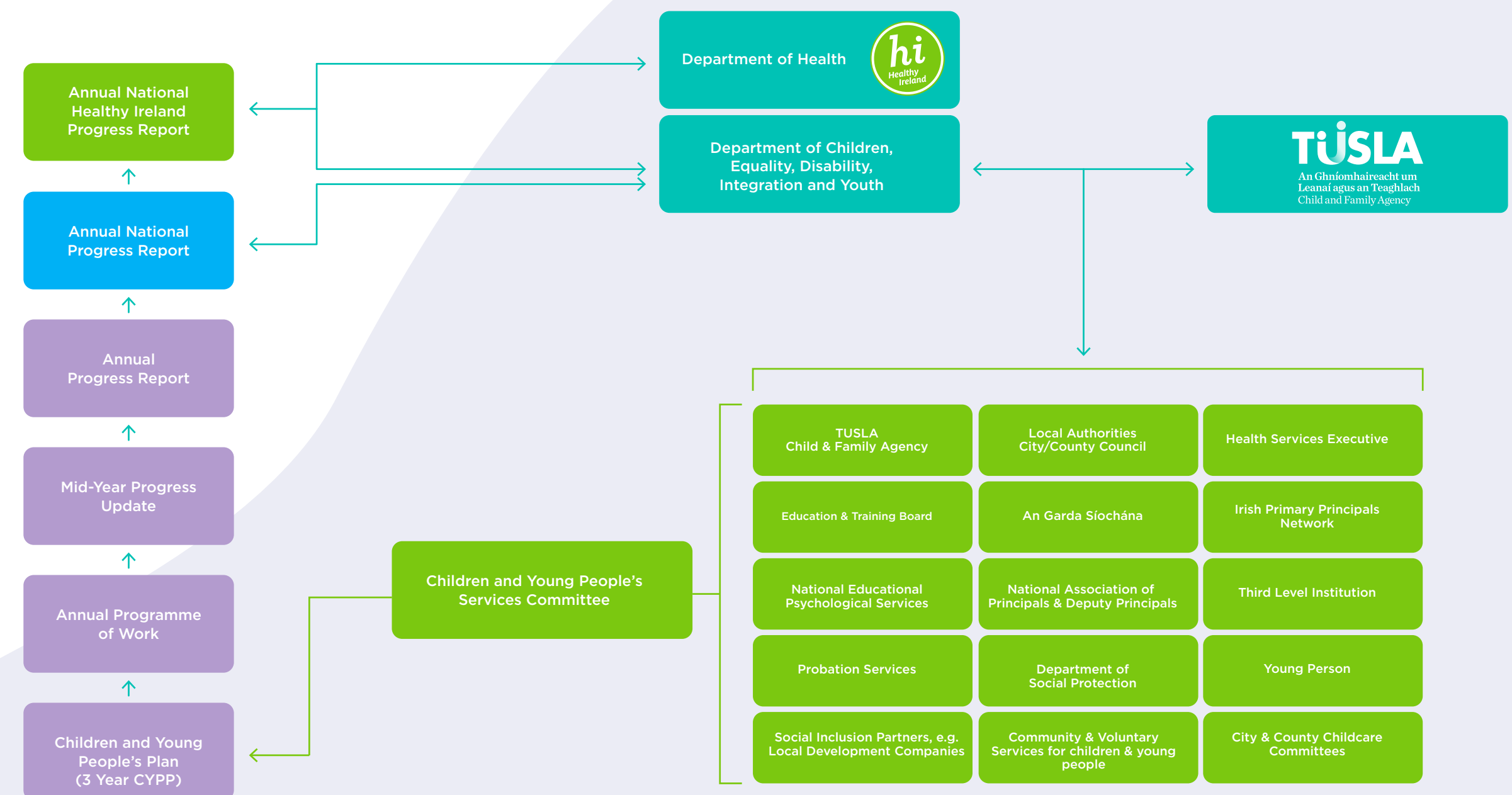
The CYPSC Planning and Reporting Framework sets out the parameters within which CYPSC planning and reporting, including this 2023 CYPSC Healthy Ireland Report, is conducted.

The Framework serves as an overarching guide for all CYPSC stakeholders on the CYPSC planning and reporting cycle; supporting the CYPSC Initiative to realise its core objectives and to achieve Government commitments pertaining to the CYPSC Initiative set out in national policy.

The diagrammatic representation across of the CYPSC Planning and Reporting Cycle includes an update

and amendment to reflect the integration of Healthy Ireland Fund reporting for 2023 into the annualised CYPSC reporting cycle and tools.

Each local CYPSC was requested in Q1 2024 to complete and submit their Annual Progress Report for 2023 via an online reporting tool (survey). 26* CYPSC returns were received by the National Co-ordinator for CYPSC into the CYPSC National Office at TUSLA. These CYPSC returns have been compiled and analysed to produce an overarching CYPSC National Progress Report that provides an overview of CYPSC implementation in 2023. This CYPSC Healthy Ireland Report 2023 is drawn from 26 reports.



CYPSC Planning and Reporting Cycle

*note 26/27 CYPSC reports received

3. Interagency engagement: CYPSC Main Committee by sector and CYPSC

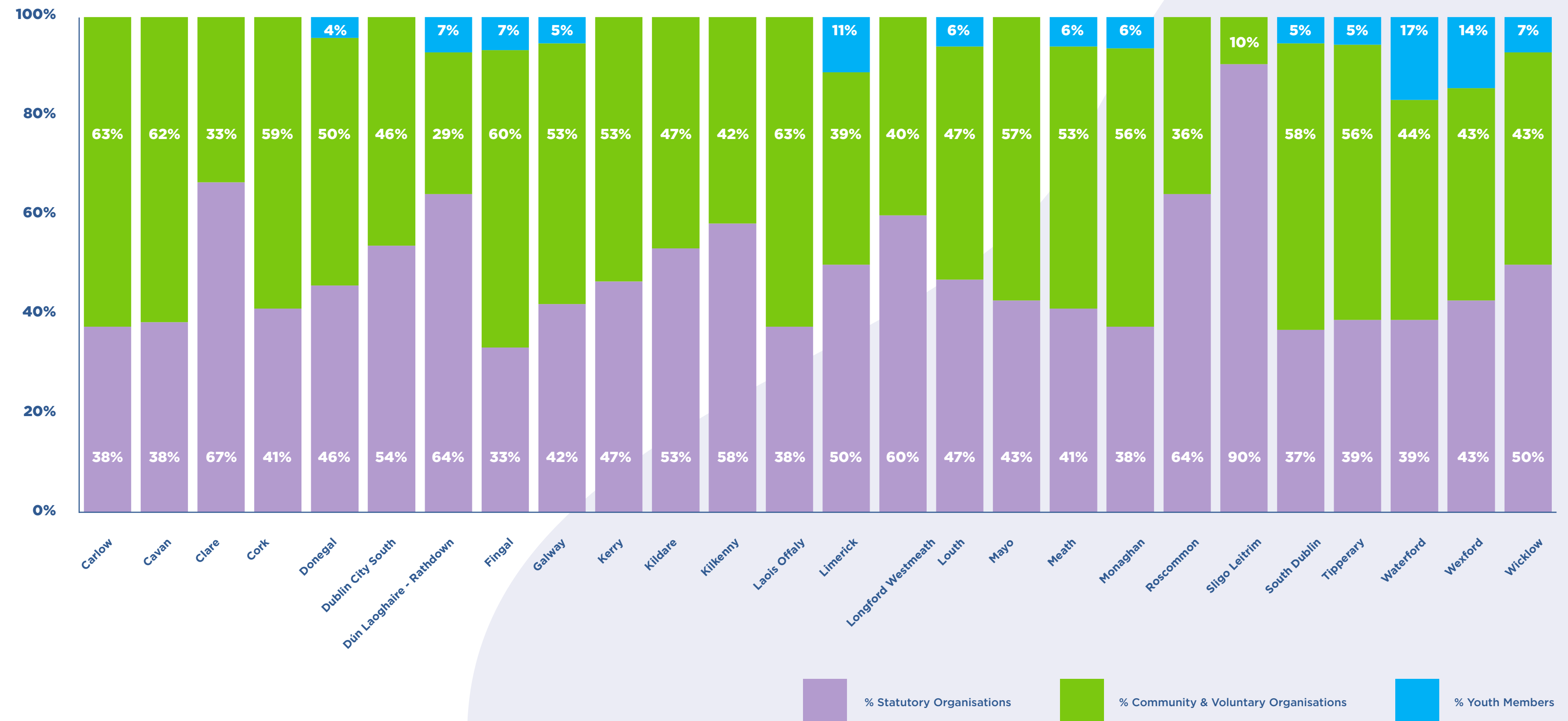
Membership

This graph represents the proportion of CYPSC Main Committee member organisations by sector (Statutory, Community and Voluntary and youth member) and by local CYPSC.

Across the CYPSC there are some differences in main committee membership on CYPSC.

Statutory membership of the CYPSC main committees varies from 90% of main committee membership in Sligo Leitrim CYPSC to 33% in Fingal CYPSC. Community and voluntary sector membership peaks at 63% of main committee members in Carlow CYPSC and Laois Offaly CYPSC to 29% in Dun Laoghaire-Rathdown CYPSC.

CYPSC with youth members on their main committee include Donegal, Galway, Fingal, Waterford, Louth, Monaghan, South Dublin, Limerick, Meath, Wexford, Wicklow, Dún Laoghaire - Rathdown, Tipperary (13 CYPSC).

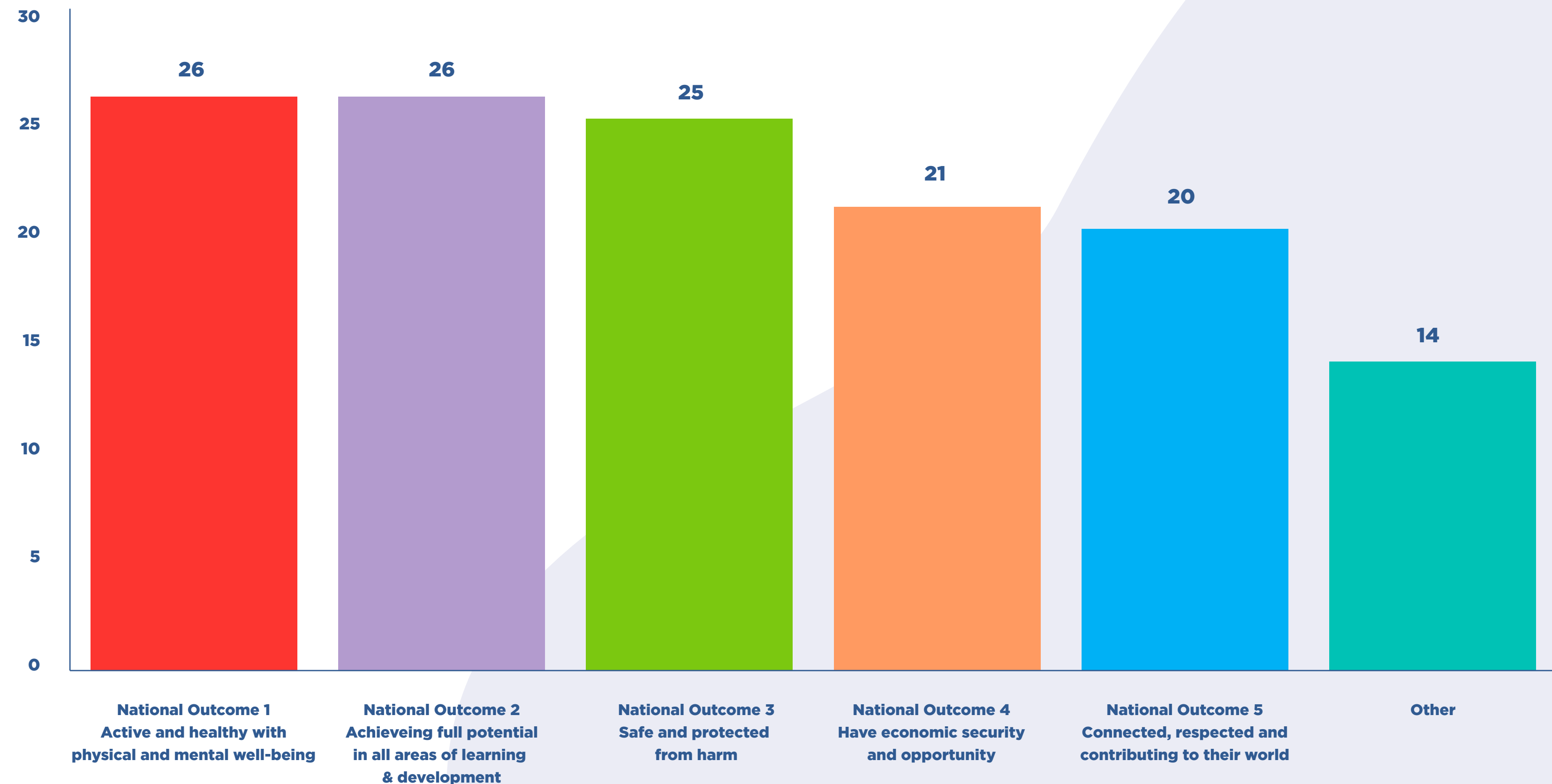


4. Policy Implementation

CYPSC Sub-Groups

This graph shows the number of CYPSC by the sub groups it has aligned to the five National Outcome categories

- 26 of 26 CYPSC had **Active & Healthy sub groups**
- 26 of 26 had **Achieving & Learning sub groups**
- 25 out of 26 had **Safe & Protected sub groups**
- 21 out of 26 had **Economic Security sub groups**
- 20 out of 26 CYPSC had **Connected & Respected sub groups**
- 14 CYPSC had **sub -groups classified as 'Other'**.



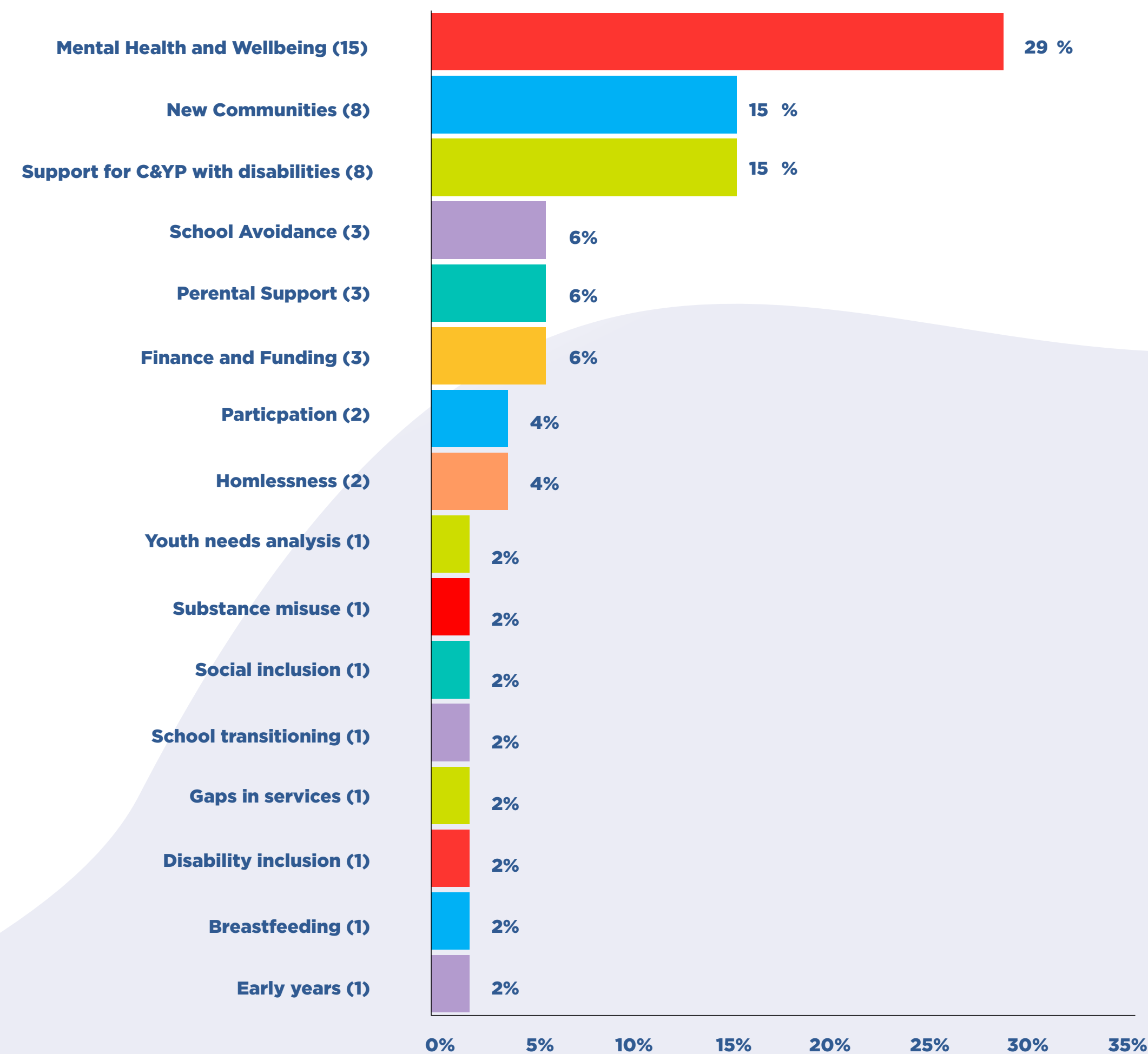
5. Priority Needs Identified by CYPSC

Priority Needs

This chart represents the priority needs of children and young people reported by Type of Need.

Youth Mental Health is the most prominent priority need of children and young people as reported by CYPSC in 2023 and indeed is also reported over the past five years since 2019. Healthy Ireland Funding has been instrumental in enabling CYPSC to implement a range of actions and interventions that address youth mental health needs. The funding has enabled the development of early intervention programmes, support

services and community-based projects that focus on prevention and resilience building. By fostering collaboration amongst all its members CYPSC have been able to maintain a focus on addressing priorities such as youth mental health and have ensured that critical issues such as Youth Mental Health are to the forefront of its work. The CYPSC collaborative approach bringing stakeholders together from various sectors enables the development of more co-ordinated and effective interventions.

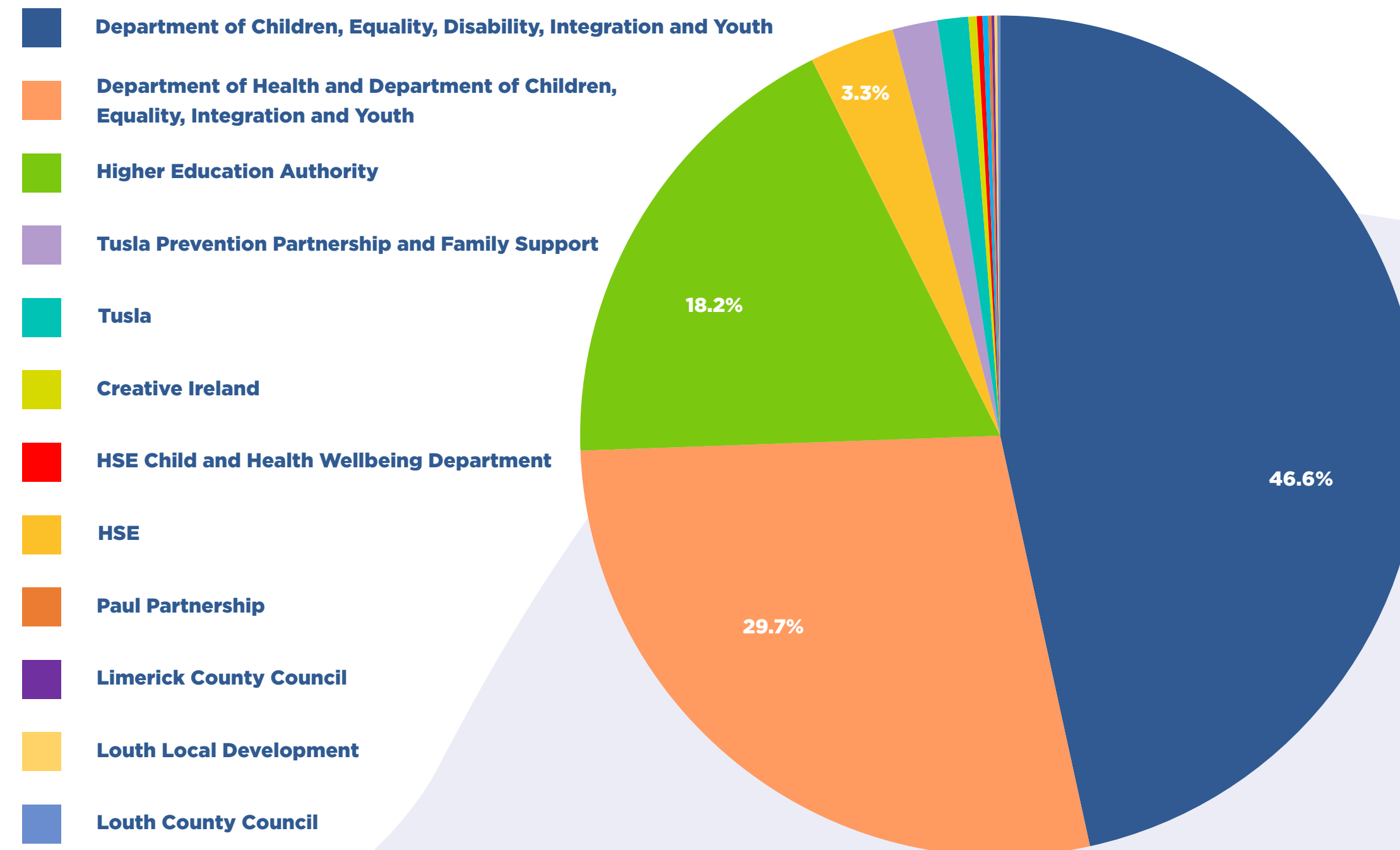


6. Finance – Funding leveraged by CYPSC in 2023

Funding Sources

This pie chart shows the most prominent funding received into local CYPSC by its proportion of the total figure of €4,584,896.00 non pay funding leveraged by CYPSC in 2023.

The chart highlights that the funds received from DCEDIY represent 46.6% of the total funds leveraged. This is followed by DoH and DCEDIY combined at 27.9% and the Higher Education Authority at 18.2% (this funding relates to a specific project supported by Louth CYPSC.)



6.1 Finances - Funding leveraged by CYPSC in 2023

Healthy Ireland

CYPSC began receiving Healthy Ireland Funding in 2017. Since 2022 Healthy Ireland funding for CYPSC has been received into Tusla from the Department of Health (DoH) and from the Department of Children, Equality, Disability, Integration and Youth (DCEDIY) and dispersed by Tusla to 27 local CYPSC via Tusla's financial management systems and the CYPSC National Office at Tusla.

The combined DCEDIY / DoH budget of €1.3m in 2023 remained at the same level as 2022. This represented a budget of €45,903 per CYPSC in 2023.



€1.3m Budget 2023



€45,903 per CYPSC



Healthy Ireland
Coordinator for
CYPSC Established

7. CYPSC Healthy Ireland

Healthy Ireland Framework

The Healthy Ireland Framework is the Government of Ireland's framework for promoting health for all. Published in 2013 it was designed to bring about real, measurable change for the population.

Data and information derived from Healthy Ireland implementation supports greater oversight, improved programme evaluation and a clearer understanding of how the local work via CYPSC contributes to delivery of the four Healthy Ireland goals outlined in Healthy Ireland: A Framework for improved health and well-being 2013-2025 (DoH, 2013):

Goal 1: Increase the proportion of people who are healthy at all stages of life.

Goal 2: Reduce health inequalities.

Goal 3: Protect the public from threats to health and wellbeing.

Goal 4: Create an environment where every individual and sector of society can play their part in achieving a healthy Ireland.

Application of these defined high-level goals allows for a structured and consistent approach to CYPSC-Healthy Ireland planning and reporting.



Increase the proportion of people who are healthy at all stages of life



Reduce health inequalities.



Protect the public from threats to health and wellbeing.



Create an environment where every individual and sector of society can play their part in achieving a healthy Ireland.

7.1 CYPSC Healthy Ireland

CYPSC projects in 2023 aligned to HI framework outcomes

The Healthy Ireland Outcomes Framework is based on a conceptual model for health and wellbeing which incorporates health status, health outcomes and social determinants of health and wellbeing across the life course.

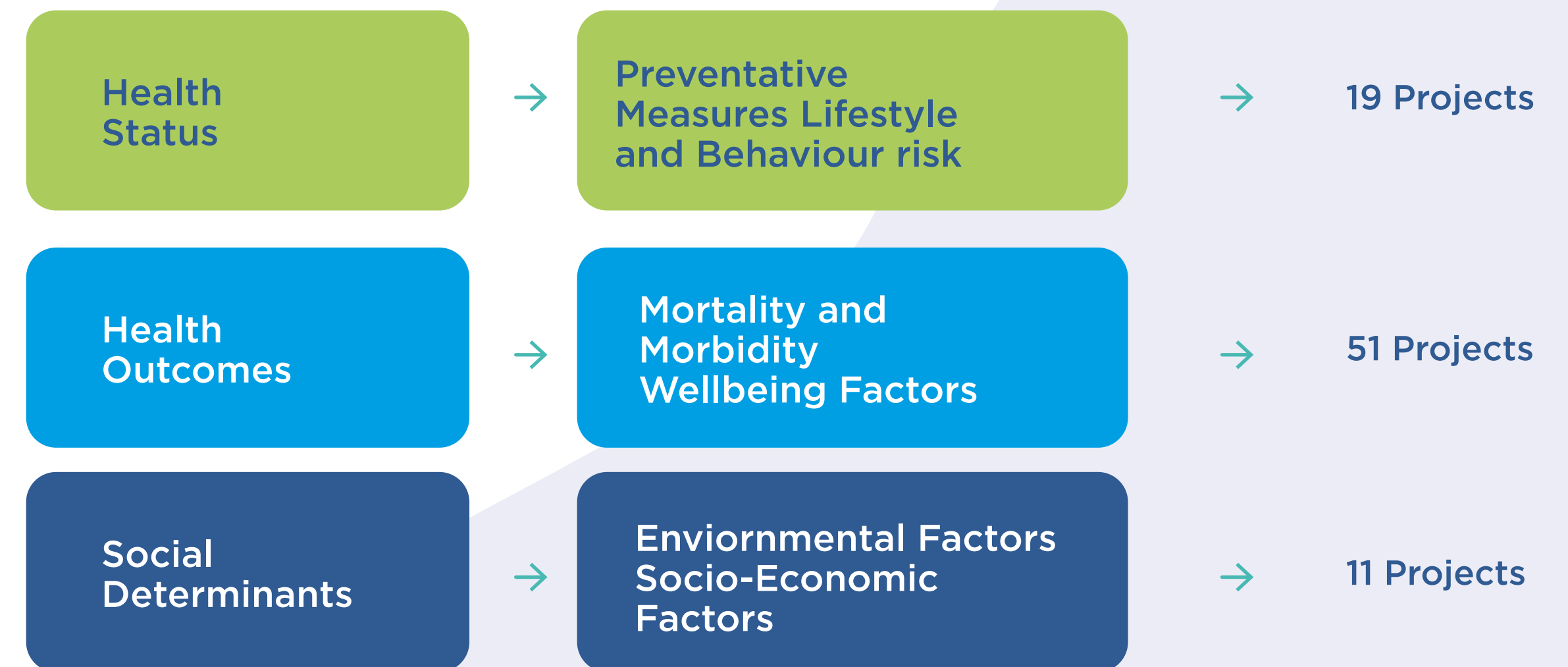
“The range of indicators selected to support measurement of these outcomes work together to create an overall picture of health and wellbeing in Ireland” (*Healthy Ireland Outcomes Framework DoH, 2018, p.1*).

The figure across outlines the alignment of CYPSC Healthy Ireland Projects in 2023 under the Healthy Ireland Outcomes Framework. Of the 81 projects supported by CYPSC Healthy Ireland Funding in 2023 over 62% are aligned under Health

Outcomes from the Healthy Ireland Outcomes Framework and under the Wellbeing Factors Indicator set.

CYPSC Healthy Ireland Guidelines 2023-2025 guided CYPSC to operationalise interventions or actions that have a greater likelihood of achieving significant impact across a geographic area or a specific population and that can be evidenced as having resulted in positive impact. CYPSC were encouraged to plan for less in number and bigger more substantive and strategic activity. **In 2023 81 projects** were delivered compared to 127 projects in 2022. This represents a welcome 28% reduction in volume of Healthy Ireland funded projects.

Indicators



7.2 CYPSC Healthy Ireland

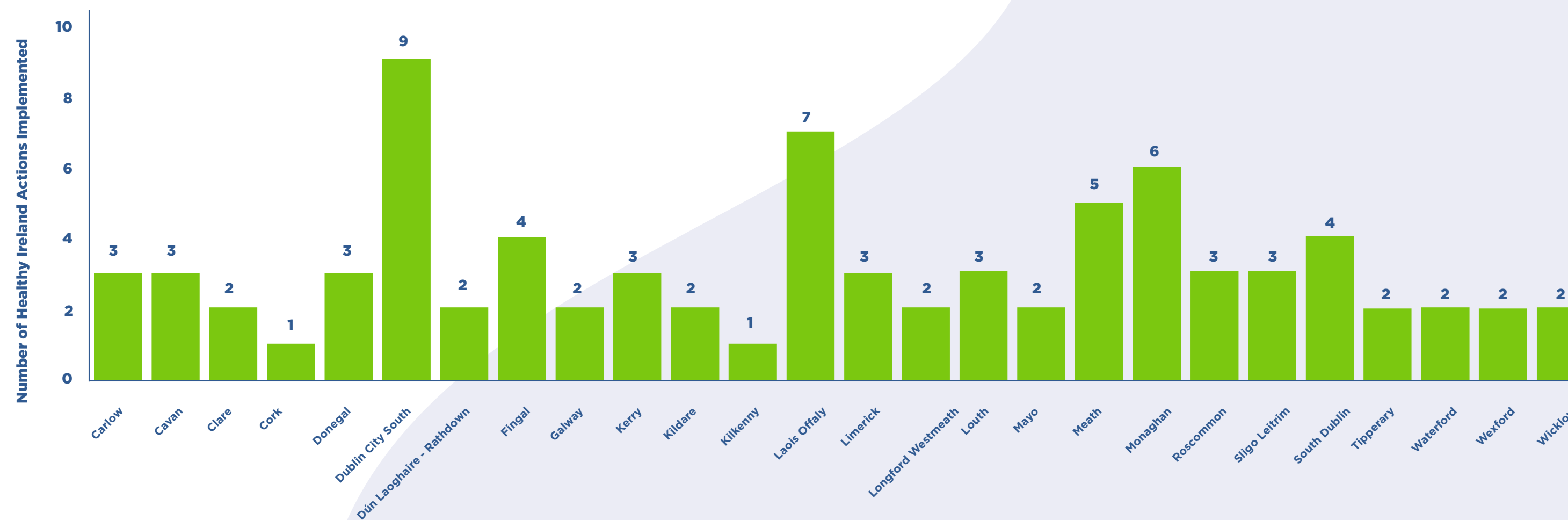
26 CYPSC implemented 81 Healthy Ireland Actions

In practical terms CYPSC utilises Healthy Ireland funding in support of its delivery under National Outcome 1 that children and young people are Active and Healthy. This entails implementing the existing CYPSC evidence-informed approach to planning as set out in the CYPSC Planning and Reporting Framework¹ as per all other CYPSC work.

Each CYPSC selected one or more areas for utilisation of Healthy Ireland funding from National Outcome 1 Active and Healthy and clearly aligned this/these to the Healthy Ireland Outcomes Framework. A Step-by-Step Guide for implementing of CYPSC Healthy Ireland funding was provided in the CYPSC Healthy Ireland Guidelines 2023-2025 finalised and published in Q3 2023.

The bar chart across outlines a breakdown of the number of Healthy Ireland projects funded in 2023 by each of the 26² out of 27 CYPSC that reported.

The number of projects delivered range from one project in Cork and in Kilkenny to 9 projects being delivered in Dublin City South. There was an overall average of 3 Healthy Ireland projects per CYPSC. **Project costs for this work ranged from €1,800 to €45,903 per project.**



¹CYPSC Planning and Reporting Framework. The Children and Young People's Services Committees Planning and Reporting Framework sets out the parameters within which CYPSC planning and reporting is conducted. It is an overarching guide for all CYPSC stakeholders on the CYPSC planning and reporting cycle, supporting the CYPSC initiative to realise its core objectives and to achieve Government commitments pertaining to the CYPSC initiative set out in national policy.

²In one local CYPSC there was no CYPSC Co-ordinator in post at the time of data collection resulting in the CYPSC not being in a position to file an annual report.

8. Healthy Ireland Exemplar

Healthy Ireland Exemplars aligned to National Outcomes

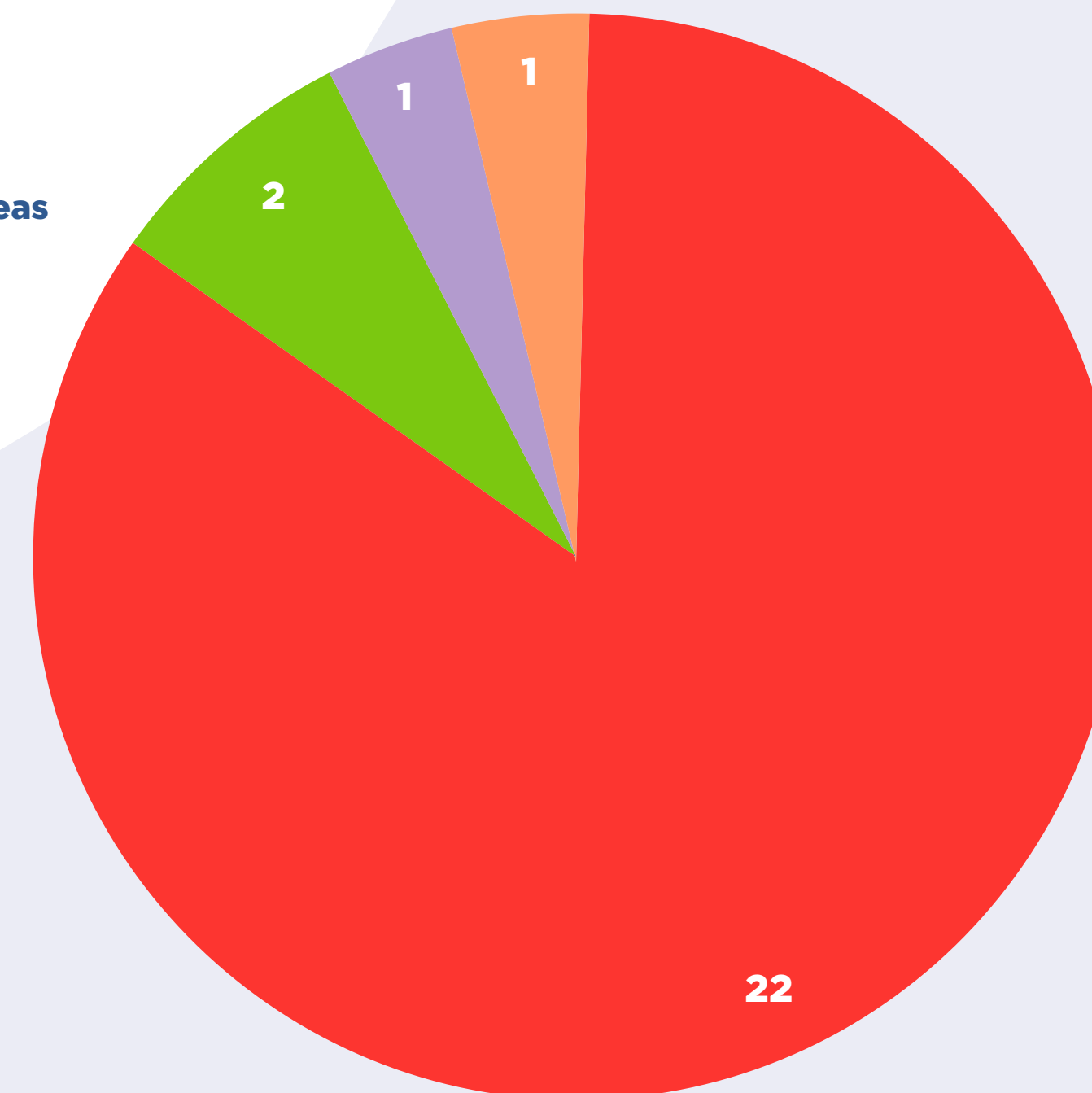
CYPSC were asked to identify Healthy Ireland funded exemplar projects and note that exemplar’s alignment with a national outcome for children and young people. In Better Outcomes Brighter Futures the National Policy Framework for Children and Young People 2014-2020, the Government adopted an outcomes- based approach premised on five national outcomes for children and young people. Outcome 1 identified that being active and healthy is a significant contributor to overall wellbeing.

84% (22) of Healthy Ireland funded exemplars reported were classified under Outcome 1 Active and Healthy with physical and mental well-being. These projects were designed to ensure that all children and young people

are making positive health choices, maintain good mental health, adopt positive and respectful approaches to relationships and sexual health and enjoy opportunities for play, recreation, sport, arts, culture and nature. Notably, 50% of these exemplar projects focussed specifically on Child and Youth mental health and wellbeing, serving to highlight the significant local needs pertaining to child and youth mental health.

16% (4) of Healthy Ireland funded exemplars reported were aligned with three other national outcome areas: Outcome 3 Safe and protected from harm – 2 projects, Outcome 2 Achieving full potential in all areas of learning and development – 1 project and Outcome 4 Economic security and opportunity – 1 project.

- **Active and healthy with physical and mental wellbeing**
- **Safe and protected from harm**
- **Achieving full potential in all areas of learning and development**
- **Have economic security and opportunity**



8.1 Healthy Ireland Exemplars

Healthy Ireland Exemplars by Theme and Geographic Spread

The graph and map illustrate the proportion by theme and geographic spread of reported Healthy Ireland funded exemplars.

Analysis of the 26 exemplars reported realised 6 key themes:

- 13 Healthy Ireland 2023 exemplars described local implementation to respond to Youth mental health and wellbeing
- 6 Healthy Ireland 2023 exemplars described local implementation to respond to Parenting and family support
- 2 Healthy Ireland 2023 exemplars described local implementation to respond to Children/young people with disability
- 2 Healthy Ireland 2023 exemplars described local implementation to respond to Early Years
- 2 Healthy Ireland 2023 exemplars described local implementation to respond to Physical activity for all
- 1 Healthy Ireland 2023 exemplars described local implementation to respond to Healthy Eating



8.2 Healthy Ireland Exemplars

Priority Need

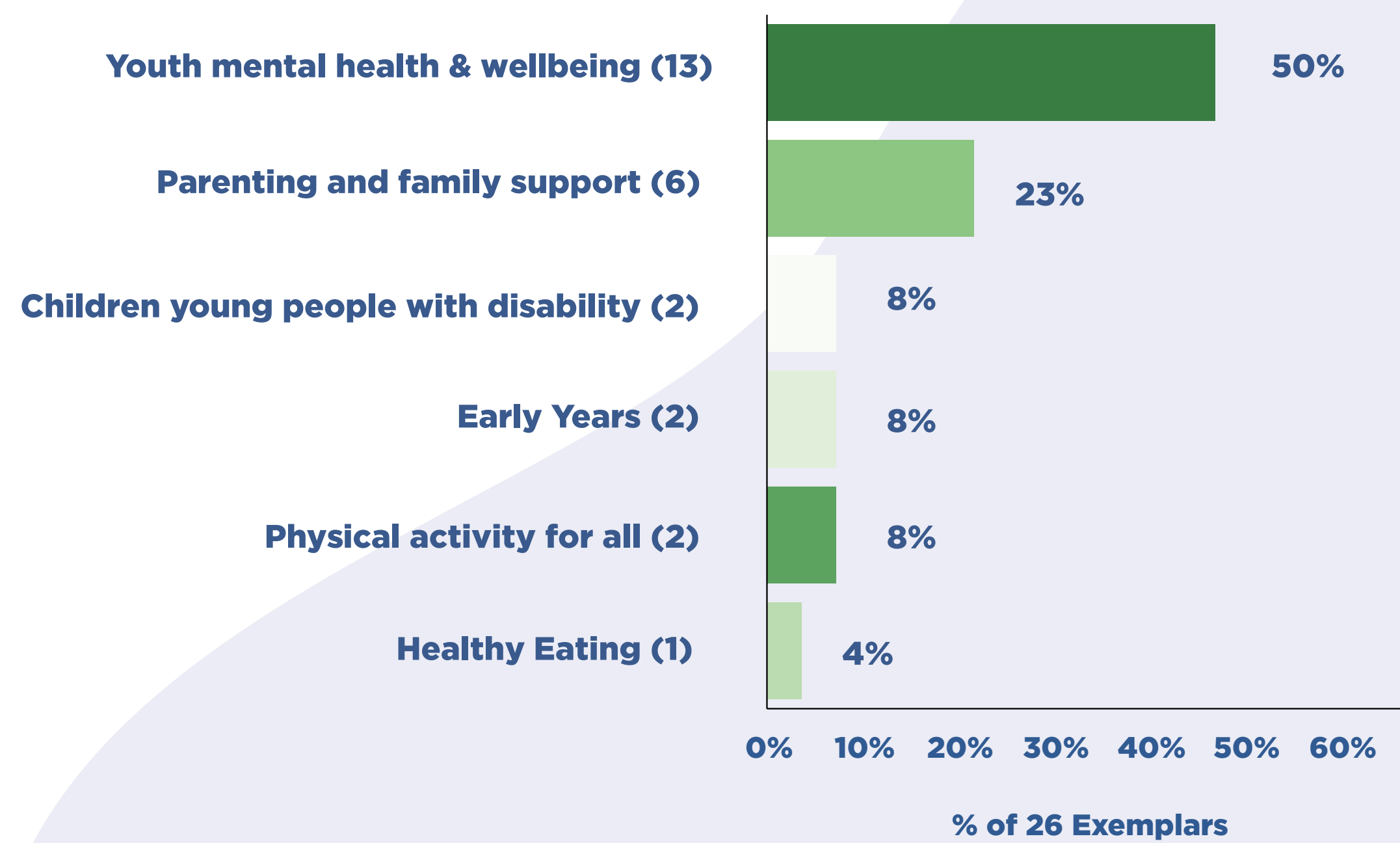
It is of note that **Youth Mental Health and Wellbeing** emerged as the most prominently reported theme, with 13 CYPSC exemplars focussed on addressing children and young people’s mental health and wellbeing needs.

This reinforces the priority need findings presented emphasising the necessity for a strong focus at local level to supporting the mental health of young individuals; reflecting an increasing recognition of the challenges that the child and youth population are facing.

Exemplars relating to Parenting and Family Support were the second most prominently reported with 6 exemplars illustrating the importance of nurturing family environments and suggests that CYPSC are prioritising holistic approaches that involve families in promoting the wellbeing of children and young people.

Local CYPSC reported that 169 partner agencies were engaged and involved in the delivery of the 2023 reported Healthy Ireland Fund exemplar projects and that over 15,000 children and young people were engaged by these exemplar projects.

In the context that CYPSC were required to nominate and report on, in detail, just one Healthy Ireland action exemplifying their interagency work, it is important to state that the multi-agency reach and capacity of CYPSC to facilitate interagency working for child, youth and population health and wellbeing is far greater than it has been possible to report. In 2023 CYPSC reported that 38% of exemplar projects had been evaluated. 2024 Healthy Ireland Fund implementation will seek to elevate that percentage.



8.3 Healthy Ireland Exemplars

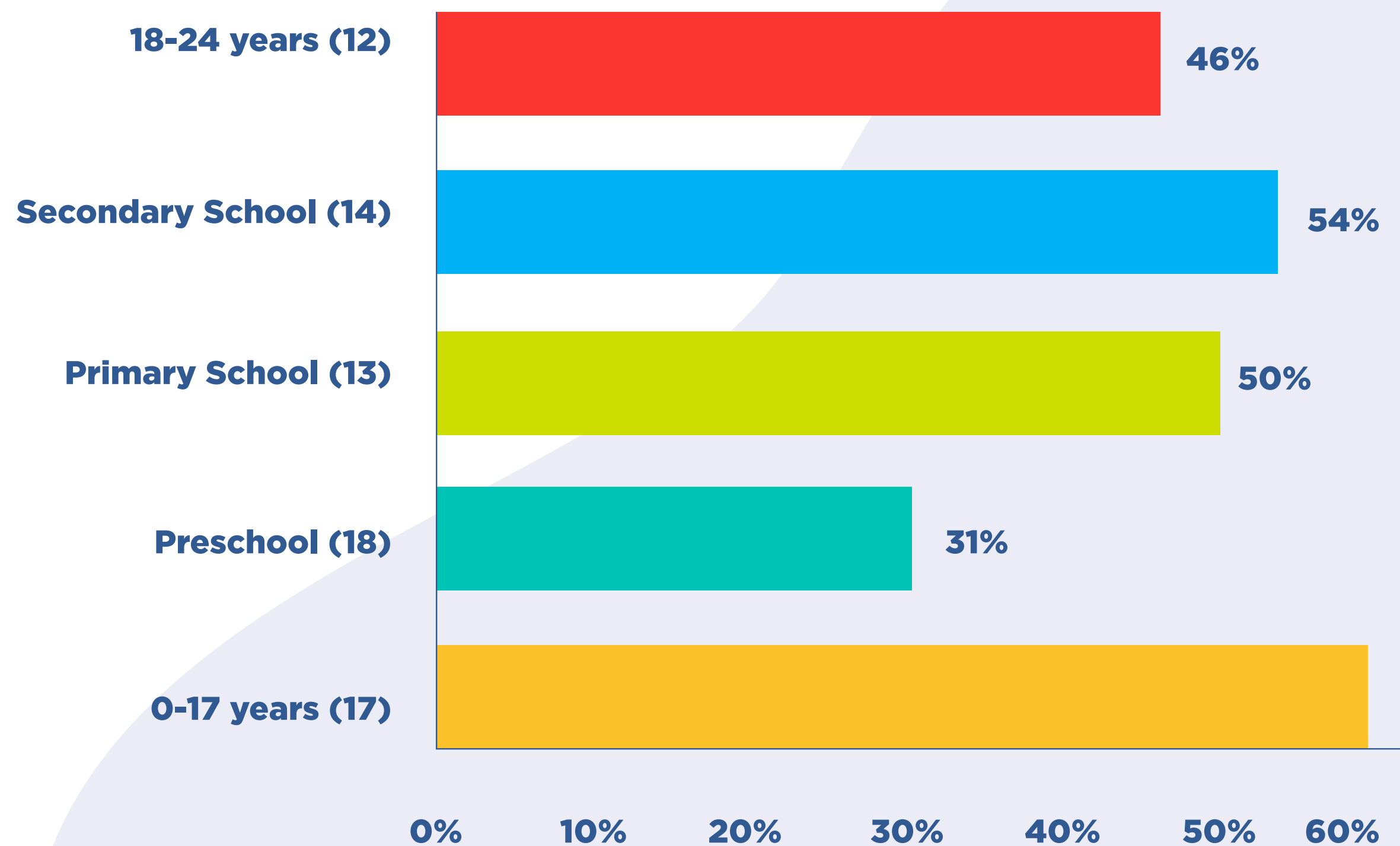
Age & Target Groups

In reporting a local Healthy Ireland funded action that best exemplifies the work in 2023, CYPSC were asked to identify the primary target group(s) of their exemplar.

- 65% (or 17) stated that children and young people aged 0 to 17 years were the primary target group
- 31% (or 8) stated that pre-school children were the primary target group
- 50% (or 13) stated that primary school aged children were the primary target group
- 54% (or 14) stated that secondary school aged young people were the primary target group
- 46% (or 12) stated that young people aged 18 to 24 years were the primary target group.

This data suggests that utilisation of CYPSC Healthy Ireland funds is spread proportionately across all the age cohorts of children and young people. It is important to note that the proportion of young people aged 18-24 involved in CYPSC Healthy Ireland exemplar projects increased from 37% in 2022 to 46% in 2023, marking a 9% rise.

Target groups of case studies



8.4 Healthy Ireland Exemplars

Supporting CYPSC Learning

The Healthy Ireland Co-ordinator for CYPSC utilises the national CYPSC website to provide aspects of implementation support to local CYPSC.

All 2023 CYPSC Healthy Ireland Exemplar projects were published to the Members Section of CYPSC.IE in support of the sharing of best practice across local CYPSC. This has ensured that all CYPSC can access information and learning from counterpart local CYPSC and benefit from the CYPSC collective experience and knowledge, with the intention of improved delivery of Healthy Ireland funded projects. The table overleaf provides a full listing of the 26 reported 2023 CYPSC Healthy Ireland Fund exemplars with hyperlinks to each individual exemplar.



8.5 Healthy Ireland Exemplars

Exemplar Links

The table provides quick access to the 2023 CYPSC Healthy Ireland Exemplars for reader reference. It also usefully provides an overview of the alignment between the CYPSC exemplars and national policy outcomes.

A primary emphasis in the implementation of the CYPSC Healthy Ireland Fund is the assessment and measurement of outcomes. Outcome evaluation assesses the results of an intervention and verifies whether the intended outcomes have been met. Consequently, it is crucial for CYPSC to incorporate measurement and evaluation considerations when designing and selecting interventions aimed at achieving the desired outcomes. In 2023, there was a recognised interest in evaluating interventions funded by the Healthy Ireland initiative; however, starting in 2024, it will be mandatory for CYPSC to evaluate at least one intervention supported by the Healthy Ireland Fund.

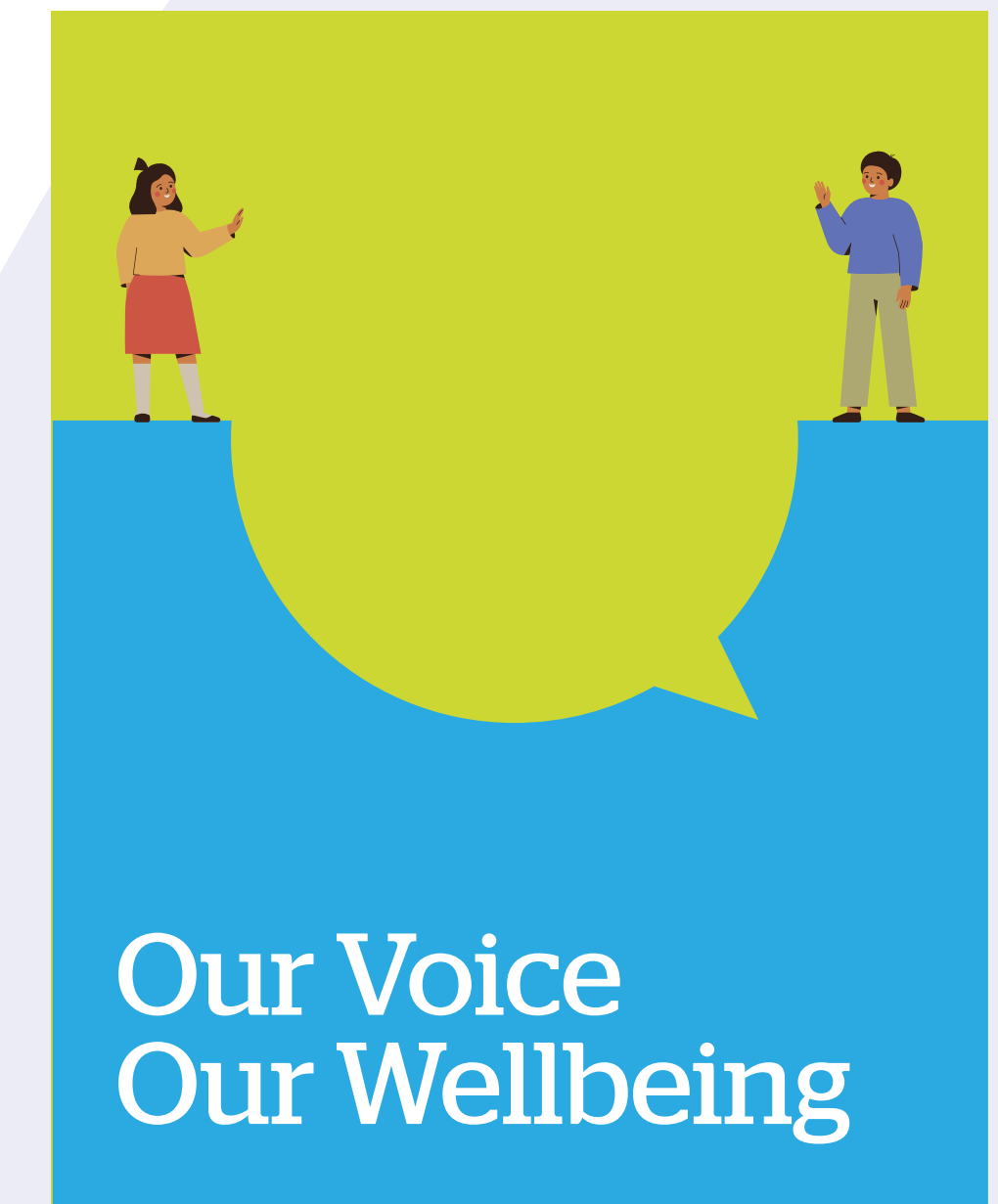
CYPSC name	Project Name	National Outcome for Children and Young People	Healthy Ireland Outcomes Framework Outcome
Carlow	Healthy Streets	Active and Healthy	Increase the proportion of people that are healthy at all stages of life.
Cavan	Parenting Support Programme	Active and Healthy	Increase the proportion of people that are healthy at all stages of life.
Clare	Truama Awareness Programme	Safe and protected from harm	Protect the public from threats to health and well-being.
Cork	Pod' Collaboration to support Children Young People and Families in Homelessness	Active and Healthy	Reduce Health Inequalities
Dun Laoghaire- Rathdown	The Wagon Project	Active and Healthy	Reduce Health Inequalities
Donegal	Active Inishowen	Active and Healthy	Increase the proportion of people that are healthy at all stages of life.
Dublin City South	Therapeutic Supports to Ukrainian families	Active and Healthy	Increase the proportion of people that are healthy at all stages of life.
Fingal	Barnardos Health and Well being Project	Active and Healthy	Reduce Health Inequalities
Galway	Overcoming barriers to positive mental health	Active and Healthy	Reduce Health Inequalities
Kerry	Research and Development of a Parents Information Resource on Services and Supports for Children & Young People 0-24 with additional needs.	Active and Healthy	Reduce Health Inequalities
Kildare	EarlyYears Development Initiative	Active and Healthy	Increase the proportion of people that are healthy at all stages of life.
Kilkenny	Healthy Streets	Active and Healthy	Increase the proportion of people that are healthy at all stages of life.
Laois / Offaly	1:1 Activity Programme for children with disabilities	Active and Healthy	Reduce Health Inequalities
Limerick	School Attendance Project	Achieving full potential in all areas of learning and development.	Reduce Health Inequalities
Longford / Westmeath	Our Voice Our wellbieng	Active and Healthy	Increase the proportion of people that are healthy at all stages of life.
Louth	RISE (Recovery in a safe environment) Foundation Family Programme	Active and Healthy	Reduce Health Inequalities
Mayo	Suppprts to embed MindOut in schools	Active and Healthy	
Meath	Healthy Nutritional Home Budgeting Program	Economic security and opportunity	Increase the proportion of people that are healthy at all stages of life.
Monaghan	"We're Breastfeeding Friendly Monaghan"	Active and Healthy	Reduce Health Inequalities
Roscommon	Young Carers Project	Active and Healthy	Reduce Health Inequalities
Sligo / Leitrim	Smily LGBTQ+ Youth Project Social Inclusion	Active and Healthy	Increase the proportion of people that are healthy at all stages of life.
South Dublin	Crosscare Autism Youth Project	Active and Healthy	Create an environment where every individual and sector of society can play their part in achieving a Healthy Ireland
Tipperary	Parenting Under Pressure	Active and Healthy	Protect the public from threats to health and well-being.
Waterford	Community based Wellbeing Project	Active and Healthy	Increase the proportion of people that are healthy at all stages of life.
Wexford	Pre-Adolescent Traveller Holistic Training Programme 2 (PATH 2) for Traveller and Roma Children	Active and Healthy	Reduce Health Inequalities
Wicklow	Physical Activity for all	Active and Healthy	Reduce Health Inequalities

8.6 Healthy Ireland Exemplars

Focus on 3 exemplars

The following pages will describe in more detail 3 CYPSC Healthy Ireland exemplar projects drawn from the 26 CYPSC Healthy Ireland Exemplars reported in 2023. These are:

- **“The Wagon Project”**
supported through Dún Laoghaire - Rathdown CYPSC
- **“Healthy Streets”**
Project supported through Carlow CYPSC
- **“Our Voice, Our Wellbeing”**
supported through Longford Westmeath CYPSC



8.7 Healthy Ireland Exemplars - Focus on three Exemplars

The Wagon Project

Description:

The Wagon Project was initiated and led by two Traveller men who wanted to pass on the tradition of wagon building to the younger generation. Traveller health inequalities reflect the social and economic disadvantages faced by this population group and mental health issues pose an increasing challenge to Traveller health and wellbeing. In this project the project team co-created a culturally specific mental health initiative.

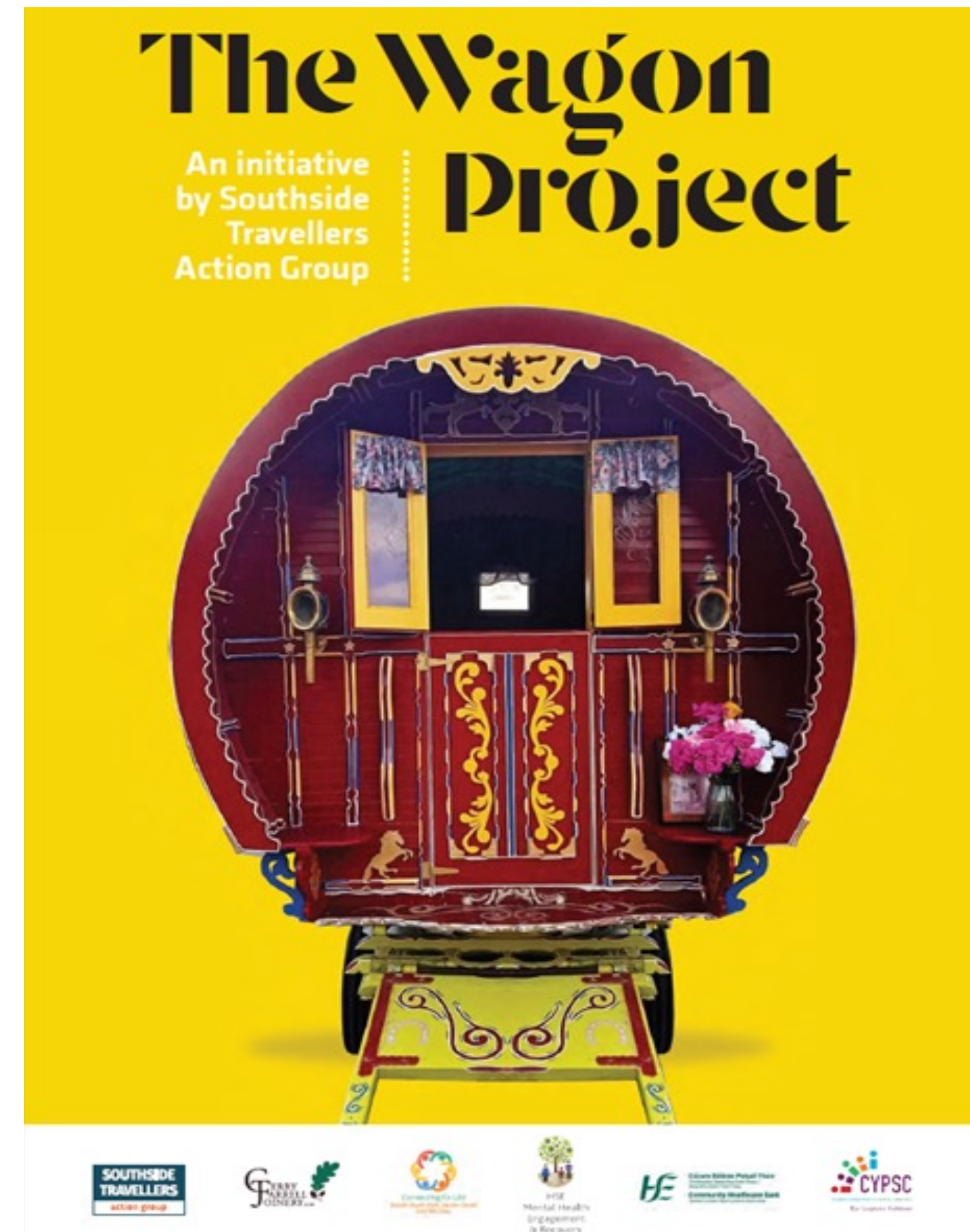
Aims: The Project's aims were to promote positive mental health among Traveller men, build resilience among young people, strengthening cultural identity and to support appropriate signposting to local services and build trust in services.

Beneficiaries: 15 young Travellers were the primary beneficiaries.

Alignment:

The project aligned with National Outcome 1 Active and healthy and physical and mental well-being and reducing health inequalities from the Healthy Ireland Outcomes Framework. Cost: This project cost €33,000 in total with a Dún Laoghaire-Rathdown CYPSC Healthy Ireland Fund contribution of €20,000.

Partners The Wagon Project was delivered through the combined work of 9 partner organisations: Southside Travellers Action Group (STAG), STAG Men's Shed, The Hazel House Café and Woodwork School in Tibbradden, HSE Mental Health Service Co-ordinator for Travellers, Resource Officer for Suicide Prevention (ROSP), Area Lead for Mental Health Engagement, HSE Health and Wellbeing, DLR Children and Young People's Services Committee (CYPSC), Healthy Ireland, Institute of Art, Design and Technology (IADT) and Age-Friendly Programme Manager & Social Inclusion Officer, DLR County Council.



8.8 Healthy Ireland Exemplars

The Wagon Project

A full report about The Wagon Project was published and can be accessed on the [CYPSC website](#).

The report contains 8 recommendations:

- A collaboration with the Education Training Board (ETB) for a community education programme with certified QQ1 woodwork on site progression opportunities for Travellers and the wider community could be explored.
- There were favourable indicators for an apprenticeship programme at Hazel House which could be explored further by ETB.
- Expanding collaborative working relationship with DLR County Council with a view to sourcing capital and infrastructure support is recommended.
-

- As a culturally specific mental health initiative an outcomes measurement of self-efficacy as presented in the Health Research Board Recovery Outcomes Framework or similar, would be a useful measurement to further explore qualitative outcomes.
- Furthering the educational outputs and outcomes of this programme should be explored.
- The next steps of The Wagon Project should be supported e.g. more refurbishment work and projects.
- Inclusion of The Wagon Project and Traveller Men's Shed in the new DLR Heritage Strategy and the UCD Folklore Oral History projects.
- Explore The Wagon Project "live museum" concept as a social enterprise and access resources from Southside Partnership mentoring and social enterprise programme.

Outcomes: The Wagon Project enabled the community to take pride in their heritage and culture and to create something that they could be proud of. One young participant proudly said, "see those shelves...I built them". The Wagon Project has demonstrated that initiatives like these provide supports and pathways for improved mental health among communities.

A Documentary telling the story of The Wagon Project can be accessed on the [CYPSC website](#).



8.9 Healthy Ireland Exemplars

Healthy Streets

Description:

The Healthy Streets Project is a 10-week programme in health, nutrition and physical exercise delivered in Bagnelstown Family Resource Centre. Reducing health inequalities because of food poverty was a cornerstone of this work.

Aims: The project aims to support families to make changes to improve nutrition, to increase levels of physical activity and to promote positive family mealtime together.

Beneficiaries: 33 children and young people.

Alignment:

This project is aligned with National Outcome 1 Active and healthy and with physical and mental well-being and with Increase the proportion of people that are healthy at all stages of life from the Healthy Ireland Outcomes Framework.

Partners: Bagnelstown Family Resource Centre. This project cost €10,000.

Carlow CYPSC has expanded and developed their work on the Healthy Streets programme by collaborating with Kilkenny CYPSC and this programme has been rolled out in 3 family resource centres in Kilkenny. In addition to expansion of the programme Carlow CYPSC and Kilkenny CYPSC have jointly commissioned a full evaluation of this work due to be published at the end of 2024 .

Promotion of this programme was facilitated through the Carlow CYPSC network. CYPSC partner organisations referred in families with whom they were working. The issue of food poverty was to the forefront for the families targeted for the programme as this project addressed the real cost of a poor diet with families and helped parents to budget for better nutrition.

Outcomes: Participating families increased awareness and understanding of the benefits of good nutrition, healthy eating, and physical exercise. Parents are supported to budget for better nutrition.



8.10 Healthy Ireland Exemplars

“Our Voice Our Wellbeing”

Description:

The Our Voice Our Wellbeing youth-led programme is aimed at engaging children and young people to embed healthy routines into their everyday lives.

Aims: This project’s aims were to increase awareness in children and young people of the importance of wellbeing, to improve accessibility to mental health information for young people and through youth participation design a youth-led programme empowering young people as wellbeing advocates.

Beneficiaries: This project benefitted 270 children and young people.

Alignment:

The project aligned with National Outcome 1 Active and healthy with physical and mental well-being and Increasing the proportion of people that are healthy at all stages of life from the Healthy Ireland Outcomes Framework.

Cost: This project cost €12,000.

Partners: In addition to the CYPSC members’ network that recruited children and young people for this initiative, 4 partner organisations delivered this project; Bridgewater Family Resource Centre, Athlone Family Resource Centre, Lus na Greine Family Resource Centre and Cara Phort Family Resource Centre.

Longford Westmeath CYPSC operates four youth fora which are situated with the 4 Family Resource Centres across the counties. Through consultation with their 100 youth forum members the “Our Voice Our Wellbeing” project was initiated. Meetings were facilitated with children and young people and they identified workshops and activities that were important and of interest to them. 40 different age-appropriate activities were carried out including sports, yoga classes, dance classes and personal development workshops.

Outcomes: This project strengthens protective factors for good mental health and increases young people’s wellbeing and resilience. Locating the programme under CYPSC has brought a positive dynamic, local knowledge and information to support and provide programme oversight for the four family resource centres involved.

Frontline workers in the Longford Westmeath CYPSC area have reported how young people when brought together to learn about themselves and their health and wellbeing created a “huge positive wave of change”. Young people developed a true and real interest in learning how best to care for themselves and how to improve their health and wellbeing.



9. CYPSC Healthy Ireland Report Conclusion

Conclusion

CYPSC has utilised Healthy Ireland funding in 2023 to deliver less projects in number delivering bigger, more substantive and strategic activity. With a budget of €1.3m CYPSC delivered 81 projects in 2023 compared with 122 in 2022. Of the 81 projects delivered 44 projects focussed on child and youth mental health and wellbeing.

This thematic area represents a pressing need across all CYPSC and CYPSC are working with implementation partners in statutory and community and voluntary sectors to deliver improved mental health and wellbeing outcomes for children and young people.

Healthy Ireland initiatives included appointing a New Communities Social Inclusion worker in Sligo through an existing youth project,

offering youth focused activities for children and young people in homeless accommodation in Cork and establishing a new infant mental health network in Cavan and Monaghan.

The introduction and establishment of the Healthy Ireland Coordinator for CYPSC role and post has provided essential support for implementation, dissemination of best practice and has enabled greater co-ordination, management and oversight of the CYPSC Healthy Ireland Fund. The role has played a key part in engaging with local CYPSC Co-ordinators, driving project development, problem-solving, sharing effective strategies and ensuring governance and oversight of initiatives undertaken.

All the Healthy Ireland funded projects, exemplars and actions were developed through the CYPSC structure at a local level as members are working efficiently and collaboratively together.

These effective collaborations through CYPSC can identify local and emerging needs, identify actions that are required, access funding and/or pool resources, share information, work collaboratively together and avoid duplication of work.

This positive working environment within the CYPSC structure is benefitting seldom-heard children, young people and their parents in the community, promoting strong working relationships between both statutory and community and voluntary agencies and realising successful systems change that can be replicated across the country.



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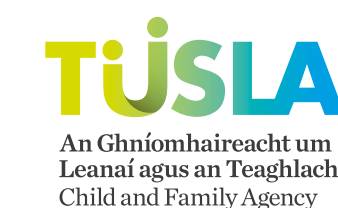


CYPSC Healthy Ireland Report
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Interagency working to improve the lives of children, young people and families in Ireland



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