



CÚRAM SLÁINTE POBAIL
CORCAIGH CIARRAÍ
CORK KERRY
COMMUNITY HEALTHCARE



**Sit Down &
Take It Easy**



HEALTH & WELLBEING ANNUAL REPORT 2020

BY JENNET O'DRISCOLL

CONTENTS

06
A NOTE FROM
THE HEAD OF SERVICES

07
HEALTH & WELLBEING
STAFF WORKSTREAMS

08
HEALTH & WELLBEING
STAFF CONTACT DETAILS

09
SLÁINTECARE
PROJECTS

09
WELLCOMM ACTIVE

10
HEALTH AND WELLBEING
COMMUNITY REFERRAL

15
THE WELLBEING NETWORK

14
OUR PROGRAMMES

16
HEALTH & PROMOTION &
IMPROVEMENT

PROMOTING PHYSICAL
ACTIVITY

- CarePALS
- Walk Your Way
- Get Your Workplace Active

17
CORK HEALTHY CITIES

- Healthy Cities Action Plan
- Cork Food Policy Council
- Green Spaces for Health
- 'Rewilding' in the Community

Healthy Eating and Active Living

Improving health and wellbeing
through healthy eating and
active living

Tobacco Free Ireland Programme

Our strategy towards building a
tobacco free society

Sexual Health & Crisis Pregnancy Programme

Developing healthy attitudes to
sexual health and wellbeing

Staff Health and Wellbeing Programme

Promoting personal health and
wellbeing among HSE staff
across the country

Making Every Contact Count

Enabling health professionals
to support patients to make
behaviour changes

Public Health

Preventing disease, prolonging
life and promoting, protecting
and improving health

HSE Education Programme

We support teachers to
promote wellbeing, physical
activity and healthy eating, in
school.

Undergraduate Curriculum for Chronic Disease Prevention and Management

Alcohol - Reducing Harms Programme

Reducing harm caused by
alcohol consumption
throughout Irish society

Healthy Childhood Programme

Supporting families so babies
and children can reach their full
potential

Positive Ageing Programme

Emphasising a holistic
approach to ageing in Ireland

Healthcare Associated Infection

Preventing healthcare-
associated infection (HCAI) and
antimicrobial resistance

National Screening Service

Cancer screening services to aid
with early diagnosis and
primary treatment

Environmental Health

Enforcing regulations and
meeting public health
challenges

CONTENTS



18

PSYCHED

- ‘Kindness Works Here’
- “Introduction to Psyched: Mental Health Promotion Training for Workplaces”
- “Online Reflect and Engage – Minding your Mental Health and Wellbeing in the context of Covid 19”
- “Introduction to Psyched Online Training - Mental Health Promotion Training for Workplaces”
- “Psyched Webinar 5 Ways to a Happy Work Culture, Building Resilience, and Challenging Stigma”
- Dolly Parton’s Imagination Library
- Young Knocknaheeny Area Based Childhood Programme
- Playful Paradigm
- Age Friendly City

22

CORK HEALTHY CITIES COVID RESPONSE

- Exercise Booklet for Older Adults
- Play Packs for Families

23

SUPPORTING WELLBEING IN SCHOOLS & ONLINE TRAINING FOR SCHOOLS THROUGH PANDEMIC

- Ar Sláinte
- Zippy’s Friends
- MindOut
- Know The Score
- Minding Your Wellbeing
- A Whole Schools Approach to Physical Activity

25

PROMOTING SEXUAL HEALTH

- Consent Campaign
- Busy Bodies
- MindOut

26
TOBACCO CONTROL

- Smoking Cessation Clinics in Acute Hospitals
- Smoking Cessation in the Community
- Tobacco Control Training and Support
 - NCSCT
 - MECC
 - Tobacco Free Campus
 - We Can Quit
 - Smoke Free Start

27
STAFF HEALTH AND WELLBEING

- Covid-19 Safety in the Workplace
- WELLdone
- Wellbeing at Work Resource
- Minding Your Health
- Wellbeing at Work Staff Newsletter
- Workplace Wellbeing App
- Weekly staff support emails
- Minding Your Wellbeing
- Partnership Delivery of the MYWB Programme
- Connecting for life
- Partnership Work in Mental Health
- Stress Control
- Staff wellbeing in action, article by catriona canty

31
HEALTHY IRELAND STAFF HEALTH & WELLBEING FUND

33
FLU VACCINE 2020 CORK KERRY COMMUNITY HEALTHCARE & PARTNERSHIP WITH UNICEF

- **'Get a Vaccine & Give a Vaccine'** Campaign announcement by Priscilla Lynch, Head of Services
- **#ckchfightingflupledge**

34
CKCH FLU CAMPAIGN 2020, BY CORA HAYES, INFLUENZA LEAD, CORK & KERRY COMMUNITY HEALTHCARE

- 'Fighting Flu Pledge'
- **#ckchfightingflu**

CONTENTS



CONTENTS



35

ANTIMICROBIAL PHARMACIST SUMMARY BY MALA SHAH, SENIOR PHARMACIST ANTIMICROBIAL

- Antibiotic Prescribing
- Antimicrobial stewardship in older persons residential care facilities.
- Review of the national antimicrobial guidelines for community settings

36

SELF MANAGEMENT SUPPORT FOR PEOPLE WITH LONG-TERM HEALTH CONDITIONS, SUMMARY BY MAEVE CARMODY, SMS COORDINATOR FOR LONG TERM HEALTH CONDITIONS

- living well with a chronic conditions framework for sms management support
- update and Development of Self management support
- Covid-19 response
- 'Fit to Flourish'

39

STAFF HEALTH AND WELLBEING INITIATIVES 2020, BY NIAMH LORDAN, HEALTH & WELLBEING SUPPORT

- Deliver and Evaluate provision of an Early Parenthood Support Resource via Smartphone App to CKCH
- Self Management Support Coordinator in developing carer supports and online SMS resources

40

LUDGATE HUB SKIBBEREEN VIRTUAL EVENT H&WB AT CHRISTMAS

- Mental health & well-being at christmas virtual webinar to promote wellbeing at Christmas by looking after both our mental and physical wellness. guest speakers Priscilla Lynch and Fiona O'Donnell

41

H&WB KPI'S FOR CORK & KERRY 2020

42

2021 STRATEGIC PRIORITIES

WELCOME

To the Cork Kerry Community Staff Health & Wellbeing

What a year has gone by! 2020 will be long remembered for many reasons, not least the valiance and dedication of our staff in the face of a global pandemic. The photographs in this report document month by month some of the events, activities and services developed. I hope you feel pride as I do when you see familiar faces beaming out. Staff support for each other was a key component in delivering services in 2020. My office provided an initiative to enhance this support through the Healthy Ireland Healthy Campus / Workplace initiative and awarded over 40 grants to committees established to improve workplace environments and activities from a Health & Wellbeing perspective. I hope you will see some of these changes this year and that they will feature in our calendar next year (please send in your photos). Look out for our staff Health & Wellbeing newsletter which is distributed monthly by internal email. You will find lots of great articles in it and the latest Health and Wellbeing updates. We know the year gone by has been stressful for many and have developed support resources for staff at hse.ie/corkkerryhealthyireland. I look forward to 2021 with hope for our staff, and service users.

Once you choose hope anything is possible (Christopher Reeve).

PRISCILLA LYNCH
HEAD OF SERVICES, HEALTH & WELLBEING



MICHAEL FITZGERALD
CHIEF OFFICER



CÚRAM SLÁINTE POBAIL
CORCAIGH CIARRAÍ
CORK KERRY
COMMUNITY HEALTHCARE

PRISCILLA LYNCH
HOS H&WB

BUSINESS FUNCTION

KATHLEEN O'MAHONY
GM COVID LEAD

WORK STREAMS

- APROX 442 -WTE
- COVID BUSINESS UNIT
- TESTING
- TRACING
- PPE
- PSYCOSOCIAL SUPPORT
- DATA HUB
- COMMS
- ASSESSMENT UNIT

SHARON PARKINSON
HP&I / H&WB MANAGER

WORK STREAMS

- 34 -WTE
- STAFF H&WB
- TRAINING
- PROGRAMME DELIVERY
- HEAL
- SEXUAL HEALTH
- TOBACCO
- WELLBEING & MENTAL HEALTH
- POSITIVE AGEING
- ALCOHOL
- MECC
- HEALTHY CHILDHOOD
- COVID-19 COMPLEX TRACING DPH SOUTH
- HEALTHY CITIES/ COUNTIES

SHEELAGH BRODERICK
EXECUTIVE MANAGER

WORK STREAMS

- BUSINESS FOUNDATION
- PROJECT MANAGER
- WELLCOMM ACTIVE
- BOARD OF MANAGERMENTS
- COMPASS
- WINTER PLAN
- SLAINTECARE
- CORK LOCAL SPORTS PARTNERSHIP'S

ADMIN SUPPORT

ORLA O'SULLIVAN
PA TO HOS H&WB

- PA TO HOS H&WB

MARCELLA KEATING
H&WB SUPPORT

- INFLUENZA & SOCIAL MEDIA SUPPORT

JENNET O'DRISCOLL
H&WB SUPPORT

- FINANCE SUPPORT

NAOMI O'DONOVAN
H&WB SUPPORT

- WINTER PLAN SUPPORT

WORK STREAMS

MALA SHAH
COMMUNITY PHARMACIST

WORK STREAMS

- AMS IN O.PERSON
- ANTIBIOTIC PRESCRIBING GUIDELINES
- NURSE PRESCRIBING GOVERNANCE
- EDUCATION PHARMACY GRADS
- EXPAND AMS TO ALL CHO SETTINGS

CORA HAYES
INFLUENZA & OOH
PROJECT LEAD

WORK STREAMS

- INFLUENZA CAMPAIGN
- PEER VACCINATORS
- OOH PROJECT
- NATIONAL IMMUNISATION LINK

TERESA BENNETT
POPULATION HEALTH
INTELLIGENCE

WORK STREAMS

- LINKING WITH STAKEHOLDERS
- REPORTS & UPDATES ON DATABASES & INFORMATION
- DATA COLLECTIONS AND REPORTING

MAEVE CARMODY
SMS COORDINATOR

WORK STREAMS

- LIVING WELL
- H&WB CR
- SMS DIRECTORY
- SMS SUPPORTS - IN DEVELOPMENT
- CHRONIC DISEASE HUB
- CHRONIC DISEASE / LONG TERM CONDITIONS
- COVID SUPPORT - IN DEVELOPMENT
- AMBULATORY CARE

NIAMH LORDAN
HI LEAD FOR PRIMARY CARE
AND H&WB SUPPORT

WORK STREAMS

- HI LEAD PC
- PARENTHOOD APP
- H&WB SUPPORT
- PC MECC SITE LEAD
- PC STAFF H&WB
- SCOPING
- SMS APP

ELEANOR MC CARTHY
ADON IPC

WORK STREAMS

- 5-WTE & 4-WTE TBC
- AMRIC
- IPC
- HAND HYGIENE
- OUTBREAKS
- ENVIRONMENTAL AUDITS
- LINK WORKERS DEVELOPMENT



HEALTH & WELLBEING CONTACT DETAILS



**SHEELAGH
BRODERICK**

EXECUTIVE MANAGER
Sheelagh.Broderick@hse.ie

087-7106028
EXT: 55476

**SHARON
PARKINSON**

HP&I &
H&WB MANAGER
Sharon.Parkinson@hse.ie

087-1224329
EXT: 21672

**TERESA
BENNET**

POPULATION HEALTH
INTELLIGENCE
Teresa.Bennett@hse.ie

087-0506827
EXT: 27447

**PRISCILLA
LYNCH**

HEAD OF SERVICES
H&WB CKCH
Priscilla.Lynch@hse.ie

087-3290160
EXT: 28723

CORA HAYES

INFLUENZA LEAD/OOH
PROJECT LEAD
Cora.Hayes@hse.ie

087-6745789

**KATHLEEN
O'MAHONY**

INTERIM GM COVID
UNIT
Kathleen.OMahony1@hse.ie

087-2191433

**ELEANOR
MCCARTHY
ADON IPC**

Eleanor.McCarthy1@hse.ie

087-6068815
064-6670793

**MAEVE
CARMODY**

SMS COORDINATOR
MaeveH.Carmody@hse.ie

087-7098279
EXT 28739

**NIAMH
LORDAN**

HI LEAD
FOR PRIMARY CARE
& H&W SUPPORT
Niamh.Lordan1@hse.ie

087-3420414
0214225782

MALA SHAH

SENIOR
PHARMACIST
ANTIMICROBIAL
Mala.Shah@hse.ie

087-1751553
EXT: 53822

ADMIN SUPPORT

**ORLA
O'SULLIVAN**

P.A. TO HEAD OF
SERVICES
Orla.OSullivan2@hse.ie

087-1711178
EXT: 55469

**MARCELLA
KEATING**

H&WB SUPPORT
Marcella.Keating@hse.ie

087-0610393
EXT: 55469

**JENNET
O'DRISCOLL**

H&WB SUPPORT
Jennet.ODriscoll@hse.ie

087-4308475
EXT: 55567

**NAOMI
O'DONOVAN**

H&WB SUPPORT
Naomi.ODonovan1@hse.ie

087-6729731



SLÁINTECARE PROJECTS

WellComm Active is a community health and wellbeing initiative that seeks to empower citizens to manage their own health through increased physical activity and improved diet. The initiative will focus on programmes that support healthy eating active living and encourage people to live independently in their own communities for as long as possible.

Coordinated by Cork Sports Partnership and supported by Cork Kerry Community Healthcare Health and Wellbeing, the aim of this initiative is to support better health and increased physical activity among key populations in Cork.



The programme was developed through Health & Wellbeing and community Physiotherapy & Dietetics launched in September by Chief Officer Michael Fitzgerald, pictured above with Priscilla Lynch Head of Service Health & Wellbeing, Kristine Meenaghan Coordinator Cork Sports Partnership and Morgan Buckley Board Chair, Cork Sports Partnership. The project is supported through the Sláintecare Integrated Fund

Q4 2020 Programme Updates:

Programme	No of Courses	No of Participants	of Delivery
Staying Fit For the Future	21	155	Online
Project WeightLoss	12	68	Online
Healthy Food Made Easy	3	62	Online

For more information please see <https://thewellbeingnetwork.ie/active-living/>

HEALTH AND WELLBEING COMMUNITY REFERRAL

What is it?

Community Referral is about supporting the health and wellbeing of people through spending time linking a person into local supports and activities. A Link Worker will meet with a person and spend time talking to them about what activities they are interested in, explore hobbies and the benefits of participating in them, and will assist and support a person in attending these activities. Community Referral involves linking a person into community-based activities and supports, such as exercise, art, reading and gardening. Community Referral is Free of charge.



Health & Wellbeing Community Referral

Who is it for?

Anyone who is over 18. The programme is for you if you feel that you need some support to mind your health and wellbeing or if you feel isolated, stressed, anxious, lonely, depressed or enjoy the company of others. Using resources within the community will help you benefit from meeting other people or taking part in a new activity.

How it Works:

Your GP or other health practitioner will refer you to the Link Worker if you are suitable for the programme, or you can self-refer. The Link Worker will meet you to discuss your needs and the various Community Referral options available. You will begin your chosen activity with support. The Link Worker will meet with you after a number of sessions to discuss how you are getting on and your interest in continuing with your new activity.

Benefits:

Provides you with opportunities to:

- Learn a new skill or participate in a new activity
- Improve your mental and physical health
- Meet new people
- Receive social support from others
- Increase self-confidence and self-esteem
- Become involved in your community



Health & Wellbeing Community Referral

The Cork and Kerry health and wellbeing Community Referral is based in 7 family Resource Centres and 1 Community Development Project. These are as follows:

Kerry

Kenmare FRC (for more information visit <https://thewellbeingnetwork.ie/community-referral/kenmare/>)

Kerryhead/Ballyheigue FRC (for more information visit <https://thewellbeingnetwork.ie/community-referral/kenmare/>)

Listowel FRC (for more information visit <https://thewellbeingnetwork.ie/community-referral/listowel/>)





Health & Wellbeing Community Referral

Cork

Adrigole FRC – The Caha Centre (for more information visit

<https://thewellbeingnetwork.ie/community-referral/adrigole/>)

Le Cheile FRC – Mallow (for more information visit

<https://thewellbeingnetwork.ie/community-referral/mallow/>)

Midleton FRC (for more information visit

<https://thewellbeingnetwork.ie/community-referral/midleton/>)

Ballincollig FRC (for more information visit

<https://thewellbeingnetwork.ie/community-referral/ballincollig/>)

Ballypheane Togher CDP (for more information visit

<https://thewellbeingnetwork.ie/community-referral/ballypheane/>)

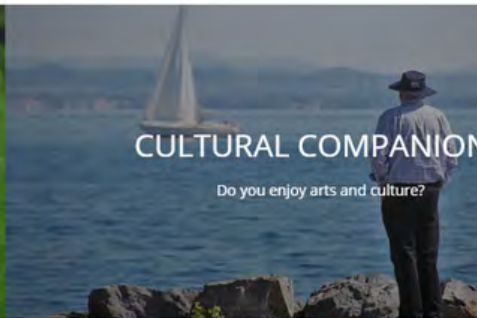
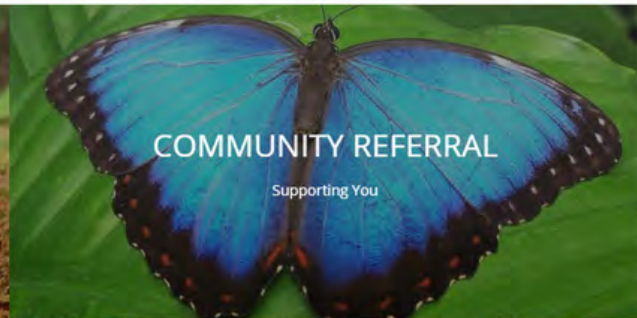
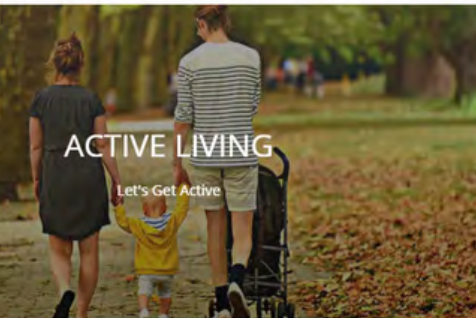


The Wellbeing Network



The network is a platform for community-based projects providing opportunities to improve adult health and wellbeing regardless of your age or your ability. Our aim is to provide the right service, in the right place at the right time see thewellbeingnetwork.ie

Our tailored health and well-being programmes give you that extra little support required to take the first step and to continue to maintain an active and healthy lifestyle. Not only that, our programmes are accessible because they are either free or low cost.



OUR PROGRAMMES

WELLCOMM ACTIVE HEALTH & WELLBEING COMMUNITY REFERRAL CULTURAL COMPANIONS LIVING WELL

Whether you're looking to move more, weigh less, manage a condition or overcome a challenging point in your life, we're here to help. An important part of our 'preventative approach' is the provision of information so that everyone can be fully informed about what is available in their community, what things might work to help them through difficult periods and most of all to empower people to take ownership of their own wellbeing.

We have put together a map of services so that you can see at a glance what's available in your locality. If you can't see what you are looking for, let us know and we will point you in the right direction. We are developing our services all the time.

Right now Covid-19 is presenting us with unprecedented challenges. Keeping ourselves well, physically and mentally is very important. Visit our Covid-19 resource page for links to helpful videos and leaflets created by Cork Kerry Community Healthcare..



Healthy Ireland Summary

COMPASS is an integrated, holistic plan focussing on improving health and wellbeing and reducing health inequalities to prevent chronic disease at a network level. There are 18 action areas for implementation from 2018 - 2022.



HEALTH PROMOTION & IMPROVEMENT

PROMOTING PHYSICAL ACTIVITY



CarePALS - 16 participants completed online refresher training of the CarePALS programme which aims to empower those working in day and residential care settings to lead suitable physical activities with older people who live in or visit their setting.

Walk Your Way - Approx. 100 participants registered for the online training of Walk Your Way which is a four week online walking workshop adapted from an original workshop developed by the Irish Heart Foundation. It aims to enable individuals to get more active through walking and ensure that those who are currently walking gain the maximum health benefits from their walks. The Programme has also been distributed through Age Action members



Get Your Workplace Active is a new resource developed by the HP & I Physical Activity Team, for HSE staff and their workplaces to become more physically active. The online and print version will be available in 2021. This resource will be part of a general Workplace Health Promotion resource in 2021



HEALTH PROMOTION & IMPROVEMENT

CORK HEALTHY CITIES



Healthy Cities Action Plan - The Cork Healthy Cities Phase VII Action Plan 2020 - 2030 is now completed and will be launched on Feb 1 2021



Cork Food Policy Council - A Community Growing Projects Coordinator was hired to identify ways to support existing community gardens and allotments and to expand this network of community growing and distribution across the city. It aims to contribute to sustainable development, innovative healthy planning and green infrastructure, development of more ecological food production and 'short food chains', community regeneration, food policy and public health.

1 Beech	17 Alder
2 Weeping Willow	18 Corkscrew Willow
3 Spaeth's Alder	19 Poplar Alba
4 Poplar	20 Wild Service Sorbus
5 Alder	21 Common Alder
6 Alder	22 Ash
7 Alder	23 Willow Bay
8 Poplar	24 Alder
9 Spaeth's Alder	25 Sweet Gum
10 Ash	26 Lime
11 Poplar	27 Narrow-leaved Ash
12 Sweet Chestnut	28 Silver Birch
13 Common Alder	29 Alder
14 Willow	30 Acer
15 Corkscrew Willow	31 Alder
16 Narrow-leaved Ash	32 Alder

What trees or plants would you like to see planted here? What can you imagine happening in this space? Find 'Green Spaces for Health' on facebook or twitter and share your vision with us!



Green Spaces for Health - The Park Owen Garden Group continued to develop and maintain the park throughout 2020 despite restrictions and limitations in gathering. A COVID compliant Tai Chi Class in Park Owen was set up in partnership with Age Friendly Cork City for older adults during the summer months and will continue again in Spring 2021. In October a Tree trail was completed as part of placemaking on the Marina in Cork City



'Rewilding' in the Community Work has commenced with the local residents in Deerpark to grow food and rewild a communal green area and we hosted 3 Greening the City Webinars with over 300 attendees from a variety of sectors

HEALTH PROMOTION & IMPROVEMENT

PSYCHED



A workplace mental health promotion initiative between Cork Healthy Cities, HSE, UCC & Cork City Council continued to support a variety of workplaces in 2020. Our goal is to promote better mental health in workplaces, in order to grow understanding and reduce stigma towards mental illness in our wider community.



Online Workshop “Managing your mental health and Wellbeing while working from home during Covid 19” was delivered on the 10th June 2020 to 20 participants. The feedback highlighted that this training afforded participants the opportunity to share and exchange ideas with other participants from different workplaces and allowed them share and focus on best ways to manage their mental health and wellbeing during this time.

PSYCHED Workshops in 2020



‘Kindness Works Here’ A kindness and compassion workshop for staff of Cork city and county workplaces took place on 26th February 2020 in Clayton Hotel, Cork. 19 participants partook in course representing varying workplaces. Feedback was very positive.



“Introduction to Psyched Mental Health Promotion Training for Workplaces” was delivered on 10th March 2020 to 24 participants from a strong selection of Cork city and county workplaces. Feedback on the training was very positive.

HEALTH PROMOTION & IMPROVEMENT



“Introduction to Psyched Online Training - Mental Health Promotion Training for Workplaces” was delivered online the 29th September 2020 to 19 participants from varying workplaces across Cork city and county. Feedback was very strong on this workshop.



Two “Online Reflect and Engage – Minding your Mental Health and Wellbeing in the context of Covid 19” were delivered from September to November 2020. A total of 19 participants completed both courses. This course was an innovative, free, four - week professional support programme for staff of Cork workplaces and delivered by Heart of Practice. Feedback was extremely positive and the plan is to offer this course again in 2021 to Cork city and county workplaces.



“Psyched Webinar **5 Ways to a Happy Work Culture, Building Resilience, and Challenging Stigma**” took place on the 25th November 2020 to 380 participants. There was strong representation from HSE, UCC, Cork City Council, Cork County Council, Community and Voluntary Sector and Private Sector. Feedback was extremely positive and a whole host of workplaces are now looking to become psyched ambassadors.





Dolly Parton's Imagination Library

Dolly Parton's Imagination Library is an international book-gifting programme, and is the flagship program of The Dollywood Foundation. Children from birth to age five receive free high-quality, developmentally appropriate books in participating communities. The journey to bring the Imagination Library to Cork started in June 2019 with the formation of a local interagency working group. This collaborative group consists of representatives from voluntary, community and statutory sectors in the City and County namely

Children from birth to age five receive free high-quality, developmentally appropriate books in participating communities.



Young Knocknaheeny Area Based Childhood Programme

(lead agency and Cork Affiliate), Cork Healthy Cities, HSE Speech and Language Therapy Cork North, Cork City Council, Cork City Partnership, Cork City Childcare, Cork Education and Training Board, Cork Learning Neighbourhoods, East Cork Traveller Project, Carrigtwohill Family Resource Centre, HSE Community Work Department, CYPSC Cork, HSE Public Health Nursing, Cork City Libraries Children's Services, Wallaroo Playschool Ltd., and Healthy Ireland. Dolly Parton Imagination library was formally launched online on the 11th November 2020 and will be rolled out in the following communities; Knocknaheeheny, Hollyhill, Curranabraher, Churchfield, Mahon, Carrigtwohill and both accommodation centres namely Ashbourne House and Kinsale Rd. Families have been very busy registering to the scheme during the last month and are very excited about receiving their first book in January 2021.

HEALTH PROMOTION & IMPROVEMENT



Playful Paradigm

Playful Paradigm is a European project led by the Municipality of Udine (Italy) which is committed in transferring the philosophy of PLAY to the other 7 Cities, including Cork City. To promote PLAY at city level means to foster the social inclusion, healthy lifestyles & Sustainability, Cultural mediation, place-making & economic prosperity.

We are delighted to be identified as an Exemplar European City for the implementation of the Playful Paradigm. We have progressed our work in 2020 despite the onset of the pandemic. Play packs have been purchased with the Healthy Ireland Fund for every library in Cork City.

Virtual Placemaking training took place in August with an inter agency group and a River Lee Placemaking Network has been established. A month of placemaking activities has just been completed on the Marina in October and we are in the process of developing a play pack for older adults in their home for January 2021 with the assistance of Age Friendly Cities and the Resilience Fund.

A We have also been invited to participate as a partner in a Horizon 2020 P4Play programme with Glasgow in partnership with UCC PSYCHED - 2 intensive Reflect & Engage programmes of 4 sessions have been offered to 19 PSYCHED members in partnership with SHEP & Ag Eisteacht funded by HI Fund (online) 1 Introduction to **PSYCHED** (online) Funded by HI Fund a PSYCHED Workplace Mental Health Conference took place on Nov 25th



Age Friendly City

Cork Healthy Cities partnered with UCC & Age Friendly Cork City to complete a Winter Needs Assessment of older adults.

An inter-agency response is currently being developed to the findings of this needs assessment.

CORK HEALTHY CITIES COVID RESPONSE



Exercise booklet for Older Adults

Cork Healthy Cities partnered with the HSE South Physiotherapy Department to bring an evidence based, safe exercises for strengthening and balance for the older members of our community during cocooning

- To view the video click here: <https://vimeo.com/405217262/0e71c573d6>
- To download the letter connected to this leaflet go to: <https://corkhealthycities.com/wp-content/uploads/2020/03/Physio-letter.pdf>
- To download this brochure go to: <https://corkhealthycities.com/wp-content/uploads/2020/03/HSE-COMMUNITY-PHYSIO-LEAFLET.pdf>



Play Packs for Families

Cork Healthy Cities have partnered with Cork Local Sports Partnership, Foróige, Cork City Council, Cork City Libraries and Young Knocknaheeny to develop "Let's Play Cork", a series of online and offline play resources for families across Cork. These resources provide families of all ages and abilities with playful and fun ideas to stay active at home during Covid-19 and beyond. This project is being funded under Healthy Ireland as part of Cork Sports Partnerships action to supporting and developing Play across Cork in conjunction with both Cork City Council and Cork County Council.

The ongoing Playful Paradigm project in Cork City has been central in shaping and supporting this Lets Play Cork Series. The collaborative efforts of all the partners involved in putting this together with the support of Laura Coady, the Healthy Ireland Sports Facilitator has produced a fantastic resource for families that need it across Cork. For more details please visit:

<https://corkhealthycities.com/lets-play-cork/>



SUPPORTING WELLBEING IN SCHOOLS

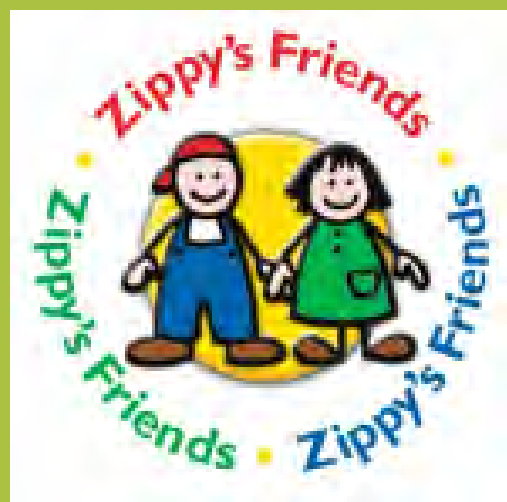


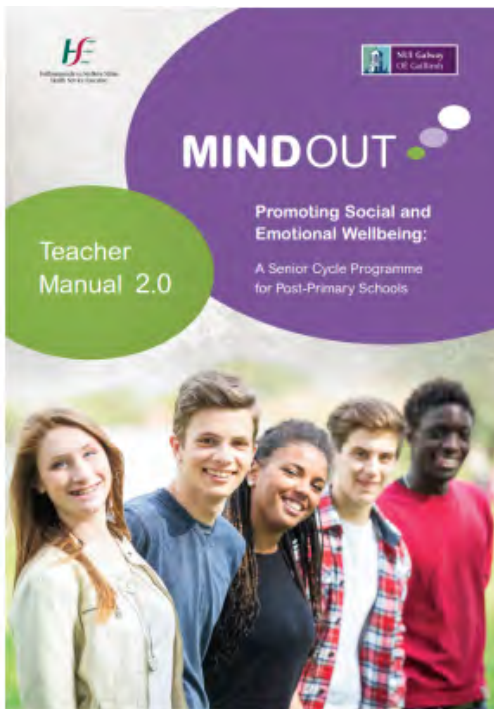
Ar Sláinte online newsletter produced twice a year and distributed to all Cork and Kerry Primary Schools

ON LINE TRAINING FOR SCHOOLS THROUGH PANDEMIC

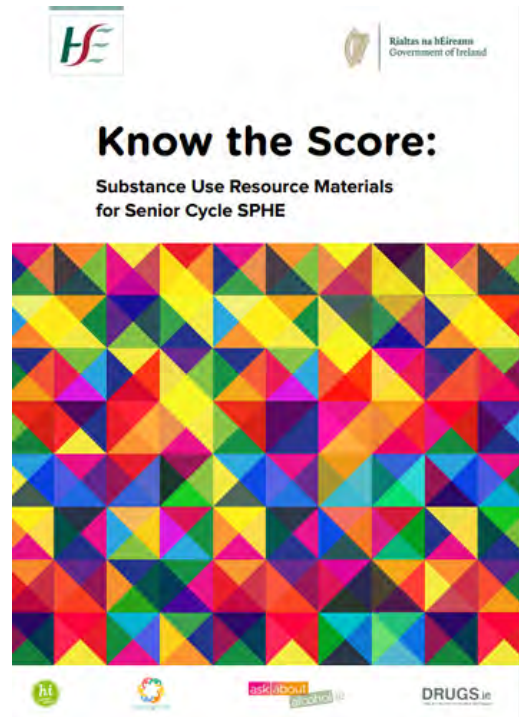
Zippy's Friends

Mental Health Promotion
Training for primary teachers





MindOut - programme for promoting the social and emotional wellbeing of students in post-primary seniors cycle



Know The Score -New HSE resource on alcohol and drugs for senior cycle students (15-18yrs), training was developed for schools to support this delivery

Minding Your Wellbeing, a programme to promote positive mental health was provided to teachers in primary and post primary schools



A Whole Schools Approach to Physical Activity workshops were also provided for primary schools

PROMOTING SEXUAL HEALTH



The **Foundation Programme in Sexual Health Promotion (FPSHP)** commenced again this year but ceased due to Covid restrictions, a partial online programme is being developed



Consent Campaign.

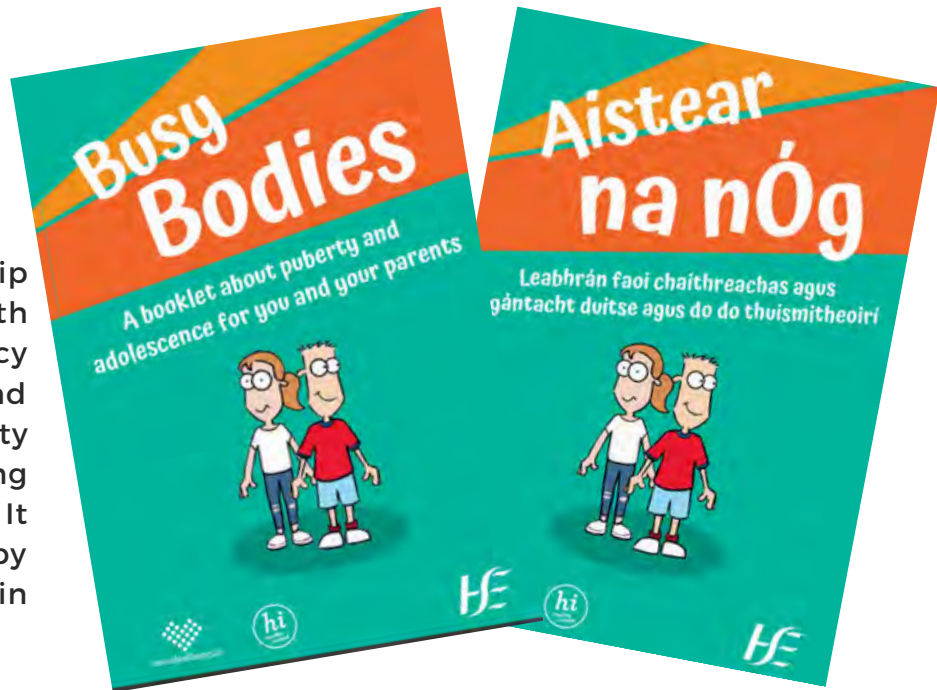
- The online Touch, Talk, Make Love with Consent campaign was developed and 4 webinars were provided to 50 people
- 3 Sexual Health introductory webinars were provided to 29 people
- 2 Healthy Relationships webinars two on-line lectures to 27 people
- Sexual Health webinars were provided to Tralee Institute of Technology and Killarney College of Further Education, 161 people attended these trainings.



NATIONAL SEXUAL HEALTH PARTNERSHIP WORK

Busy Bodies.

HP&I worked in partnership with national Sexual Health and Crisis Pregnancy Programme to re develop and rewrite Busy Bodies puberty resource a core RSE teaching resource for primary schools It was originally developed by HP&I staff in Cork and Kerry in 2002 .



TOBACCO CONTROL



Smoking Cessation Clinics in Acute Hospitals Include

- Cardiothoracic Clinic
- Cardiac clinics
- Rapid Access Chest Pain Clinic
- Breast Clinic
- Outpatients
- COPD Clinic
- Oncology Clinic
- Prehab Colorectal Clinic
- The Dental University Hospital
- Educational Sessions
- Induction Training

Smoking Cessation in the Community

- Attend Anywhere & Telephone Service offered to clients
- Presence in St Marys Primary Care Centre/Carrigtwohill/Mitchelstown/Mallow
- Tralee Primary Care / Listowel Primary Care community clinics/Skibbereen community clinic
- 8am early morning appointments to 5pm every day
- Service also provided to mental health service clients

TOBACCO CONTROL

Tobacco Control Training and Support

- **NCSCT** Training 2 days face to face co-facilitated late Sept to 12 health professionals.
- **MECC** Pregnancy module completed for roll out of Training and now commenced Virtual **MECC** Training
- Clinical Guidelines Draft circulated for Public consultation and Peer Reviews.
- **Tobacco Free Campus** - St. Marys Primary Care Centre, Owenacurra, St Michael's Mental Health, Carrig Mor Mental Health, Mercy University Hospital, South Infirmary & Victoria University Hospital
- **We Can Quit** - a programme designed to support women to quit within the community setting.

Looking to expand programme to include men for 2021, continued support to the trained community tutors

- Working in partnership with CUMH Specialist Midwife Smoking Cessation to support **Smoke Free Start** a joint initiative between Tobacco Free Ireland and the National Women and Infant's Health Programme. Funded through Sláintecare intregation fund to introduce a Midwifery led smoking cessation service in Maternity setting

STAFF HEALTH AND WELLBEING

Covid 19 Safety n the Workplace

A resource to resource to support the provision of a Covid-19 safe workplace was developed. It aims to assists staff and managers to navigate the latest advice and guidance relating to Covid-19 whether they have continued to work as normal, or are now returning to their usual roles. The resource is available at this link below

<https://www.hse.ie/eng/services/news/newsfeatures/cork-kerry-covid-19-safety-in-the-workplace/>

WELLdone

A very successful CKCH/SSWHG online Staff and Family Wellbeing Event was provided for all staff in June

CKCH / SSWHG Annual Staff and Family Wellbeing Event
- thanking you for all you have done.

WELLdone!

CARING FOR YOUR WELLBEING

A day of health and wellbeing in the comfort of your home
Saturday JUNE 27th
10AM to 3PM
Online

A fantastic line up of speakers, MC'ed by **Deric O' h'Artagain**:

10:00	Priscilla Lynch	Opening address
10:15	Rob Heffernan	Family exercise
11:00	Ballyseedy	Gardening
12:00	Richard Hogan	Resilient kids
1:00	Rachel Allen	Cook along
2:00	Tony Humphreys	Parenting
2:50	CUH Choir	Closing song

To access the timetable and how to join, go to:
www.thewordcorkkerry.com/welldone/

STAFF HEALTH AND WELLBEING

Wellbeing at Work Resource

A resource to support employees wellbeing at work was developed and is available in both hard copy and online.

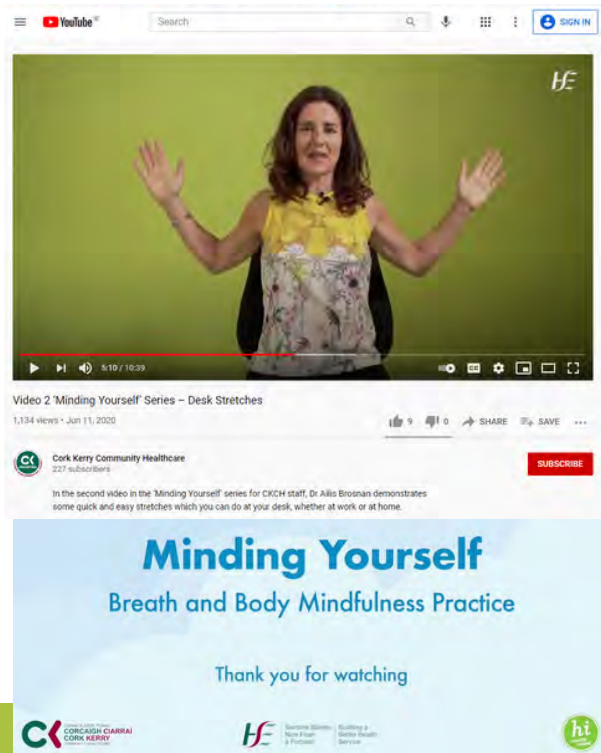


Wellbeing at Work Staff Newsletter is produced each month and disseminated to all staff



Minding Your Health

9 Videos on physical activity at work and mindfulness were developed and made available to all staff online



Workplace Wellbeing App is being developed in conjunction with UCC to support staff to look after their wellbeing



Weekly staff support emails provided to staff who were housed away from home during critical Covid 19 phase

STAFF HEALTH AND WELLBEING



10 face to face **Minding Your Wellbeing** were delivered to HSE staff and teachers. This programme was developed by HP&I in Cork Kerry and scaled up to become a national programme now offered in all CHO areas



Partnership Delivery of the MYWB Programme

Content from the Minding Your Wellbeing Programme has been provided for the Department of Defence and the Department of Social Protection in partnership with the National Office for Suicide Prevention



Connecting for Life



An online version of the Minding Your Wellbeing programme was developed in partnership with the national Mental Health and Wellbeing programme. The 5 videos of the programme have received more than 16,000 views so far.



Partnership Work in Mental Health

HP&I supported the planning and coordination of the two Mental Health and Wellbeing Fests in Cork and Kerry 2020.



Stress Control

HP&I worked in partnership with Psychology Services to deliver 2 Face to Face Stress Control Programmes in the community prior to Covid restriction

Staff Wellbeing in Action

Run Around Ireland: Go on... It will be fun she said!

(Virtual Staff Health and Wellbeing Initiative in the midst of Covid 19)

By Caitriona Canty, Healthy Ireland Lead, Mental Health & Principal Social Worker



North Lee East CAMHS Team(City general Hospital Cork) From Back Left to Right: Niamh Scanlon, Clerical Officer, Dr Peter Fitzpatrick Senior Registrar, Dr Louise Connolly, Clinical Director CAMHS, Claire Bywater Speech and Language Therapist, Dr Kim Keating Senior Clinical sychologist, Marguerite Lehane Senior Social Worker, Sharon Scully, Social Worker. Front Row :Claire Gleeson Senior Occupational Therapist, Denis Moynihan Security, Caitriona Canty Healthy Ireland Lead Mental Health & Principal Social Worker. Missing from the photo, Sandra Ryan Family Therapist, Dr Sarah Herley Clinical Psychologist, Patricia Duggan Clinical Nurse Specialist. Yvonne O'Brien Psychologist, Aoife Hayes Trainee Clinical Psychologist.

In early May 2020 in the height of working as essential workers in the area of Child and Adolescent Mental Health during Covid 19 (feeling under pressure along with being stopped by the Gardai morning and evening whilst going to work) Claire Gleeson, Senior Occupational Therapist and brainchild of this initiative emailed the team and asked if people would be interested in doing a combined run/walk/cycle/swim/crawl as a team around Ireland?

Basically we had to decide on a route beginning at our work base in City General Hospital, around the coastline going from town to town, doing whatever form of movement we wanted on our own, add our distances and send them into Claire at the start of each week who then added the total number of Kilometers and took us on a magical journey around our beautiful country by email.

"Hope you all had a good week. This week we clocked up a total of 522.709kms although funnily enough we are still in Donegal.

There was no pressure on every single member of the team to take part and at the same time a member of the team who was on sick leave was able to join and went a step further by researching accommodation and restaurant choices for us at our various virtual stops. (See below) As we physically could not go from town to town we moved ourselves along a map each week.

A day on our virtual tour went like this

On leaving Bundoran we decided to head for Donegal town, get some food and drop in to the Abbey of the four masters. Before leaving we decided to change pace a bit and cycle the coastline instead. Initially thinking this was a good idea we slowly realised there was a reason why the song Hills of Donegal was composed. While at first we found this amusing as the hills kept coming and the saddle soreness began to set in a break was needed and so we stopped at Assaranca Waterfall for a quick dunk in under the water. Once we could feel our legs again we hopped back on the bikes and headed for Inishfree Island passing through Kilclooney and Rossbeg on the way before making a bee line for Dunfanagh. We decided to drop the bikes there and continue on with our two feet through Glenveagh National Park and up Mount Muckish. One or two of us lost our runners temporarily in the bogs there but as the skies opened up we quickly retrieved them and slowly made our way to shelter at Murder hole beach. When a break in the weather came we trudge along to Fanad head light house where we decided we'd stay the night.

We had a paper map near our team office so that people passing by could see how far we travelled each week..

HEALTHY IRELAND STAFF HEALTH & WELLBEING FUNDING

We are delighted to announce the Cork Kerry Community Health Care (CKCH), Healthy Ireland, Staff Health and Wellbeing fund is available to new and existing Health and Wellbeing Workplace Committees to provide the support required to take action on identified staff wellbeing needs within their workplace. The Fund is administered through the Staff Health and Wellbeing Committee a subgroup of the Compass Healthy Ireland Action Plan. WHO (2010) defines a healthy workplace as “A place where everyone works together to achieve an agreed vision for the health and well-being of workers and the surrounding community. It provides all members of the workforce with physical, psychological, social and organisational conditions that protect and promote health and safety. It enables managers and workers to increase control over their own health and to improve it, and to become more energetic, positive and contented”

Names of the Committee & Contact details:

Niamh Lordan, HI Lead Primary Care
Niamh.Lordan1@hse.ie

Caroline O’Callaghan, HI Lead Disability
Caroline.OCallaghan@hse.ie

Annemarie Lehane, HI Lead Social Care
Annemarie.Lehane@hse.ie

Edel O Donnell, Senior HPO Staff Health (Cork)
Edel.ODonnell1@hse.ie

Ailis Brosnan, Senior HPO Staff Health (Kerry)
Ailis.Brosnan@hse.ie

Máire O' Leary, HPO Staff Health (Kerry)
Mairem.Oleary@hse.ie

CORK KERRY COMMUNITY HEALTH CARE (CKCH), HEALTHY IRELAND

STAFF HEALTH AND WELLBEING FUND DISTRIBUTION LOCATIONS

- **Adult Homeless Integrated Services, Block 33 St Finbarr’s Hospital**
- **Ait Iontach, Coolnagarrane Campus**
- **Bantry Mental Health Services, Bantry Hospital**
- **Cahersiveen Community Hospital**
- **CALMS NLN Staff Wellbeing , Child & Adolsence Mental Health Services, St Stephens Hospital**



- AMHS North Kerry, Tralee Primary Care Centre
- CAMHS North lee North Service,
- CAMHS South Kerry, Brigeview House
- Carraig Mor, Cork
- City General Hospital Cork
- Clonakilty Community Hospital
- Clonakilty/Dunmanway Mental Health Team Wellbeing Committee, Clonakilty Primary Care Centre
- Cork University Hospital Emergency Department
- CRST Health & Wellbeing, Gilbert Centre, Fair St, Mallow
- CUH Health & Wellbeing Committee (OCCupational Health), Cork University Hospital
- Dental, St Finbarr's Hospital
- Dunmanway Community Hospital
- Eist Linn C & A inpatient Unit
- Farranlea CNU
- Grove House , St Marys Campus
- Health Promotion & Improvement/Health & Wellbeing Eye, Ear & Throat
- Home support Office, Kealgorm House
- HSCP Well Being, CUH
- HSE Disability Services, Floor 1 Blackpool Cork
- Kanturk Community Hospital
- Kinsale Wellness Committee, Kinsale Community Hospital
- Listowel Community Hospital
- Mallow General Hospital
- Mental Health Services(Older People), Kerry Mental Health Middleton Community Hospital
- Millstreet Health Centre
- Mount Alvenia Mental Health Unit
- Neidin Committee, Kenmare Community Nursing Unit
- Old Caherina Service Killarney
- Pearse House Wellbeing Committee
- Phlebotomy Group, Cork University Hospital
- Skull Community Hospital
- St Marys AMHS Wellbeing Group, HBCT St Marys Primary Care Centre, Guranbraher
- St Marys Primary Care Campus
- St Michaels Unit Mercy University Hospital
- St Raphael's Healthy Campus, St Raphael's, Youghal
- St Stephens Hospital
- University Hospital Kerry , Health Promotion& Improvement/Health & Wellbeing
- West Cork Environmental Health, Elmwood House, Skibbereen

FLU VACCINE 2020

Get a Vaccine, and Give a Vaccine

#ckchfightingflupledge

CKCH Fighting Flu - message from Priscilla Lynch



Priscilla Lynch
Head of Service
Health and Wellbeing

Cork Kerry Community Healthcare

CKCH Head of Health and Wellbeing Priscilla Lynch announces our partnership with **UNICEF** for the **"Get a Vaccine, Give a Vaccine"** initiative.

Every time a CKCH staff member gets their free flu vaccine, we will donate five full Polio vaccines (10 doses) to UNICEF, to be administered in the developing world.

#ckchfightingflupledge

YouTube link for "Get a Vaccine, Give a Vaccine" initiative

<https://www.youtube.com/watch?v=2FazypwZepk>



Protect yourself.
Protect others.

A sincere
Thank You

to all staff in the SSWHG and CKCH
involved in the **Flu Vaccine** campaign



Cora Hayes
Influenza Lead
Cork Kerry Community Healthcare

Cork Kerry Community Healthcare Flu Campaign

This winter, the flu vaccine is more important than ever and we’re asking everyone to sign up to the “CKCH Fighting Flu” pledge. This video features some of our teams and staff who have already signed up.

We all want to keep the people we work with safe, and none of us wants to bring the deadly flu virus home. That’s why teams are signing up to our **“Fighting Flu pledge”** pledge and promising to work towards the highest ever uptake of the vaccine by staff. Every team who signs up can request a certificate by email.

Here’s what you can do:

- Once your team has agreed to take the “CKCH Fighting Flu pledge”, email Marcella Keating, marcella.keating@hse.ie and she can send you a certificate. She can also email you a poster which you can print and display so that you can let the public know you’ve signed up.
- Tweet with the hastag **#ckchfightingflu** and the **Cork Kerry Community Healthcare** Twitter account will retweet you.
- If your team or workplace record a short video to celebrate the fact that you have signed up to the **#ckchfightingflu** pledge, contact Communications Manager Mary Smithwick on mary.smithwick@hse.ie to arrange for it to be shared.

Remember that every time a Cork Kerry Community Healthcare staff member gets their free flu vaccine, we will donate five full Polio vaccines to UNICEF (10 doses), to be administered in the developing world.

YouTube link for 2020 Flu Campaign
<https://www.youtube.com/watch?v=2FazyZepk>

ANTIMICROBIAL PHARMACIST SUMMARY



Mala Shah

Senior Pharmacist Antimicrobial

Contact:
mala.shah@hse.ie
087-1751553



I commenced as Senior Antimicrobial Pharmacist for Cork Kerry Community Healthcare in August 2020. This is a new role to support antimicrobial use in the community setting, where over 80% antibiotics are prescribed.

[Conditions and Treatments](#)

[Safe Prescribing](#)

[Drug Interactions](#)

[Hospital Related Guidelines](#)

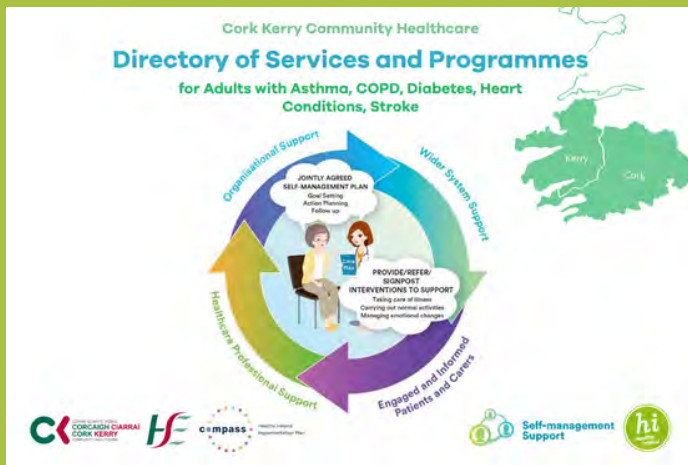
There were two main areas of focus for 2020

- Antimicrobial stewardship in older persons residential care facilities. I undertook a point prevalence survey (PPS) of the 26 HSE older persons residential care facilities in Cork and Kerry. There was a lot of positive engagement with the dedicated staff to inform them of good antimicrobial stewardship practices, where to look for guidance and the Green Red Antibiotic Quality Improvement Initiative. In 2021 I will follow through with reporting and feedback of the PPS, working with the staff to implement quality improvements identified and setting up a system of monitoring antibiotic use in these settings.

Review of the national antimicrobial guidelines for community settings. I led a team of experts in the review of the national respiratory antibiotic guidelines. The updates are now live on www.antibioticprescribing.ie.



SELF MANAGEMENT SUPPORT FOR PEOPLE WITH LONG-TERM HEALTH CONDITIONS



- Member of new **Integrated Governance Group for ICP OP and ICPCDM** (Integrated Care Programme for Older People and Integrated Care Programme for Chronic Disease Management)



Maeve Carmody, Self Management Support Coordinator for Long-term Health Conditions

087 7098279

MaeveH.Carmody@hse.ie

- Member of **Slaintecare** Integrated Fund project 153 End-to-end implementation of the Model of Integrated Care for Type 2 diabetes within Cork Kerry Community Healthcare
- Member of **Local Implementation Governance Group** for Chronic Conditions - LIGG

SELF MANAGEMENT SUPPORT FOR PEOPLE WITH LONG-TERM HEALTH CONDITIONS



- Update and Development of Self management support content for www.hse.ie and for www.thewellbeingnetwork.ie

Connecting people living with long term health conditions to services and services to each other.

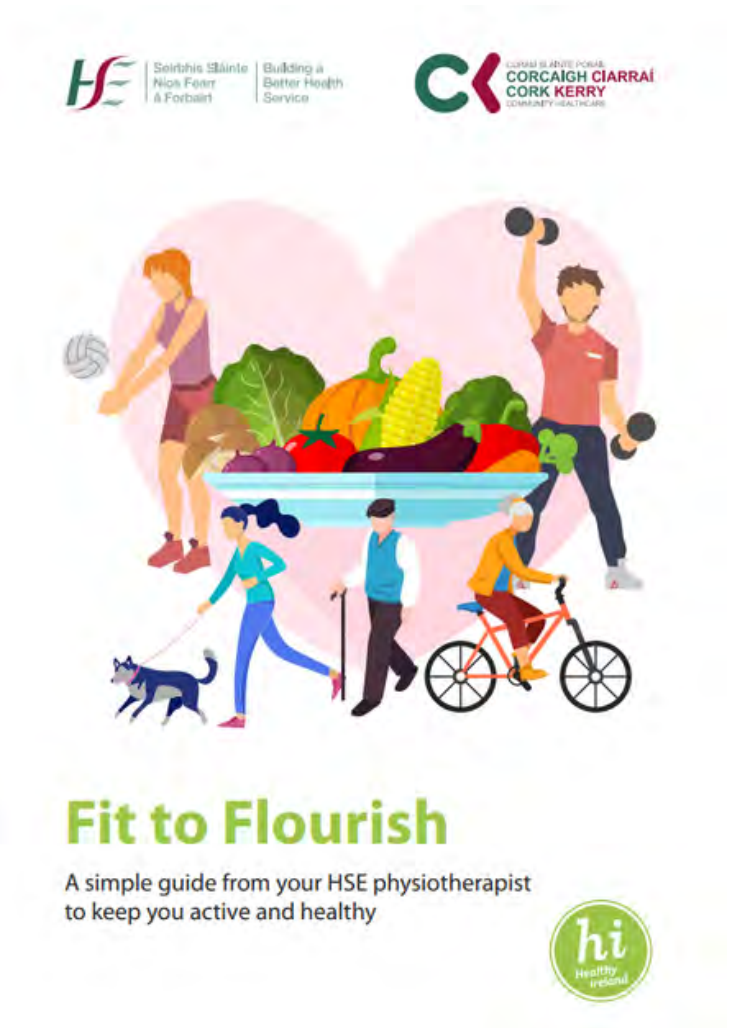


- Working with **CKCH communications** and with **HSE and Health and Wellbeing national communications** in relation to various SMS workstreams; outputs include articles in the media, Health matters, various HCP productions and social media content.

SELF MANAGEMENT SUPPORT FOR PEOPLE WITH LONG-TERM HEALTH CONDITIONS



- Member of **'Living Well, a programme for Adults with Long-term Health Conditions'** national working group. Have laid the foundations for development of the Living Well programme in **CKCH in 2021**
- Developed and printed **'Tips for Self-managing your Health when Living with a Long-term Health condition'** leaflet ;
www.hse.ie/selfmanagementsupport
- **Covid-19 response:** Minding your long-term Health Condition during Coronavirus leaflet;
www.hse.ie/selfmanagementsupport
- Supported the development of **'Fit to Flourish'** a health and wellbeing resource produced by two HSE Community Physiotherapy colleagues: The online version is available here
<https://thewellbeingnetwork.ie/wp-content/uploads/2020/11/Fit-to-Flourish-HSE.pdf>



STAFF HEALTH AND WELLBEING INITIATIVES 2020

KEEP WELL

Niamh Lordan



Health and Wellbeing Support

Contact:

niamh.lordan1@hse.ie

087-3420414

Role

- In post Fridays
- Deliver and Evaluate provision of an Early Parenthood Support Resource via Smartphone App to CKCH
- Assist Self Management Support Coordinator in developing carer supports and online SMS resources

STAFF HEALTH AND WELLBEING INITIATIVES 2020

- Provide emails of support to staff availing of COVID-19 Accommodation
- Revise and support the delivery of Staff Wellness at Work Newsletter
- Aid a UCC project to build a prototype Smartphone App aimed at supporting Staff Health and Wellbeing
- Lead delivery of a Virtual Staff Health & Wellbeing Day - WELLdone June 2020
- Establish a framework for awarding funding to Wellness At Work Committees in order to progress local workplace initiatives

LUDGATE VIRTUAL EVENT H&WB AT CHRISTMAS



Grainne O'Keefe, Ludgate's CEO was speaking to Priscilla Lynch and Fiona O'Donnell at December 2020 event.

This well-being webinar was held virtually at The Ludgate Hub in Skibbereen. The aim of the event was to promote wellbeing at Christmas by looking after both our mental and physical wellness.

Link Below for the actual webinar and you can watch it again online.

<https://www.youtube.com/watch?v=KV55fDKuFKc&feature=youtu.be>

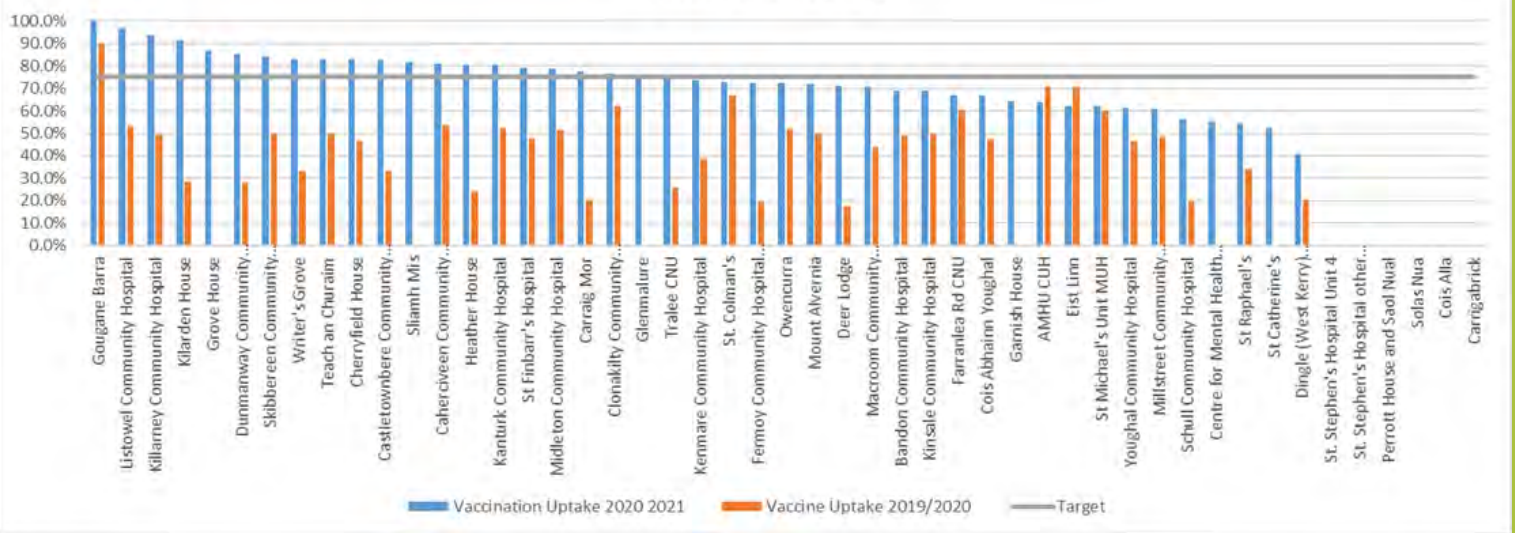


HEALTH & WELLBEING KPI'S FOR CORK & KERRY 2020

4 Health & Wellbeing - Access												
Making Every Contact Count (Quarterly)												
MECC - No. of frontline Staff to complete the e-Learning Making Every Contact Count training in brief intervention												
Target 2020	Jan-20	Feb-20	Mar-20	Apr-20	May-20	Jun-20	Jul-20	Aug-20	Sep-20	Oct-20	Nov-20	Dec-20
355			26			45			62			19
MECC - No. of frontline Staff to complete the face to face Making Every Contact Count Training in brief intervention												
Target 2020	Jan-20	Feb-20	Mar-20	Apr-20	May-20	Jun-20	Jul-20	Aug-20	Sep-20	Oct-20	Nov-20	Dec-20
142			11			0			0			0
Smoking Cessation (Quarterly)												
No. of smokers who received face to face or telephone intensive cessation support from a cessation counsellor.												
Target 2020	Jan-20	Feb-20	Mar-20	Apr-20	May-20	Jun-20	Jul-20	Aug-20	Sep-20	Oct-20	Nov-20	Dec-20
461			117			77			84			113
Mental Health												
No. of face to face Minding Your Wellbeing programmes delivered to HSE staff, community partners and teachers												
Target 2020	Jan-20	Feb-20	Mar-20	Apr-20	May-20	Jun-20	Jul-20	Aug-20	Sep-20	Oct-20	Nov-20	Dec-20
10			8			0			0			0
Anti-Microbial Stewardship (Quarterly)												
No. of facility antimicrobial audits (awaiting notification of National KPI)												
Target 2020	Jan-20	Feb-20	Mar-20	Apr-20	May-20	Jun-20	Jul-20	Aug-20	Sep-20	Oct-20	Nov-20	Dec-20
						0						26
Influenza (Quarterly)												
% uptake of vaccinations RCF												
Target 2020	Jan-20	Feb-20	Mar-20	Apr-20	May-20	Jun-20	Jul-20	Aug-20	Sep-20	Oct-20	Nov-20	Dec-20
75%						0						73.7%
Number of vaccinations administered to non-residential staff												
Target 2020	Jan-20	Feb-20	Mar-20	Apr-20	May-20	Jun-20	Jul-20	Aug-20	Sep-20	Oct-20	Nov-20	Dec-20
75%						0						73.7%
Slaintecare Health & Wellbeing Community Referral / Social Prescribing (Quarterly)												
No of Referrals												
Target 2020	Jan-20	Feb-20	Mar-20	Apr-20	May-20	Jun-20	Jul-20	Aug-20	Sep-20	Oct-20	Nov-20	Dec-20
						140			205			236
Slaintecare WellComm Active (Quarterly)												
No of Staying Fit for the Future (Better Bones Better Balance) programmes delivered												
Target 2020	Jan-20	Feb-20	Mar-20	Apr-20	May-20	Jun-20	Jul-20	Aug-20	Sep-20	Oct-20	Nov-20	Dec-20
25						0						21
No of Project WeightLoss programmes delivered												
Target 2020	Jan-20	Feb-20	Mar-20	Apr-20	May-20	Jun-20	Jul-20	Aug-20	Sep-20	Oct-20	Nov-20	Dec-20
11						0			24			12
Chronic Disease (Quarterly) Healthy Food Made Easy - No. of people attending a HSE funded structured community based healthy cooking programme												
Target 2020	Jan-20	Feb-20	Mar-20	Apr-20	May-20	Jun-20	Jul-20	Aug-20	Sep-20	Oct-20	Nov-20	Dec-20
25			29			0			28			62
Cork Kerry Community Healthcare Delivered (Quarterly)												
Chronic Disease (Quarterly) Healthy Food Made Easy - No. of people attending a HSE funded structured community based healthy cooking programme												
Target 2020	Jan-20	Feb-20	Mar-20	Apr-20	May-20	Jun-20	Jul-20	Aug-20	Sep-20	Oct-20	Nov-20	Dec-20
			8			0						13

Comment

Flu Vaccination Uptake





Our Strategic Priorities

1. Access	<i>To provide the best possible access to our services</i>
2. People	<i>To value and respect our staff, those who use our services, and their families and carers</i>
3. Quality	<i>To ensure we deliver the best possible quality, compliant services</i>
4. Resources	<i>To create a culture of efficiency that makes the best use of resources in all of our services</i>
5. Health and Wellbeing	<i>To improve the health of all who live in Cork and Kerry</i>
6. Engagement	<i>To foster a culture of pride, confidence & trust in our services</i>



KEEP WELL

2021

hi
Healthy
Ireland

