

# Health Promotion and Improvement

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## TRAINING - SUPPORTS - RESOURCES

Promoting health and supporting the implementation of the programme for Enhanced Community Care in Cork and Kerry



SUPPORTING  
HSE STAFF TO  
SUPPORT  
HSE SERVICE  
USERS



SUPPORTING  
HEALTHY  
WORKPLACES



SUPPORTING  
HEALTHY  
SCHOOLS



SUPPORTING  
HEALTHY  
COMMUNITIES



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# Foreword

This resource was produced by the Health Promotion and Improvement Department to progress the implementation of the programme for Enhanced Community Care, moreover to support the multi-disciplinary teams working in each of the local Community Healthcare Networks in Cork and Kerry. We trust that the trainings, supports and resources provided will enable you to increase your knowledge, skills and confidence, supporting you to promote health and wellbeing in your counties, communities, workplaces and schools.

The Health Promotion and Improvement Department is part of Health & Wellbeing, Cork Kerry Community Healthcare. Our offices are in Cork City, Skibbereen, Mallow, Killarney and Tralee. Health Promotion and Improvement Officers are available to support you to promote health in your Network area. Dietitians and Stop Smoking Advisors are available to support with Healthy Eating and Smoking Cessation support .

If you have queries or comments about the information in this resource, you can contact us directly. We would love to hear from you.

Wishing you good health.

**Gabrielle O'Keefe,**  
Head of Services for  
Health, Wellbeing & Strategy,  
Cork Kerry Community Healthcare

**Sharon Parkinson,**  
Health Promotion and Improvement  
Manager,  
Cork Kerry Community Healthcare



*We have all come to learn just how precious our health is to us. How important it is that we protect our own health and the health of our families, friends, neighbours, colleagues and the vulnerable within our communities. We all have a role in promoting health, helping to prevent disease and ensuring longer, healthier lives for everyone.*

**Working together we  
can create a healthier  
future for all**



*A Health Promotion Officer is a health professional specialising in maintaining and improving the health of populations and reducing health inequities among population groups through the following key actions:*

- ✧ *building healthy public policy*
- ✧ *creating supportive environments*
- ✧ *strengthening community action*
- ✧ *developing personal skills*
- ✧ *reorienting health services.*

## What is Health Promotion?



*Health Promotion is the process of enabling people to increase control over and to improve their health*

Health Promotion acknowledges that the primary causes for premature mortality and preventable morbidity are linked to unhealthy behaviours and lifestyles. Health Promotion is broader than disease prevention and health education because it recognises that individuals wishing to adopt a healthy lifestyle may be prevented from doing so by environmental and socio-economic factors which are often beyond their individual control.

Health Promotion supports individuals to the point whereby 'making the healthier choice is the easier choice' within family units, homes and neighbourhoods, education, workplaces, and the wider community.

# How do we work?

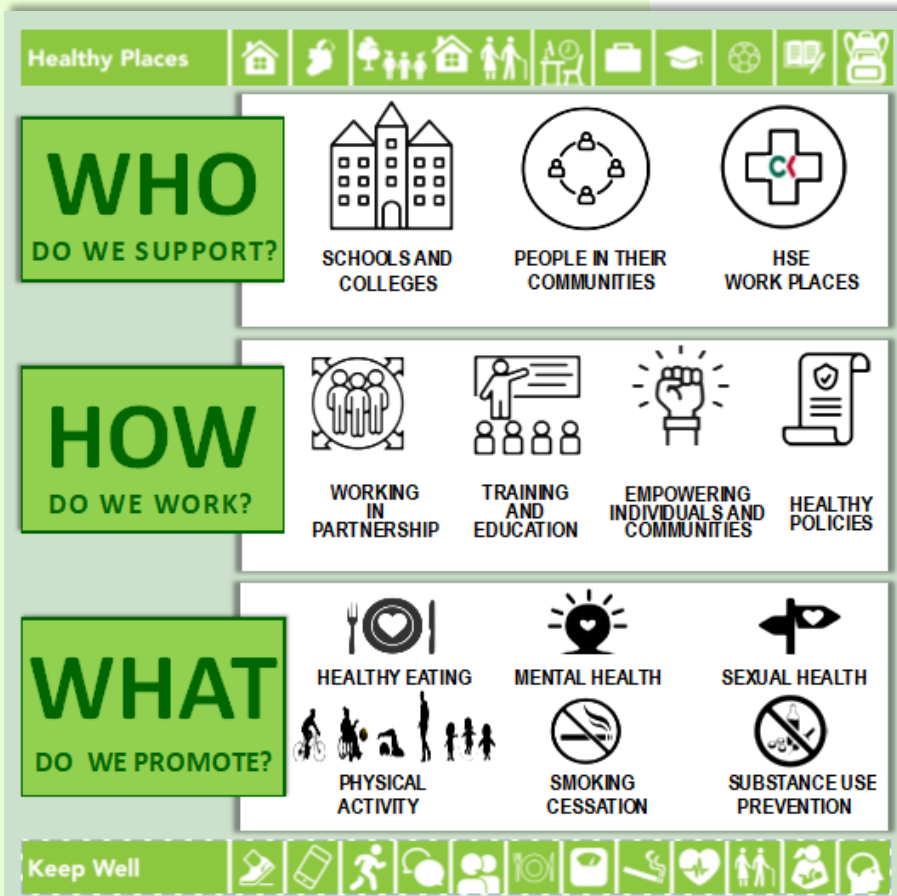


We aim to bring about change at two levels:

- ⊗ in individuals behaviour, *and*
- ⊗ in the environments that influence people's health and wellbeing.

We support people at the heart of where they engage in their daily activities, that is where they live, learn, work or play. These environments provide a well placed infrastructure for the delivery of our work, allowing us to implement key health strategies such as;

- ⊗ Healthy Ireland,
- ⊗ Healthy Schools,
- ⊗ Healthy Workplaces,
- ⊗ Healthy Cities and Counties.



***Above all we seek to make health gains by pre-empting and targeting improvements in health across our region, always fostered within the day-to-day spaces where people spend their time.***

# SECTION 2



# TRAINING AND SUPPORTS INDEX

# HEALTH PROMOTION AND IMPROVEMENT TRAINING AND SUPPORTS INDEX

## TRAINING FOR HSE STAFF TO SUPPORT HSE SERVICE USERS

*Our team produces an annual training programme which features a wide range of training and is an opportunity to invest in our HSE workforce through up-skilling and providing a space to share, reflect on and develop best practice.*

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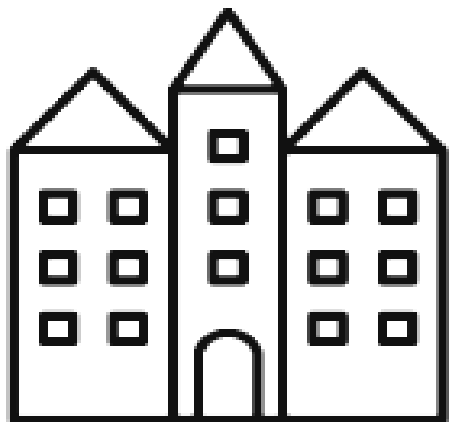
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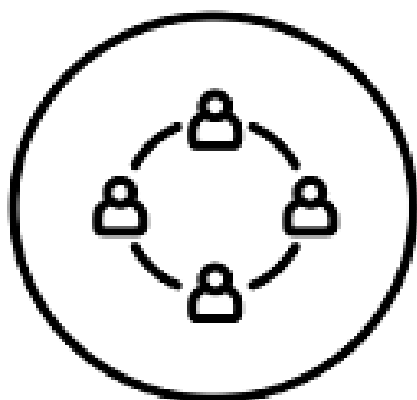
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# SECTION 3



**TRAINING  
FOR HSE STAFF  
TO SUPPORT  
HSE SERVICE  
USERS**

## GENERAL HEALTH PROMOTION TRAINING

### HEALTH PROMOTION IN ACTION

**Overview:**

This presentation will give an introduction and overview of Health Promotion.

It will include;

- ⊗ basic principles of Health Promotion
- ⊗ how it can be applied practically in your work
- ⊗ health information/literature versus Health Promotion
- ⊗ accessing support from Health Promotion and Improvement Department

**Available to:** all HSE staff  
**Delivery:** presentation  
**Duration:** 1 hour initially

### COMMUNICATION AND PARTNERSHIP FOR HEALTH PROMOTION

**Overview:**

This workshop will look at communication and partnership working in order to promote health.

It will include:

- ⊗ key communication skills
- ⊗ partnership working in health
- ⊗ benefits and challenges
- ⊗ practical examples

**Available to:** all HSE staff  
**Delivery:** workshop  
**Duration:** 3 hours

### FACILITATION SKILLS AND GROUP WORK

**Overview:**

This workshop will look at facilitation skills and group work in order to promote health.

It will include:

- ⊗ core skills of a good facilitator
- ⊗ group setup, design and organisation
- ⊗ challenging groups/situations

**Available to:** all HSE staff  
**Delivery:** workshop  
**Duration:** 3 hours

### ACTION PLANNING AND EVALUATION

**Overview:**

This workshop will look at 'Action Planning and Evaluation' techniques for Health Promotion.

It will include:

- ⊗ stages of action planning
- ⊗ action planning techniques and templates
- ⊗ evaluation techniques and tools

**Available to:** all HSE staff  
**Delivery:** workshop  
**Duration:** 3 hours

## MAKING EVERY CONTACT COUNT (MECC)

### MAKING EVERY CONTACT COUNT (MECC) SITE SUPPORT

**Overview:**

Support to implement MECC in HSE worksites.

It will include;

- ⊗ onsite overview presentation of MECC for staff and managers
- ⊗ support for the MECC implementation group
- ⊗ onsite MECC 'Skills Development' workshop for all staff who have completed MECC online course

**Available to:** all HSE worksites

**Delivery:** presentation/ implementation group support

**Duration:** varied and ongoing as required

The aim of Making Every Contact Count (MECC) is to reduce and prevent chronic diseases, through the promotion of positive health and wellbeing, adopting healthy lifestyle behaviours and making healthy choices. This programme will support health professionals who have any opportunity to talk with clients in a supportive and helpful way through a 'brief intervention'.

*For further details contact Maire O' Leary, MECC Lead CHO4 | [mairem.oleary@hse.ie](mailto:mairem.oleary@hse.ie)*

### MAKING EVERY CONTACT COUNT (MECC) ONLINE TRAINING\*

**Overview:**

These eLearning modules will provide participants with the skills and knowledge to carry out a brief intervention with patients or service users. To support staff having these conversations a blended learning programme is available on HSeLanD. The 8 x 30 minutes eLearning modules, include Introduction to Behaviour Change, Tobacco Free, Alcohol and Drug Use, Get Ireland Active, Healthy Food for Life, Talking about Overweight & Obesity, Promoting Mental Health & Wellbeing and Skills into Practice

**Available to:** all health care professionals

**Delivery:** online training modules

**Duration:** 8 x 30min sessions

**\* Notes:** *This course qualifies for CPD points*

*To register log into [www.makingeverycontactcount.ie](http://www.makingeverycontactcount.ie)*

## ENHANCING BRIEF INTERVENTIONS SKILLS\*

**Overview:**

This workshop will focus on putting the information learned in the online course into practice, giving participants an opportunity to discuss common challenges and learn from others experiences.

**Available to:** all who have successfully completed the MECC online course

**Delivery:** face-to-face training or online training

**Duration:** 3.5 hours

**\* Notes:** *This course qualifies for CPD points*

## SMOKING CESSATION

### SMOKING CESSATION SERVICE PATIENT/CLIENT REFERRALS

**Overview:**

If a client/patient is encouraged and interested in quitting smoking they can be referred to the Smoking Cessation Service.

To refer a client to the Smoking Cessation Services:

- ⊗ complete a referral form
- ⊗ make a referral by email
- ⊗ refer online through Healthlink
- ⊗ clients can also self-refer

**Available to:** all who want to quit smoking

### SMOKING CESSATION SERVICE STOP SMOKING ADVISORS

AREA	ADVISOR	PHONE
<b>KERRY UNIVERSITY HOSPITAL KERRY</b>	Margaret Enright	087 1219618
<b>NORTH LEE CARRIGTOHILL</b>	Miriam O'Shea	086 7871831
<b>NORTH CORK MALLOW UNIVERSITY HOSPITAL</b>	Joan O'Sullivan	087 1219620
<b>SOUTH LEE CORK UNIVERSITY HOSPITAL</b>	Gayle Monahan	087 1219633
<b>NORTH LEE, MERCY HOSPITAL CORK</b>	Jonathan Hannafin	087 9354178
<b>SOUTH LEE WEST CORK</b>	Ciara O'Donovan	087 1739819



*For further details contact Anna Burns,  
Tobacco Team Lead CHO4 | [Anna.Burns@hse.ie](mailto:Anna.Burns@hse.ie)*

## SEXUAL HEALTH

### FOUNDATION PROGRAMME IN SEXUAL HEALTH PROMOTION

**Overview:**

This programme will support participants to promote sexual health as part of their work. It will increase participants' comfort levels, knowledge and skills in the area of sexual health promotion and will cover a wide variety of topics.

Participants will be selected through an interview process.

**Available to:** all HSE staff, and professionals working in areas whose work may include aspect of sexual health promotion

**Support:** face to face

**Duration:** 6 days

### FOUNDATION PROGRAMME IN SEXUAL HEALTH PROMOTION FOLLOW UP SUPPORT

**Overview:**

On completion of the Sexual Health Foundation Programme, follow up support will be provided to all course participants.

It will include:

- ⊛ support to implement sexual health promotion within participants own organisation
- ⊛ refresher webinars
- ⊛ sexual health policy development support
- ⊛ point of contact for any queries or support

**Available to:** all who have completed the 6 day Sexual Health Training Foundation Programme

**Delivery:** varied and ongoing as required





## NUTRITION\*

### BABY FOOD MADE EASY

#### Overview

This online workshop will provide practical advice on when and how to start weaning.

It will include:

- ⊗ Best first foods and textures
- ⊗ How to progress diet
- ⊗ Introduction of allergens
- ⊗ Frequently asked questions

**Available to:** parents, carers and relevant health professionals  
e.g. public health nurses, community mother

**Delivery:** led by a Community Dietitian

**Duration:** 1.5 hours repeated every month

### HOW TO EAT WELL

#### Overview:

This webinar will review;

- ⊗ The National Healthy Eating Guidelines and the food pyramid
- ⊗ accessing healthy eating resources
- ⊗ how to access the community dietetic service

**Available to:** onsite delivery available on request

**Delivery:** webinar, led by a Community Dietitian

**Duration:** 1 hour



\*The Community Nutrition and Dietetic Service provide additional nutrition related training programmes such as Discover Diabetes (self management course for people with type 2 diabetes).  
For further details contact your local Community Dietitian.

## PHYSICAL ACTIVITY

### CarePALS LEADER TRAINING

**Overview:**

CarePALS training will empower healthcare staff working in day and residential care to lead suitable physical activities with older people who live in or visit these settings.

**Available to:** healthcare staff  
**Delivery:** workshop, face-to face  
**Duration:** 2 days

### CarePALS REFRESHER TRAINING

**Overview:**

Refresher CarePals training is offered to previously trained CarePals leaders to renew their training.

**Available to:** healthcare staff that have previously completed the initial 2 day CarePALS training  
**Delivery:** workshop, face-to face  
**Duration:** 1 day



### MOVE YOUR MOOD

**Overview:**

This workshop will support Mental Health Services to promote positive mental health and wellbeing through physical activity to benefit the service and the Service Users.

**Available to:** all HSE staff in Mental Health Services  
**Delivery:** workshop  
**Duration:** online workshop (2hrs) and face to face (2.5hrs)



## MEN'S HEALTH\*

### ENGAGE: CONNECTING WITH MEN

#### Overview

The aim of this workshop is to assist a broad range of practitioners and service providers to explore the world of males, and to develop practical strategies for effectively engaging with them around health and wellbeing issues.

It focuses on the engagement process (i.e. **WHY** and **HOW** to build relationships with men) rather than offering a new or revised health programme (i.e. **WHAT** to offer them).

**Available to:** HSE Staff, Community practitioners who work with men  
**Delivery:** workshop; face to face  
**Duration:** 1 day

*\*NB: For HSE staff to use with service users and as service users themselves*

## MENTAL HEALTH AND WELLBEING

### MINDING YOUR WELLBEING

#### Overview:

This programme will encourage people to take a positive approach to caring for their own mental well-being. It will provide guidance and information to support participants to practice good self-care and build their resilience, to understand their thoughts and emotions and to build healthy relationships. All of these are proven to support good mental health and wellbeing.

**Available to:** all HSE staff  
**Delivery :** face to face or live facilitated webinars  
**Duration:** 1 day or over 5 sessions



# RESOURCES

## FOR HSE STAFF TO SUPPORT HSE SERVICE USERS

TITLE	DESCRIPTION
<p><a href="#"><u>TALK, TOUCH, MAKE LOVE, WITH CONSENT</u></a></p>	<p>This campaign seeks to promote and highlight the conversations about positive sexual health and consent at individual, community and clinical levels. Resources include:</p> <p><b>Consent</b></p> <ul style="list-style-type: none"> <li>• Talk, Touch Make Love with Consent Logo</li> <li>• Consent social media banner</li> <li>• Consent poster</li> <li>• Starting the conversation about consent (parent information sheet)</li> <li>• Starting the conversation social media banner</li> </ul> <p><b>Healthy Relationships</b></p> <ul style="list-style-type: none"> <li>• Relationships quiz</li> <li>• Relationships banner</li> </ul> <p><b>Clinical Practice</b></p> <ul style="list-style-type: none"> <li>• Sexual Health in Clinical Practice</li> </ul> <p><b>STIs</b></p> <ul style="list-style-type: none"> <li>• STI Leaflet</li> <li>• STI Social Media Banner</li> </ul> <p><b>Sexting</b></p> <ul style="list-style-type: none"> <li>• Tips on talking to your Teen about Sexting</li> </ul>
<p><a href="#"><u>LET'S TALK ABOUT THE MENOPAUSE</u></a></p>	<p>An opportunity to watch back the “Let’s Talk About the Menopause” online workshop hosted by CKCH Health Promotion and Improvement.</p>
<p><a href="#"><u>MINDING YOUR WELLBEING</u></a></p>	<p>This online programme will encourage people to take a positive approach to caring for their own mental well-being. It will provide guidance and information to support participants to practice good self-care and build their resilience, to understand their thoughts and emotions and to build healthy relationships. All of these are proven to support good mental health and wellbeing.</p>
<p><a href="#"><u>GUIDELINES TO SUPPORT MENTAL HEALTH SERVICE USERS TO ENGAGE IN PHYSICAL ACTIVITY</u></a></p>	<p>These guidelines aim to:</p> <ol style="list-style-type: none"> <li>Support staff to promote awareness of the benefits of physical activity as a powerful therapeutic tool for people with mental health difficulties.</li> <li>Provide practical resources and strategies for staff to support service users to incorporate meaningful physical activity into their daily life.</li> </ol>
<p><a href="#"><u>MECC FRAMEWORK DOCUMENT</u></a></p>	<p>The adoption of this framework by health professionals will result in the people who access the health service on a daily basis being supported in their efforts to make health behaviour changes in order to reduce their risk of developing a chronic disease.</p>

TITLE	DESCRIPTION
<p><u><a href="#">MECC PROMOTIONAL MATERIAL</a></u></p>	<p>Promotional materials to assist with raising awareness and promoting Making Every Contact Count to the public and staff.</p>
<p><u><a href="#">SMOKING CESSATION LEAFLETS AND POSTERS</a></u></p>	<p>A large range of free posters and booklets are available to order/download. Suitable for workplaces/public areas, signage etc. To order larger quantities register as a health professional and they will be delivered free of charge.</p>
<p><u><a href="#">NUTRITION STANDARDS FOR FOOD AND BEVERAGE PROVISION</a></u></p>	<p>The purpose of this document is to provide nutrition standards for food and beverages for staff and visitors in healthcare setting. <a href="https://www.hse.ie/eng/about/who/healthwellbeing/our-priority-programmes/health/healthy-eating-guidelines/nutrition-standards-for-food-and-beverage-provision-for-staff-and-visitors-in-healthcare-settings.pdf">https://www.hse.ie/eng/about/who/healthwellbeing/our-priority-programmes/health/healthy-eating-guidelines/nutrition-standards-for-food-and-beverage-provision-for-staff-and-visitors-in-healthcare-settings.pdf</a></p>
<p><u><a href="#">HEALTHY FOOD FOR LIFE RESOURCES</a></u></p>	<p>The Healthy Food for Life guidelines and resources provide practical support for individuals and families to make healthier food choices and to ultimately improve their health and wellbeing. They include a leaflet, infographic of the food pyramid, sample daily meal plans, guidelines on portion sizes and fact sheets. <a href="http://www.healthpromotion.ie">www.healthpromotion.ie</a></p>
<p><b>WALKING INFORMATION BOOKLET</b></p>	<p>The aim of this booklet is to address a number of topics in relation to walking in local communities and to provide relevant and useful information to those already walking and those hoping to begin walking in their communities</p>
<p><u><a href="#">MAN MANUAL: CHALLENGES AND CHOICES</a></u></p>	<p>Designed to support men make positive changes to their health through a series of practical &amp; simple challenges. Download from:</p>
<p><u><a href="#">HEALTH PROMOTION PUBLICATIONS</a></u></p>	<p>The HSE produce and distribute a wide range of health related resources</p>

# SECTION 4



**HEALTHY  
WORKPLACES**

**SUPPORTING HSE  
STAFF HEALTH**

## WELLNESS AT WORK

### WELLNESS AT WORK FORUM

**Overview:**

This forum/network meeting will;

- ⦿ provide an opportunity to connect with others with an interest in wellness at work
- ⦿ allow participants to get support and share ideas
- ⦿ be kept up-to-date with new developments
- ⦿ provide information on grants and trainings

**Available to:** all HSE staff

**Delivery:** presentation

**Duration:** 1 hour

### HOW TO SET UP A WELLNESS AT WORK COMMITTEE

**Overview:**

You will be supported in setting up or developing a 'Wellness At Work Committee.'

Support will include;

- ⦿ how to conduct a needs analysis
- ⦿ action planning
- ⦿ implementation and evaluation of staff health initiatives

**Available to:** all HSE staff

**Delivery:** individual and ongoing group support

**Duration:** ongoing as required

### WELLNESS AT WORK PRESENTATION

**Overview:**

This presentation will outline;

- ⦿ the benefits of workplace health
- ⦿ the steps involved in setting up a 'Wellness At Work Committee'
- ⦿ the supports available to HSE workplaces interested in promoting staff wellness

**Available to:** all HSE staff

**Delivery:** presentation

**Duration:** 1 hour





## SMOKING CESSATION

### 6 WEEK STANDARD STOP SMOKING TREATMENT PROGRAMME

**Overview:**

This is a standard treatment programme for those who wish to stop smoking. Areas covered include:

- ⊗ smoking history
- ⊗ nicotine dependence advice on quit smoking supports e.g. Nicotine Replacement Therapy (NRT) and stop smoking medication
- ⊗ setting a quit date with encouragement and support throughout the 6 weeks

**Available to:** all who want to stop smoking

**Delivery:** telephone or face-to-face support with Stop Smoking Advisor

**Duration:** weekly for 6 weeks with follow up support to 1 year smoke free.

*For more information contact your local Stop Smoking Advisor*

### STOP SMOKING CLINICS

**Cork**

- ⇒ Cork University Hospital
- ⇒ Ballincollig Primary Care
- ⇒ Clonakilty Primary care
- ⇒ Bandon Primary Care
- ⇒ Carrigtohill Primary Care
- ⇒ Mitchelstown Primary Care
- ⇒ Mallow Primary Care
- ⇒ St Mary’s Primary Care

**Kerry**

- ⇒ University Hospital Kerry
- ⇒ Listowel Primary care
- ⇒ Tralee Primary care

**Available to:** appointment only

**Delivery:** face-to-face meetings individually or in small groups

*For more information contact your local Stop Smoking Advisor*

### SMOKING CESSATION SERVICE STOP SMOKING ADVISORS

AREA	ADVISOR	TELEPHONE
KERRY/UNIVERSITY HOSPITAL KERRY	Margaret Enright	0871219618
NORTH LEE/CARRIGTOHILL	Miriam O’Shea	0867871831
NORTH CORK/MALLOW UNIVERSITY HOSPITAL	Joan O’Sullivan	0871219620
SOUTH LEE/CORK UNIVERSITY HOSPITAL	Gayle Monahan	0871219633
NORTH LEE,/MERCY HOSPITAL	Jonathan Hannafin	0879354178
SOUTH LEE/WEST CORK	Ciara O’Donovan	0871739819

*For further details contact Anna Burns, Tobacco Team Lead CHO4 | [Anna.Burns@hse.ie](mailto:Anna.Burns@hse.ie)*

### FREE NICOTINE REPLACEMENT THERAPY

**Overview:**

HSE Staff who wish to quit smoking can self refer to the service and avail of free Nicotine Replacement Therapy (NRT) and Stop Smoking Medication.

**Available to:** all HSE staff who want to quit smoking  
**Delivery:** 6 week Standard Treatment Programme & free NRT and Stop Smoking Medication

*For more information contact your local Stop Smoking Advisor directly or contact the HSE Quit line Freephone 1800 201 203 /FreeText QUIT to 50100 / [www.QUIT.ie](http://www.QUIT.ie)*

## PHYSICAL ACTIVITY

### DESK TO 5K

**Overview:**

The Desk to 5k workshop is designed to help staff progress from sitting at their desk to running 5km in 8 weeks. This workshop aims to support staff on a walk to run programme that they can do before, during or after work. It offers a safe, realistic and achievable plan along with some extra supports e.g. weekly plan, guidance on getting started and staying on track, practical advice and motivational tips.

**Available to:** all HSE staff  
**Delivery:** workshop  
**Duration:** 1 hour

### BE ACTIVE BE WELL

**Overview:**

Be Active Be Well is about helping people to make more positive physical activity changes. Participants are given the opportunity to explore motivation and confidence to change, overcoming barriers, goal setting, identifying support and looks at why becoming more physically active is important for health as well as participate in light activity sessions.

**Available to:** all HSE staff who meet the criteria  
**Delivery:** workshops  
**Duration:** 5 x 2hr sessions;  
 first 4 sessions take place once a week over 4 weeks and then 8 weeks later is the 5th session.

### GET YOUR WORKPLACE ACTIVE

**Overview:**

This webinar will introduce participants to the key elements of the Get Your Workplace Active resource and provide an opportunity to learn how to apply it to their own worksite. It will also give participants an opportunity to learn and share experiences of promoting physical activity in their own workplaces. All participants receive a pdf of the Get Your Workplace Active resource.

**Available to:** all HSE Staff interested in promoting physical activity at work.  
**Delivery:** live facilitated webinar  
**Duration:** 1 hour

### WALK YOUR WAY

**Overview:**

This workshop will encourage individuals to walk more and more often and also enable them to get more health benefits from their walk.

It is delivered by Physical Activity Health Promotion Officers and has been adapted from an original workshop developed by the Irish Heart Foundation.

**Available to:** beginner and current walkers  
**Delivery:** workshop (online version also available)  
**Duration:** 2 hours

## MENTAL HEALTH AND WELLBEING

### MINDING YOUR WELLBEING

**Overview:**

This programme will encourage people to take a positive approach to caring for their own mental well-being. It will provide guidance and information to support participants to practice good self-care and build their resilience, to understand their thoughts and emotions and to build healthy relationships. All of these are proven to support good mental health and wellbeing.

**Available to:** all HSE staff  
**Delivery :** one full day  
face to face or on line  
**Duration:** 1 full day or over 5 sessions

### SELF CARE FOR WELLBEING

**Overview:**

This workshop will encourage and support participants to prioritise self-care and to devise ways of building good self-care practices into their daily way of life. Making and taking time to look after yourself and your well-being during the working day is as important as any item on your work agenda. People who take time for self care are healthier, happier and more productive in their work. They find their relationships in work are more positive and their experience of work is more fulfilling.

**Available to:** all HSE staff  
**Delivery:** live facilitated webinar or face to face  
**Duration:** 1 hour

### PSYCHED—MENTAL HEALTH PROMOTION TRAINING FOR WORKPLACES

**Overview:**

This workshop will allow participants the opportunity to share and exchange ideas with other participants from different workplaces.

It is about stimulating a conversation that promotes better understanding of mental health and wellbeing in the workplace.

*For further details contact [Aoife.NiChonchuir](mailto: Aoife.NiChonchuir@hse.ie)  
Psyched Coordinator | [Aoife.NiChonchuir@hse.ie](mailto: Aoife.NiChonchuir@hse.ie)*





# RESOURCES

## FOR HSE STAFF TO SUPPORT HEALTHY WORKPLACES

## HEALTH PROMOTION AND IMPROVEMENT | TRAINING FOR HSE STAFF TO SUPPORT HSE SERVICE USERS

TITLE	DESCRIPTION
<a href="#"><u>A TOOLKIT FOR WELLNESS AT WORK COMMITTEES</u></a>	This resource outlines the steps Wellness at Work Committee need to make to ensure they have management support, understand staff needs and know how to create and implement a ‘Wellness at Work Plan’.
<a href="#"><u>WELLBEING AT WORK NEWSLETTER</u></a>	This newsletter provides information, resources, inspiration and details of upcoming events relating to staff health and wellbeing. Submissions from staff groups are always welcome.
<a href="#"><u>WELLBEING AT WORK A RESOURCE FOR EMPLOYEES TO SUPPORT WELLBEING AT WORK</u></a>	People spend up to a third of their day at work, therefore our work environment has a significant impact on our health. This booklet will highlight some of the ways you can care for your health and wellbeing and the supports available to you as an employee of CKCH.
<a href="#"><u>MINDING YOURSELF SERIES ONLINE VIDEOS</u></a>	These videos promote self care and are designed to help support you in taking care of your own health and wellbeing, covering; <ul style="list-style-type: none"> <li>⦿ meditation</li> <li>⦿ stretching</li> <li>⦿ strengthening exercises</li> <li>⦿ mindfulness</li> </ul>
<a href="#"><u>ONLINE EXERCISE CLASSES</u></a>	Eight week beginner level yoga, pilates and strength and conditioning classes plus a four week chair yoga class. Each session is just 30 minutes so perfect to do at lunch or before or after work. HSE Health and Wellbeing - YouTube
<a href="#"><u>MINDING YOUR WELLBEING Online</u></a>	This online programme will encourage people to take a positive approach to caring for their own mental well-being. It will provide guidance and information to support participants to practice good self-care and build their resilience, to understand their thoughts and emotions <a href="http://www.yourmentalhealth.ie">www.yourmentalhealth.ie</a>
<a href="#"><u>NUTRITION STANDARDS FOR FOOD AND BEVERAGE PROVISION</u></a>	The purpose of this document is to provide nutrition standards for food and beverages for staff and visitors in healthcare setting.
<a href="#"><u>HSELAND.IE VIA NUTRITION TRAINING MODULES</u></a>	Staff can access a series of online training to support better nutritional care across all healthcare settings. These include modules on a healthy eating, as well as therapeutic diets for hospital inpatients. It includes a webinar on the nutrition and food standards for staff and visitors to healthcare settings suitable for all involved in food provision.
<a href="#"><u>LET’S TALK ABOUT THE MENOPAUSE</u></a>	An opportunity to watch back the “Let’s Talk About the Menopause” online workshop hosted by CKCH Health Promotion and Improvement.

## HEALTH PROMOTION AND IMPROVEMENT | TRAINING FOR HSE STAFF TO SUPPORT HSE SERVICE USERS

TITLE	DESCRIPTION
<a href="#"><u>HEALTHY FOOD FOR LIFE RESOURCES</u></a>	<p>The Healthy Food for Life guidelines and resources provide practical support for individuals and families to make healthier food choices and to ultimately improve their health and wellbeing. They include a leaflet, infographic of the food pyramid, sample daily meal plans, guidelines on portion sizes and fact sheets.</p>
<a href="#"><u>TALK, TOUCH, MAKE LOVE, WITH CONSENT CAMPAIGN</u></a>	<p>This campaign seeks to promote and highlight the conversations about positive sexual health and consent at individual, community and clinical levels.</p>
<p><b>GET YOUR WORKPLACE ACTIVE RESOURCE GUIDE AND POSTERS</b></p>	<p>This resource guide will help you to support more staff to become more active at work. It will guide you through a step-by-step process of creating and maintaining an active workplace. If you are a member of a staff Wellness at Work Committee contact <a href="mailto:Clare.Deasy@hse.ie">Clare.Deasy@hse.ie</a> for a copy.</p>
<p><b>WALKING INFORMATION BOOKLET</b></p>	<p>The aim of this booklet is to address a number of topics in relation to walking in local communities and to provide relevant and useful information to those already walking and those hoping to begin walking in their communities. To order please contact <a href="mailto:caroline.kelleher@hse.ie">caroline.kelleher@hse.ie</a></p>
<a href="#"><u>TOBACCO FREE CAMPUS POLICY TOOLKIT</u></a>	<p>This toolkit will support each step of developing a tobacco free campus from setting up the working group to developing and implementing the policy. It contains templates, sample letters, useful tools etc. There are also 4 one minute online videos designed to support you to implement a Tobacco Free Campus.</p> <p>Topics include;</p> <ul style="list-style-type: none"> <li>⊗ advice on the Introduction of a Tobacco Free Campus</li> <li>⊗ advice for clinicians</li> <li>⊗ smoking cessation and mental illness</li> <li>⊗ smoking cessation advice for pregnant</li> </ul>
<a href="#"><u>TOBACCO FREE CAMPUS POLICY</u></a>	<p>The HSE has adopted a Tobacco Free Campus Policy. The policy protects staff, service users and visitors from the harmful effects of tobacco smoke. It has two clear aims:</p> <ul style="list-style-type: none"> <li>⊗ to treat tobacco as a healthcare issue</li> <li>⊗ to de-normalise tobacco use in all healthcare services and settings</li> </ul>
<a href="#"><u>HEALTH PROMOTION PUBLICATIONS</u></a>	<p>The HSE produce and distribute a wide range of health related resources.</p>

# SECTION 5



**HEALTHY  
SCHOOLS**

**SUPPORTS  
AND TRAINING**

## SUPPORTING THE PRIMARY SCHOOL COMMUNITY

### ZIPPY'S FRIENDS TEACHER TRAINING

**Overview:**

This training will introduce primary teachers to the Zippy's Friends resource so that they are then confident to use it in the classroom. The training will highlight how children will develop their own positive strategies to deal with problems through engaging activities. This resource has been evaluated and found to improve children's coping skills, improve the class climate and reduce bullying.

**Available to:** all primary school teachers

**Delivery:** experiential training

**Duration:** 1 day

### ZIPPY'S FRIENDS REFRESHER TRAINING

**Overview:**

This is a refresher session of the 'Zippy's Friends' training for teachers.

**Available to:** all teachers who have completed the initial half-day training.

**Delivery:** online

**Duration:** 2 hours

### WELLBEING THROUGH HEALTHY EATING POLICY DEVELOPMENT\*

**Overview:**

This workshop will explore a whole school approach to healthy eating. Participants will be introduced to resources to support a healthy eating policy and will identify key actions to implement upon return to school.

**Available to:** all primary school teachers

**Delivery:** experiential training

**Duration:** 1 day

*\*A 1 hour nutrition webinar facilitated by a CORU registered dietitian will be made available to parents to support schools actively developing or reviewing their policy.*

### WELLBEING THROUGH PHYSICAL ACTIVITY WORKSHOP

**Overview:**

This workshop will explore a whole school approach to physical activity. Participant will be introduced to resources to support physical activity in school, and will identify keys actions to further increase physical activity in each school.

**Available to:** all primary school teachers

**Delivery:** experiential training

**Duration:** 1 day



## **SUPPORTING THE PRIMARY SCHOOL COMMUNITY**

### **HEALTHY SCHOOLS NETWORK WORKSHOPS**

**Overview:**

Each Network will have the opportunity to join regular online or face to face Healthy Schools Network Workshop.

These workshops will;

- ⊗ highlight all the schools in each network so as to facilitate the ongoing sharing of ideas/resources.
- ⊗ outline what supports the Health Promotion Schools Team can offer in areas of Wellbeing including Healthy Eating, Mental Health (staff and students), school environment, physical activity and sexual health.

**Available to:** all primary school teachers

**Delivery:** experiential training

**Duration:** 1 hour

### **5 DAY SUMMER SCHOOL\***

**Overview:**

This week long course will cover all areas of Wellbeing including physical, mental, emotional and sexual health. Planned and delivered by Health Promotion and Improvement, it is sanctioned by the Department of Education and Science\*.

**Available to:** all primary school teachers

**Delivery:** live facilitated interactive workshops

**Duration:** 5 days



## SUPPORTING THE POST PRIMARY SCHOOL COMMUNITY

### MINDOUT TEACHER TRAINING

**Overview:**

This training will support teachers to use the 'MindOut' resource pack in their classroom. It has been designed to support young people, aged 15-18 years, by introducing coping skills so as to improve their overall mental health and wellbeing.

**Available to:** post-primary school teachers

**Delivery:** experiential training

**Duration:** 1 day

### MINDOUT REFRESHER TRAINING

**Overview:**

This is a refresher session of the MindOut training for post primary teachers.

**Available to:** all teachers who have completed the initial 1 day training

**Support:** online

**Duration:** 2 hours



## SUPPORTING THE POST PRIMARY SCHOOL COMMUNITY

### KNOW THE SCORE TEACHER TRAINING

**Overview:**

This training will supports teachers to use the 'Know The Score' resource in their classroom. 'Know the Score' is a downloadable resource pack that aims to enable young people to make conscious and informed decisions about alcohol and drugs. It contains a teacher's manual outlining 14 interactive lessons plans, online videos and useful links.

**Available to:** all post-primary teachers  
**Delivery:** experiential training  
**Duration:** 1 day

### KNOW THE SCORE REFRESHER TRAINING

**Overview:**

This is a refresher session of the 'Know The Score' teacher training.

**Available to:** post-primary teachers who have completed the initial 1 day teacher training  
**Delivery:** online  
**Duration:** 2 hours

### WELLBEING THROUGH HEALTHY EATING POLICY DEVELOPMENT

**Overview:**

This workshop will explore a whole school approach to healthy eating. Participants will be introduced to resources to support a healthy eating policy and will identify keys actions to implement upon return to school.

**Available to:** all post primary school teachers  
**Delivery:** experiential training  
**Duration:** 1 day





# RESOURCES

# TO SUPPORT THE HEALTHY SCHOOL COMMUNITY

TITLE	DESCRIPTION
<p><b>ZIPPY'S FRIENDS RESOURCE PACK FOR THE CLASSROOM</b></p>	<p>The resource for 5-7 year olds has been evaluated and found to improve children's coping skills, improve the class climate and reduce bullying. Children develop their own positive strategies to deal with problems through engaging activities. <u>1 pack per school following attendance at training</u></p>
<p><b>WHOLE SCHOOL APPROACH TO POSITIVE MENTAL HEALTH TOOLKIT</b></p>	<p>This booklet is a practical guide to creating a safe, caring school culture where everyone's wellbeing is a priority. It will provide resources and supports to promote positive mental health in primary schools. <i>Contact local Health Promotion Officer for Schools.</i></p>
<p><u><b>ACTIVE PLAYGROUNDS</b></u></p>	<p>This resource will help schools increase play and physical activity during school break times, and increase child participation. It will provide ideas for activities and games using playground markings.</p>
<p><u><b>GET ACTIVE IN THE CLASSROOM</b></u></p>	<p>This resource consists of games and activities that children can do at their desks or in areas that require a small rearrangement of furniture. Very little or no equipment is required.</p>
<p><u><b>GET YOUR SCHOOL WALKING</b></u></p>	<p>This resource will promote walking for schools. It provides;</p> <ul style="list-style-type: none"> <li>⦿ information on the benefits of walking</li> <li>⦿ a six-step guide to promoting walking in schools</li> <li>⦿ examples of walking initiatives</li> <li>⦿ a range of useful tools to help you implement a walking initiative in schools.</li> </ul>
<p><u><b>FUNDAMENTAL MOVEMENT SKILLS POSTER</b></u></p>	<p>Developing basic movement skills is as important for a child's health and ability to do everyday tasks now and as they get older, as it is for their performance in sport. This poster highlights the 3 key movement categories</p>
<p><u><b>BUSY BODIES</b></u></p>	<p>Busy Bodies is a downloadable resource to help support teachers and parents, provide information on puberty to children aged between 10 and 14. It was updated in 2020. <a href="http://www.healthpromotion.ie">www.healthpromotion.ie</a></p>
<p><u><b>TALKING TO YOUR YOUNG CHILD ABOUT RELATIONSHIPS SEXUALITY AND GROWING UP</b></u></p>	<p>This resource aims to help parents to talk to their children about relationships and sexuality in a gradual, age appropriate way. It is suitable for children from 5 years of age.</p>

TITLE	DESCRIPTION
<a href="#"><u>HEALTHY EATING POLICY TOOLKIT FOR PRIMARY SCHOOLS</u></a>	This toolkit has been developed to guide and support schools to either develop and implement a new policy or to review and improve an existing policy.
<a href="#"><u>A GOOD PRACTICE GUIDE FOR SCHOOL FOOD INITIATIVES</u></a>	This guide will facilitate teachers, parents, health professionals and community workers in providing important information on healthy eating and physical activity.
<a href="#"><u>FOOD PYRAMID</u></a>	The Food Pyramid guide to every day food choices for adults, teenagers and children aged five and over
<a href="#"><u>NUTRITION STANDARDS FOR SCHOOL MEALS</u></a>	These standards aim to ensure that children and young people in schools participating in the school meals scheme are provided with healthy balanced meals that follow the Healthy Eating Guidelines.
<a href="#"><u>HEALTHY LUNCHBOX LEAFLET</u></a>	This leaflet provides practical tips for you and your children on how to prepare a healthy lunchbox. Good food habits set early in childhood can last a lifetime. Lunches provide around one third of our daily nutritional needs, so it's important to put some thought and planning into them.
<a href="#"><u>HEALTHY FOOD FOR LIFE</u></a>	The Healthy Food for Life resources are for the entire population over the age of five and they define the Irish Government recommendations on healthy eating and a balanced diet. They provide a consistent and evidence-based approach for healthy eating advice.
<a href="#"><u>START CAMPAIGN</u></a>	The START campaign aims to support families to take small steps to eating healthier food and becoming more active.
<a href="#"><u>AR SLAINTE EZINE NEWSLETTER FOR PRIMARY SCHOOLS</u></a>	This newsletter will showcase the different activities that schools in Cork and Kerry are doing to promote health. It includes articles from schools, with Health Promotion updates both local and national. Contact local Health Promotion Officer for Schools.
<a href="#"><u>HEALTH PROMOTION PUBLICATIONS</u></a>	The HSE produce and distribute a wide range of health related resources.

TITLE	DESCRIPTION
<p><u><a href="#">JUNIOR CYCLE SPHE RESOURCES</a></u></p>	<p>The units of learning below have been developed to support the new SPHE Short Course for Junior Cycle. They are supported by the Department of Education and the National Council for Curriculum and Assessment. Each unit of learning is available as an online resource and as a PDF to enable printing if required. The first five units of learning are the introductory units and were designed for use in first year, though teachers may decide to use them in any year.</p> <p>1. Understanding Ourselves      2. Being Healthy      3. Healthy Choices 4. Relationships and Sexuality Education      5. Emotional Wellbeing</p>
<p><u><a href="#">MINDOUT RESOURCE PACK</a></u></p>	<p>MindOut2 is a social and emotional wellbeing programme for Senior Cycle students. MindOut2 is suitable for Transition Year or 5th year pupils and is designed to be implemented within a single 35-40 minute class period over 12 weeks, using interactive learning methods. 1 pack per school following attendance at training</p>
<p><u><a href="#">KNOW THE SCORE RESOURCE PACK</a></u></p>	<p>The overall aim of this resource is to enable young people to make conscious and informed decisions about alcohol and drugs. It contains 14 lesson plans addressing alcohol and drug use using interactive and experiential teaching methodologies and was jointly developed by the HSE, The Department of Education and Science and the Drug and Alcohol Task Forces. The training is offered and it will support teachers to deliver this programme in their schools.</p>
<p><u><a href="#">A GOOD PRACTICE GUIDE FOR SCHOOL FOOD INITIATIVES</a></u></p>	<p>This Guide will facilitate teachers, parents, health professionals and community workers in providing important information on healthy eating and physical activity.</p>
<p><u><a href="#">HEALTHY EATING POLICY TOOLKIT FOR POST PRIMARY SCHOOLS</a></u></p>	<p>This toolkit has been developed to guide and support schools to either develop and implement a new policy or to review and improve an existing policy. <a href="http://www.healthpromotion.ie">www.healthpromotion.ie</a></p>
<p><u><a href="#">TALK, TOUCH, MAKE LOVE, WITH CONSENT</a></u></p>	<p>A campaign to promote discussion about consent and positive sexual health. Resources include:</p> <p><b>Consent</b></p> <ul style="list-style-type: none"> <li>• Talk, Touch Make Love with Consent Logo</li> <li>• Consent social media banner</li> <li>• Consent poster</li> <li>• Starting the conversation about consent (parent information sheet)</li> <li>• Starting the conversation social media banner</li> </ul> <p><b>Sexting</b></p> <ul style="list-style-type: none"> <li>• Tips on talking to your Teen about Sexting</li> </ul> <p><b>Healthy Relationships</b></p> <ul style="list-style-type: none"> <li>• Relationships quiz</li> <li>• Relationships banner</li> </ul>

# SECTION 6



**HEALTHY  
COMMUNITIES**

**TRAINING  
AND SUPPORTS**



## GENERAL HEALTH PROMOTION TRAINING

### HEALTH PROMOTION IN ACTION

**Overview:**

This presentation will give an introduction and overview of Health Promotion.

It will include;

- ⊗ basic principles of Health Promotion
- ⊗ how it can be applied practically in your work
- ⊗ health information/literature versus Health Promotion
- ⊗ accessing support from Health Promotion and Improvement Department

**Available to:** all on request

**Delivery:** presentation

**Duration:** 1 hour

### COMMUNICATION AND PARTNERSHIP FOR HEALTH PROMOTION

**Overview:**

This workshop will look at communication and partnership working in order to promote health.

It will include:

- ⊗ key communication skills
- ⊗ partnership working in health
- ⊗ benefits and challenges
- ⊗ practical examples

**Available to:** all on request

**Delivery:** workshop

**Duration:** 3 hours

### FACILITATION SKILLS AND GROUP WORK

**Overview:**

This workshop will look at facilitation skills and group work in order to promote health.

It will include:

- ⊗ core skills of a good facilitator
- ⊗ group setup, design and organisation
- ⊗ challenging groups/situations

**Available to:** all on request

**Delivery:** workshop

**Duration:** 3 hours

### ACTION PLANNING AND EVALUATION

**Overview:**

This workshop will look at 'Action Planning and Evaluation' techniques for Health Promotion.

It will include:

- ⊗ stages of action planning
- ⊗ action planning techniques and templates
- ⊗ evaluation techniques and tools

**Available to:** all on request

**Delivery:** workshop

**Duration:** 3 hours

## MENTAL HEALTH AND WELLBEING

### MINDING YOUR WELLBEING

**Overview:**

This programme will encourage people to take a positive approach to caring for their own mental well-being. It provides guidance and information to support participants to practice good self-care and build their resilience, to understand their thoughts and emotions and to build healthy relationships.

- Available to:** all
- Delivery :** face to face or live facilitated webinars
- Duration:** 1 day or over 5 sessions

### SELF CARE FOR WELLBEING

**Overview:**

This workshop will encourage and support participants to prioritise self-care and to devise ways of building good self-care practices into their daily way of life. Making and taking time to look after yourself and your well-being during the working day is as important as any item on your work agenda. People who take time for self care are healthier, happier and more productive in their work. They find their relationships in work are more positive and their experience of work is more fulfilling.

- Available to:** all
- Delivery:** live facilitated webinar or face to face
- Duration:** 1 hour

### PSYCHED - MENTAL HEALTH PROMOTION TRAINING FOR WORKPLACES

**Overview:**

This workshop will allow participants the opportunity to share and exchange ideas with other participants from different workplaces. It is about stimulating a conversation that promotes better understanding of mental health and wellbeing in the workplace.

*For further details contact Aoife.NiChonchuir  
 Psyched Coordinator | [Aoife.NiChonchuir@hse.ie](mailto:Aoife.NiChonchuir@hse.ie)*



## SMOKING CESSATION

SMOKING CESSATION SERVICE  
STOP SMOKING ADVISORS

AREA	ADVISOR	TELEPHONE
KERRY UNIVERSITY HOSPITAL KERRY	Margaret Enright	087 1219618
NORTH LEE CARRIGTOHILL	Miriam O'Shea	086 7871831
NORTH CORK/ MALLOW UNIVERSITY HOSPITAL	Joan O'Sullivan	087 1219620
SOUTH LEE/ CORK UNIVERSITY HOSPITAL	Gayle Monahan	087 1219633
NORTH LEE/ MERCY HOSPITAL	Jonathan Hannafin	087 9354178
SOUTH LEE/WEST CORK	Ciara O'Donovan	087 1739819

*For further details contact Anna Burns,  
Tobacco Team Lead CHO4 | [Anna.Burns@hse.ie](mailto:Anna.Burns@hse.ie)*

6 WEEK STANDARD STOP SMOKING  
TREATMENT PROGRAMME**Overview:**

This is a standard treatment programme for those who wish to stop smoking. Areas covered include:

- ⊗ smoking history
- ⊗ nicotine dependence advice on quit smoking supports e.g. Nicotine Replacement Therapy (NRT) and stop smoking medication
- ⊗ setting a quit date with encouragement and support throughout the 6 weeks

**Available to:**

all who want to stop smoking

**Delivery:**

telephone or face-to-face support

**Duration:**

weekly for 6 weeks with follow up support to 1 year smoke free.

## NUTRITION

## HEALTHY FOOD MADE EASY\*

**Overview:**

The aim of the programme is to provide participants with the knowledge and skills to prepare healthy meals at home. It is targeted at those who have a limited knowledge of healthy eating, a limited budget and limited cooking skills. The participants learn key healthy eating messages and take part in interactive cooking to prepare, cook and taste healthy low cost meals. Healthy Food Made Easy is a national HSE programme designed by CORU registered dietitians.

**Available to:** Individuals and pre existing community groups.

**Delivery:** face to face onsite at local venues, online delivery can be facilitated

**Duration:** 2 ½ hour session x 6 weeks.

*Health care professionals can identify and register potential participants to the course.*

[Cork](#)

[Kerry:](#)

*\*Each course includes a CORU registered dietitian visit.*

## PHYSICAL ACTIVITY

## BE ACTIVE BE WELL

**Overview:**

Be Active Be Well is about helping people to make more positive physical activity changes. Participants are given the opportunity to explore motivation and confidence to change, overcoming barriers, goal setting, identifying support and looks at why becoming more physically active is important for health as well as participate in light activity sessions.

**Available to:** any adult who is currently physically inactive or not achieving 30 minutes of activity on most days of the week'

**Delivery:** workshops and follow up session after 2 months

**Duration:** 5 x 2hour sessions;  
first 4 sessions take place once a week over 4 weeks and then 8 weeks later is the 5th session

## WALK YOUR WAY

**Overview:**

This workshop will encourage individuals to walk more and more often and also enable them to get more health benefits from their walk.

It is delivered by Physical Activity Health Promotion Officers and has been adapted from an original workshop developed by the Irish Heart Foundation.

**Available to:** beginner and current walkers

**Delivery:** workshop (Online version also available)

**Duration:** 2 hours

## PHYSICAL ACTIVITY LEADERS TRAINING

**Overview:**

This workshop will train older adults how to lead activity sessions within their active retirement groups.

**Available to:** any member(s) of Older Adult Community Groups

**Delivery:** workshops

**Duration:** 8 x 5hours (split into two 4 week blocks)



## SEXUAL HEALTH

### FOUNDATION PROGRAMME SEXUAL HEALTH PROMOTION

**Overview:**

This programme will support participants to promote sexual health as part of their work. It will increase participants comfort levels, knowledge and skills in the area of sexual health promotion and will cover a wide variety of topics.

Participants will be selected through an interview process.

**Available to:** professionals working in areas whose work may include aspects of sexual health promotion

**Delivery:** face to face

**Duration:** 6 days

### FOUNDATION PROGRAMME SEXUAL HEALTH PROMOTION FOLLOW UP SUPPORT

**Overview:**

On completion of the Sexual Health Foundation Programme, follow up support will be provided to all course participants.

It will include:

- ⊗ support to implement sexual health promotion within own organisation
- ⊗ refresher webinars and point of contact for any queries

**Available to:** all who have completed the 6 day Sexual Health Training Foundation Programme

**Delivery:** varied and ongoing as required





**RESOURCES**

**TO SUPPORT HEALTHY  
COMMUNITIES**

## HEALTHY COMMUNITIES | RESOURCES TO SUPPORT HEALTH IN THE COMMUNITY

TITLE	DESCRIPTION
<p><u><a href="#">TALK, TOUCH, MAKE LOVE, WITH CONSENT</a></u></p>	<p>This campaign seeks to promote and highlight the conversations about positive sexual health and consent at individual, community and clinical levels. Resources include:</p> <p><b>Consent</b></p> <ul style="list-style-type: none"> <li>• Talk, Touch Make Love with Consent Logo</li> <li>• Consent social media banner</li> <li>• Consent poster</li> <li>• Starting the conversation about consent (parent information sheet)</li> <li>• Starting the conversation social media banner</li> </ul> <p><b>Healthy Relationships</b></p> <ul style="list-style-type: none"> <li>• Relationships quiz</li> <li>• Relationships banner</li> </ul> <p><a href="https://www.mysexualhealth.ie/health-promotion-improvement">https://www.mysexualhealth.ie/health-promotion-improvement</a></p> <p><b>Sexting</b></p> <ul style="list-style-type: none"> <li>• Tips on talking to your Teen about Sexting</li> </ul> <p><b>Clinical Practice</b></p> <ul style="list-style-type: none"> <li>• Sexual Health in Clinical Practice</li> </ul> <p><b>STIs</b></p> <ul style="list-style-type: none"> <li>• STI Leaflet</li> <li>• STI Social Media Banner</li> </ul>
<p><u><a href="#">LET'S TALK ABOUT THE MENOPAUSE</a></u></p>	<p>An opportunity to watch back the “Let’s Talk About the Menopause” online workshop hosted by CKCH Health Promotion and Improvement.</p>
<p><b>WALKING INFORMATION BOOKLET</b></p>	<p>The aim of this booklet is to address a number of topics in relation to walking in local communities and to provide relevant and useful information to those already walking and those hoping to begin walking in their communities.</p>
<p><u><a href="#">ACTIVE PLAY EVERYDAY AGED 0-3</a></u> <u><a href="#">ACTIVE PLAY EVERYDAY</a></u></p>	<p>These resources will give parents and carers an introduction to Active Play guidelines for children aged 0-3 years and 3-6 years.</p>
<p><u><a href="#">FUNDAMENTAL MOVEMENT SKILLS POSTER</a></u></p>	<p>This poster can be used by parents to encourage their children to reach key movement milestones necessary for lifelong activity &amp; health.</p>
<p><u><a href="#">GET ACTIVE YOUR WAY</a></u></p>	<p>This booklet provides information on how to be more physically active on a regular basis</p>
<p><b>GET ACTIVE ON YOUR WAY</b></p>	<p>This leaflet provides information on what active travel is, tips for getting started, the benefits of active travel along with a travel swap shop.</p>
<p><b>GET ACTIVE GO WALKING</b></p>	<p>This leaflet promotes walking through explaining the benefits of regular walking, providing tips on how to fit walking into daily living and motivational ideas to get walking.</p>

## HEALTHY COMMUNITIES | RESOURCES TO SUPPORT HEALTH IN THE COMMUNITY

TITLE	DESCRIPTION
<a href="#"><u>PSYCHED WEBINAR</u></a>	Recorded webinar by PSYCHED Inter Agency Steering Group. Creating a happy workplace culture and supporting mental health and wellbeing in your workplace.
<a href="#"><u>MINDING YOUR WELLBEING</u></a> <a href="#"><u>Online</u></a>	This online programme will encourage people to take a positive approach to caring for their own mental well-being. It will provide guidance and information to support participants to practice good self-care and build their resilience, to understand their thoughts and emotions and to build healthy relationships. All of these are proven to support good mental health and wellbeing.
<a href="#"><u>FOOD PYRAMID</u></a>	The Food Pyramid guide to every day food choices for adults, teenagers and children aged five and over.
<a href="#"><u>HEALTHY LUNCHBOX LEAFLET</u></a>	This leaflet provides practical tips for you and your children on how to prepare a healthy lunchbox. Good food habits set early in childhood can last a lifetime. Lunches provide around one third of our daily nutritional needs, so it's important to put some thought and planning into them.
<a href="#"><u>HEALTHY FOOD FOR LIFE</u></a>	The Healthy Food for Life resources are for the entire population over the age of five and they define the Irish Government recommendations on healthy eating and a balanced diet. They provide a consistent and evidence-based approach for healthy eating advice.
<a href="#"><u>START CAMPAIGN</u></a>	The START campaign aims to support families to take small steps to eating healthier food and becoming more active.
<a href="#"><u>HEALTHY FOOD MADE EASY</u></a>	This programme will improve participant's nutritional knowledge and eating habits. Designed by community dietitians to help participants make affordable, healthier choices when shopping, cooking and eating which in turn can ultimately help reduce diet related conditions and build simple cookery skills. For further information and to register for this training please contact <i>WellComm Active Phone Line: 086 1409 225</i>



TITLE	DESCRIPTION
<b>CORK HEALTHY CITIES</b>	Cork City is a World Health Organisation designated Health City since 2012. The vision for Cork as a Healthy City is that of a 'city that connects to improve the health and well-being of all its people and reduce health inequalities. The Healthy Cities approach recognises all the things that can impact on our health and the need for everyone in public, private voluntary and community sector organisations to work together to improve health for everyone. This approach requires political commitment, organisational and community development with local people at the heart of decision-making. <a href="https://corkhealthycities.com/">https://corkhealthycities.com/</a>
<b>CORK HEALTHY CITIES ACTION PLAN</b>	Cork has launched an Action Plan for 2020 – 2030. This plan sets out a series of health related actions for Cork City in line with the WHO and Healthy Ireland policies <a href="https://corkhealthycities.com/">https://corkhealthycities.com/</a>
<b>CORK CITY PROFILE</b>	Based on the Social Determinants of Health model (Dahlgren & Whitehead); key health and social inclusion data was compiled on each of the 74 electoral districts in the city. <a href="https://corkhealthycities.com/">https://corkhealthycities.com/</a>
<b>PLAYFUL PARADIGM</b>	Play offers new opportunities for engaging city stakeholders in urban development. <a href="https://corkhealthycities.com/">https://corkhealthycities.com/</a>
<b>DOLLY PARTONS IMAGINATION LIBRARY</b>	Lead by Young Knocknaheeny this is an international book-gifting programme. Children from birth to age five receive free, high-quality books suitable for their age group and development level. <a href="https://corkhealthycities.com/">https://corkhealthycities.com/</a>
<b>CORK AGE FRIENDLY FORUM</b>	Cork Healthy Cities actively supports his process by attendance at the Age Friendly Alliance and support for the Age Friendly Forum. <a href="https://corkhealthycities.com/">https://corkhealthycities.com/</a>
<b>CORK FOOD POLICY COUNCIL</b>	The Cork Food Policy Council seeks to influence local food policy to follow best practice in developing a healthy, sustainable, and resilient food system. <a href="https://corkhealthycities.com/">https://corkhealthycities.com/</a>
<b>GREEN SPACES FOR HEALTH</b>	This project is all about creating green areas in our city which will benefit our health. <a href="https://corkhealthycities.com/">https://corkhealthycities.com/</a>
<b>HEALTHY KERRY FRAMEWORK</b>	The Healthy Kerry Framework was launched in April 2021. It seeks to develop a county where wellbeing is valued and supported at every level of society and in which this is everyone's responsibility. <a href="https://www.healthykerry.ie/">https://www.healthykerry.ie/</a>

# SECTION 7



**CONTACTS**

**HEALTH PROMOTION  
AND IMPROVEMENT  
DEPARTMENT**



## Who to contact?

For all training requests and information relating to information found in this resource please contact;

<b>GENERAL HEALTH PROMOTION TRAINING</b>	Teresa McElhinney	<a href="mailto:Teresa.McElhinney@hse.ie">Teresa.McElhinney@hse.ie</a>
<b>HEALTHY CITIES</b>	Denise Cahill	<a href="mailto:Denise.Cahill@hse.ie">Denise.Cahill@hse.ie</a>
<b>HEALTHY COMMUNITIES</b>	Edel O'Donnell	<a href="mailto:Edel.ODonnell1@hse.ie">Edel.ODonnell1@hse.ie</a>
<b>HEALTHY SCHOOLS</b>	Maria Harrington	<a href="mailto:Maria.Harrington1@hse.ie">Maria.Harrington1@hse.ie</a>
<b>HEALTHY WORKPLACES</b>	Ailis Brosnan	<a href="mailto:Ailis.Brosnan@hse.ie">Ailis.Brosnan@hse.ie</a>
<b>MAKING EVERY CONTACT COUNT (MECC)</b>	Máire O'Leary	<a href="mailto:MaireM.OLeary@hse.ie">MaireM.OLeary@hse.ie</a>
<b>MENTAL HEALTH AND WELLBEING</b>	Teresa McElhinney	<a href="mailto:Teresa.McElhinney@hse.ie">Teresa.McElhinney@hse.ie</a>
<b>MEN'S HEALTH</b>	Clare Deasy	<a href="mailto:Clare.Deasy@hse.ie">Clare.Deasy@hse.ie</a>
<b>NUTRITION</b>	Sheila King	<a href="mailto:Sheila.king@hse.ie">Sheila.king@hse.ie</a>
<b>PHYSICAL ACTIVITY</b>	Shirley O'Shea	<a href="mailto:Shirley.OShea@hse.ie">Shirley.OShea@hse.ie</a>
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<b>TOBACCO</b>	Anna Burns	<a href="mailto:Anna.Burns@hse.ie">Anna.Burns@hse.ie</a>

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