

HEALTHY CARLOW COUNTY PLAN

2018 - 2021



Vision for Healthy Carlow

A county where everyone can enjoy physical and mental health and well-being to their full potential, where well-being is valued and supported at every level of society and is everyone's responsibility.



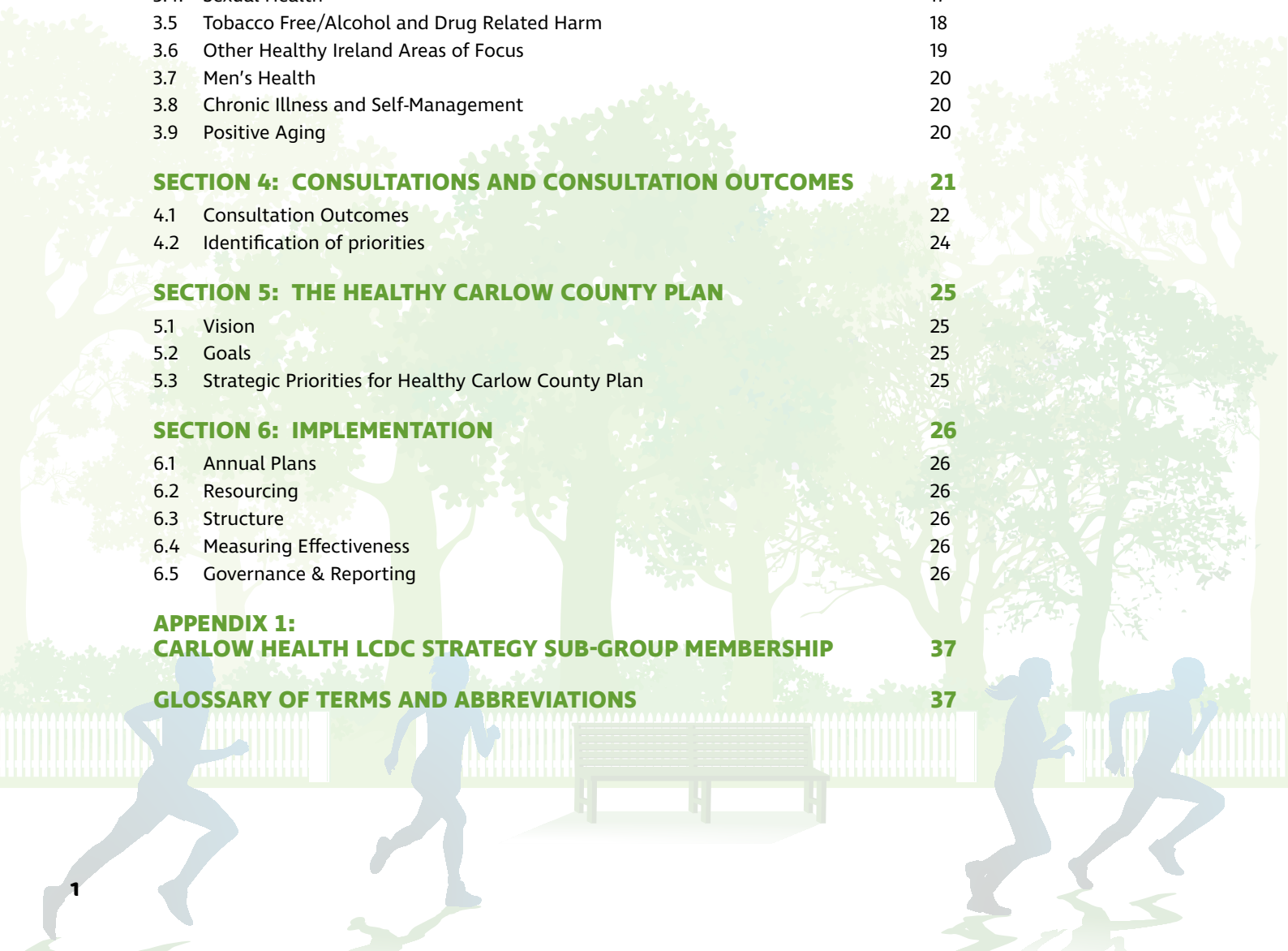
Healthy
Carlow



CARLOW
COUNTY COUNCIL
COMHAIRLE CHONTAE CHEATHARLOCHA

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FOREWORD

Cllr. Brian O Donoghue

Cathaoirleach Carlow County Council



Healthy
Carlow

There is universal political commitment, and the commitment of the Local Community Development Committee to support the promotion of health and wellbeing of all in County Carlow.

This Plan is very welcome as it brings all of the key Stakeholders together to work toward a healthy Carlow. It also takes into account other plans such as County Carlow 2021 Local Economic and Community Plan 2016-2021 and Healthy Ireland: A Framework for Improved Health and Wellbeing 2013 – 2025.

Well-being is vital for any community where everyone can enjoy physical and mental health to their full potential.

Carlow County Council acknowledges that the promotion of health and wellbeing is complex. This plan is a start to focus on these complexities, addressing the challenges of resources and barriers by focusing on making the most of local assets and identifying synergies and connections between existing networks policies and plans, and recognise the evolving nature of the plan with learning and feedback.

John Brophy

Chairperson of Carlow Local Community Development Committee

The vision of the Healthy Carlow Plan is: A county where everyone can enjoy physical and mental health and wellbeing to their full potential, where wellbeing is valued and supported at every level of society and is everyone's responsibility.

This is in line with the vision of Healthy Ireland, the Government-led initiative that aims to create an Irish society where everyone can enjoy physical and mental health, and where wellbeing is valued and supported at every level of society.

Healthy Ireland has come about because of concerns that the current health status of people living in Ireland – including lifestyle trends and health inequalities – is leading us towards a future that is dangerously unhealthy, and very likely unaffordable.

The many risks to the health and wellbeing of people living in County Carlow include some that are obvious: issues such as overweight and obesity, mental health, smoking, alcohol and drugs. Healthy Carlow seeks to provide people and communities with accurate information on how to improve their health and wellbeing and seeks to empower and motivate them by making the healthy choice the easier choice.

We also know that many of the factors that influence a person's health and wellbeing, such as their education level, income, housing and work conditions are determined by social, environmental and economic policies beyond the direct responsibility of the health sector.

We understand that addressing the issues calls for a partnership approach in all the actions Healthy Carlow is taking to achieve a healthier county. The health sector alone cannot address these problems – we must collectively change our approach and Carlow Local Community Development Committee will wholeheartedly endeavour to implement the actions that are set out in this plan.

I wish to thank all involved in the preparation of this plan particularly the members of the Carlow LCDC HI Sub Group.



1: INTRODUCTION & BACKGROUND CONTEXT

This is the first Healthy Carlow Plan which sets out to support the people of County Carlow in attaining greater and more sustained and equitable levels of health and wellbeing.

In line with the Healthy Ireland Framework, this plan for a Healthy Carlow has four overarching goals. These are:

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

GOAL 2: Reduce health inequalities

GOAL 3: Protect the public from threats to health and wellbeing

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

Delivery on the four Healthy Carlow overarching goals will support the achievement of the seventeen Sustainable Development Goals (SDGs) to which Ireland is a signatory under the 2030 Agenda for Sustainable Development. This UN Agenda is a plan of action for people, planet and prosperity which seeks to strengthen universal peace in larger freedom.

The national guidance for the county level plans sets six priority areas for 2018 to 2021 and the Healthy Carlow County Plan is aligned under these priorities:

PRIORITY 1: Physical activity

PRIORITY 2: Healthy weight

PRIORITY 3: Tobacco free

PRIORITY 4: Sexual health

PRIORITY 5: Alcohol and drug related harm

PRIORITY 6: Mental health

At county level the plan also includes actions relating to communicating and supporting the range of activities and initiatives taking place through Healthy Ireland both national and local. These are presented according to four additional priority areas:

PRIORITY 7

Communications and awareness raising communicating the Healthy Carlow message

PRIORITY 8

Engaging hard to reach groups at highest risk of health inequality

PRIORITY 9

Creating Supportive Environment for Health

PRIORITY 10:

Support Inter-Agency working

The Healthy Carlow County Plan recognises the need to integrate and implement national policies and plans at local level. It also recognises county policy and local needs.

The following two key policy frameworks guided development of this plan:

- **The Healthy Ireland National Framework at National level (up to 2025)**
- **The Carlow Local Economic and Community Plan (2016-2021) at County level**

This section provides a short overview of these two plans and it outlines the process that was followed for development of this plan.

1.1 Healthy Ireland Framework

Healthy Ireland is a national framework to “create an Irish Society where everyone can enjoy physical and mental health”. This Government led national framework aims to improve the health and wellbeing of people in Ireland. Although led by the Department of Health it highlights the whole of government and whole of society approach to improving wellbeing and the quality of peoples live. Its focus is on prevention and keeping people healthier for longer. The Department of Health is the lead Department.

The vision and goals of the Healthy Ireland Framework are listed below:

VISION

A Healthy Ireland, where everyone can enjoy physical and mental health and wellbeing to their full potential, where wellbeing is valued and supported at every level of society and is everyone’s responsibility.



GOALS

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

Reduce health inequalities

Protect the public from threats to health and wellbeing

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

(See www.healthyireland.ie for further information)

The Healthy Ireland structures ensure all sectors of society are given opportunities to participate. They include a Cross-Sectoral Group representing Government Departments and State agencies. There is also a multi-stakeholder Healthy Ireland Council. Healthy Ireland is guided by a set of principles including partnership working. It has a strong evidence base and the annual Healthy Ireland survey reports provide regular information for direction setting across the Framework.

The Healthy Ireland Framework is a very broad framework for improved health and wellbeing up to 2025. A range of national plans and guidelines sit under this National Framework, providing more detailed direction. Listed below are the key guidance documents applicable to the Healthy Carlow County Plan.

AREA	HEALTHY IRELAND NATIONAL POLICY OR GUIDANCE
1. Physical activity	<ul style="list-style-type: none"> • Get Ireland Active – National Physical Activity Plan • Get Ireland Walking – Strategy and Action Plan (2020-2017)
2. Mental health	<ul style="list-style-type: none"> • Healthy Ireland includes mental health and links to current national mental health promotion campaigns including: Yourmentalhealth.ie Littlethingshub.ie • Connecting for life, Ireland's national strategy to prevent suicide 2015-2020
3. Healthy weight & healthy eating	<ul style="list-style-type: none"> • A Healthy Weight for Ireland – Obesity and Policy Action • Healthy Food for Life – the Healthy Eating Guideline and Food Pyramid
4. Sexual health	<ul style="list-style-type: none"> • National Sexual Health Strategy (2015 – 2020)
5. Tobacco free	<ul style="list-style-type: none"> • Tobacco Free Ireland (TFI) October 2013 • Tobacco Free Action Plans
6. Alcohol and drug related harm	<ul style="list-style-type: none"> • Reducing Harm, Supporting Recovery: A health-led response to drug and alcohol use in Ireland 2017-2025 • National Substance Misuse Strategy, Steering Group Report

There are a range of multi-agency and single agency national guidance documents for other areas within the Healthy Ireland Framework, for example:

- **Healthy Workplaces: Workplace health programmes on a range of issues including chronic disease, support for mental health etc.**
- **HSE National Men's Health Action Plan, 'Healthy Ireland Men 2017-2021'**

However, these are not core documents for the six priority areas for this plan.



1.2 County Carlow Local Economic and Community Plan 2016-2021

The County Carlow Local Economic and Community Plan (LECP) was developed by the multi-sectoral Carlow Local Community Development Committee (LCDC) which was set up to develop, co-ordinate, implement and manage a coherent and integrated approach to local and community development in the county. It is involved in setting priorities for Carlow with the overall aim of improving the community and economy of Carlow.

The following strategic high-level goals are included in the Plan:

- Build thriving resilient, sustainable and inclusive communities
- Strengthen and promote a thriving and sustainable enterprise culture in County Carlow
- Ensure access to education and skills for all members of the community
- Optimise the tourism product and message
- Provide the required infrastructure for the County
- Maximise external investment into Carlow

All the goals have some impact on the health and well-being, however under goals 1, 3 and 5 the following strategic objectives are more directly relevant:

- To enhance community well-being health and safety
- To deliver integrated and sustainable community services to address social exclusion and poverty
- To sustain, nurture and promote arts, culture and heritage
- Revitalisation of rural towns and villages through investment in people, communities and in the natural, heritage and physical environment
- Community education: empowerment & well-being
- The development of sustainable rural tourism as an economic driver and stimulus for job creation throughout County Carlow

These objectives and their associated actions support a whole-county, cross-sectoral approach to promoting health and well-being in the County.

The LECP plan specifically recognises wellbeing as one of the strengths in the County and in this regard, commits to "... promote synergy, collaboration, engagement, support and leadership by working with stakeholders to enhance the wellbeing of communities ..."

The LECP also highlights the need to support local communities to enhance their quality-of-life and wellbeing, tackle poverty and social exclusion. This includes the provision of community infrastructure and facilities and investment in physical regeneration and environmental improvements.

The LCDC is key to understanding local needs along with identifying assets and networks unique to Carlow. The LCDC and its participating agencies have the task to lead on the plan, but also responsibility for its implementation.

Just as the HI National Framework and plans work in harmony with other National Strategies and plans the Healthy Carlow Plan works in harmony and supports a range of relevant county plans and structures. The Carlow HI Plan highlights and in some cases, brings together strategies and actions in a range of plans. The key interagency plans relevant to the Healthy Carlow plan are listed below with more detail on relevant County plans in Section 4.

- **Carlow Children and Young Peoples Services Committee Strategic Plan**
- **Carlow County Development Plan 2015-2021**
- **Carlow Traveller Interagency Plan**
- **County Carlow Social Inclusion Community Activation Programme (SICAP)**

- **County Carlow Local Sports Strategic Partnership Plan 2013-2018**
- **Carlow Integration Plan**
- **Carlow Connecting for Life Plan**
- **South East Regional Drug and Alcohol Task Force Plan**
- **South East Traveller Health Unit Strategic Plan**
- **Carlow Age Friendly County Strategy**
- **LGBTI Voices in Carlow Research Report**



1.3 Plan Development Process

LCDCs across the country were invited to apply for HI funding to develop a Healthy Ireland County Plan. Carlow LCDC was successful in this application and initially set-up a multi-agency, multi-sectoral sub-group to ensure a range of relevant agencies were involved in the development of this plan. The sub-group was chaired by the chairperson of the LCDC. The group was comprised of representatives from:

- Carlow County Council
- County Carlow Local Sports Partnership
- Health Services Executive
- Groups and organisations with responsibility for and an insight into the needs of children and young people: Children and Young People's Services Committee (CYPSC), Carlow Regional Youth Service (CRYS)
- Carlow County Development Partnership (CCDP) as an organisation with insight into the needs of the most disadvantaged in the county
- The Library Service
- Carlow PPN Secretariat

(Please refer to Appendix 1 for a full listing of all sub-group participants.)

The 1st stage of the planning work involved a review of materials relevant to development of the plan and consultations with stakeholders.

A socio demographic profile for the county was developed. The relevant plans (along with their consultation outcomes) were reviewed to understand the range of objectives and actions relevant to HI and to identify gaps and areas for potential increased collaboration.

Recent consultations undertaken in Carlow were reviewed for relevance to HI priorities, for example Carlow PPN Strategic Plan, County Carlow Children & Young Peoples Services Strategy, Carlow Age Friendly Strategy, Carlow Connecting for Life Consultation, Carlow LGBTI Voices and Rethink your Space Tullow Rd Consultation.

Agency consultation included the agencies involved in the sub-group along with Carlow Gardai, Forward Steps Family Resource Centre Tullow, Bagenalstown Family Resource Centre, St Catherine's Community Services Centre, Irish Wheelchair Association and PPN.

The outcomes from the review of consultation materials and agency consultation are in Section 4

To supplement the agency and organisation consultations three community focus groups were held and a community/volunteer survey was conducted. Consultations had to be cancelled and rescheduled due to the severe weather conditions, the Tullow consultation was unable to be re-scheduled. The outcomes from these are in Section 5.

2: PROFILE OF COUNTY CARLOW

This section presents a demographic profile of County Carlow, covering population, age profile, education, housing, affluence and disadvantage, ethnicity, single parent families, labour market, public transport, general health profile, disability and suicide and self-harm.

2.1 Population

County Carlow is advantageously located in the South-East Region with a strong relationship to Dublin, the Midlands and the South Leinster region. There are two institutions of higher education, IT Carlow and Carlow College, and the National Crops Biotechnology Research Centre at Teargas Oak Park. The county has substantial infrastructural developments and positive proximity to the major transport hubs.

The population of County Carlow was 56,932 in Census 2016, showing a 4.25% (54,612) increase over 2011. There was equal gender balance across the population in 2016, with 28,465 males and 28,467 females.

In 2016, the population density of 63.5 people per square kilometre was below the national level of 70.0, thus indicating a relatively high level of population dispersal in the county, locally giving rise to the issues of social inclusion and rural isolation. High population growth between 2011 and 2016 has been experienced in Tullow Urban (+17% to 3,970), and Carlow Urban/Rural (+15% to 4,500).



**Co. Carlow Population
2011 - 2016**

+4%

**State Population
2011 - 2016**

+3.3%

43%

**of city & county
population live
in Carlow City
and Suburbs**

2.2 Age Profile

In Census 2016, Carlow returned 44% of the population as being aged between 15-44 years, 65% of the population as being aged between 15-64 years (working population), while the proportion of people aged 65 years and older was 12.9%, slightly lower than across either the South-East Region or the State as a whole.

Age dependency rates show a typical urban rural divide, with nine electoral divisions showing rates above 40%: Myshall, Rathanna, Rathornan, Cranemore, Marley, Ballymurphy, Kyle, Corries and Ballon.

YOUNG POPULATION



22%

**of Co. Carlow's population
is under 15 years of age**

21%

**of state population is
under 15 years of age**

2.3 Education

In 2016, a higher proportion of the total population of Carlow reported no formal or primary education, or having primary education only, compared to the State.

In terms of the DEIS programme, there are three primary schools listed in Primary Urban Band 2 (Askea Boys, Askea Girls Schools and Educate Together Carlow, and also two rural primary DEIS schools (Hacketstown and Garryhill. Carlow also has two post-primary DEIS schools (Carlow and Muine Bheag Vocational Schools).

In 2016 all but three of the electoral divisions in Carlow had over 20% with third-level education, with over 35% for six of the divisions.

IN 2016

9.7%



**of adult population
of Co. Carlow had
primary education
only compared to
8.9% in the state**

**HOUSEHOLDS 20,465
2016**

**7% Preschool families
9% Early school families
9% Pre-adolescent families
10% Adolescent families**

2.4 Housing

In 2016 the CSO Census of Population confirmed that there were 20,465 households comprised of 56,932 persons in Carlow.

Carlow experienced a continuing increase in the proportion of local authority housing from 8.9% in 2011 to 10.5% in 2016. In 2016, 5,971 persons (2,115 households) were living in local authority rented housing in Carlow. This exceeds the comparative figure for either the State or the South East Region. The highest rates are recorded in Tullow Urban, Carlow Urban/Rural, Muine Bheag Urban, Graigue Urban, Hacketstown, Carlow Rural and Rathvilly.

The Department of Housing, Planning and Local Government reported that in December 2017 there were 11 people who were homeless in Carlow during the week of 25th to 31st December 2017.

2.5 Affluence and Disadvantage

There were no electoral divisions in Carlow in 2016 that were classified as either Extremely Disadvantaged or Very Disadvantaged. A total of 3,869 persons were living in 2 divisions that were classified as Disadvantaged (Hacketstown, Muine Bheag Urban), with the remaining divisions being classified either as Marginally Below Average (18) or Marginally Above Average (15), with none being either Affluent or Very Affluent.

It is recognised that consideration of relative disadvantage at electoral division level might mask smaller pockets to be typically found in smaller localised estates or community clusters. Small Area Populations analysis shows such pockets in Carlow Urban (2), Carlow Rural and Hacketstown, categorised as 'very disadvantaged'. There were also disadvantaged clusters in Muine Bheag (6), Tullow Urban (7), Graigue Urban (5), Carlow Urban (7) and Rural (8), Borris, Tinnahinch, Rathvilly (2), Ballon, Myshall and Cloghrennan.

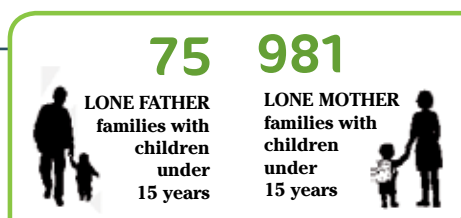
2.6 Ethnicity

The 2016 Census revealed that there were 5,932 foreign nationals in Carlow, making up 11% of the county's population. The largest ethnic group comprises members of the Polish community (2,278) who have mainly settled in the principal urban centres (Carlow, Tullow and Bagenalstown (Muine Bheag)) and their immediate hinterlands. There are 239 Lithuanian nationals in the county, with 126 living rurally.

The highest concentration of members of the Traveller community in the county is found in the north, stretching from Carlow Town to Tullow.

2.7 Single Parent Families

There were 2,233 single parent family households in Carlow in 2016. Of these, 86.2% comprised of lone mothers, and 13.8% of lone fathers. Single parent families made up 25% of all households.



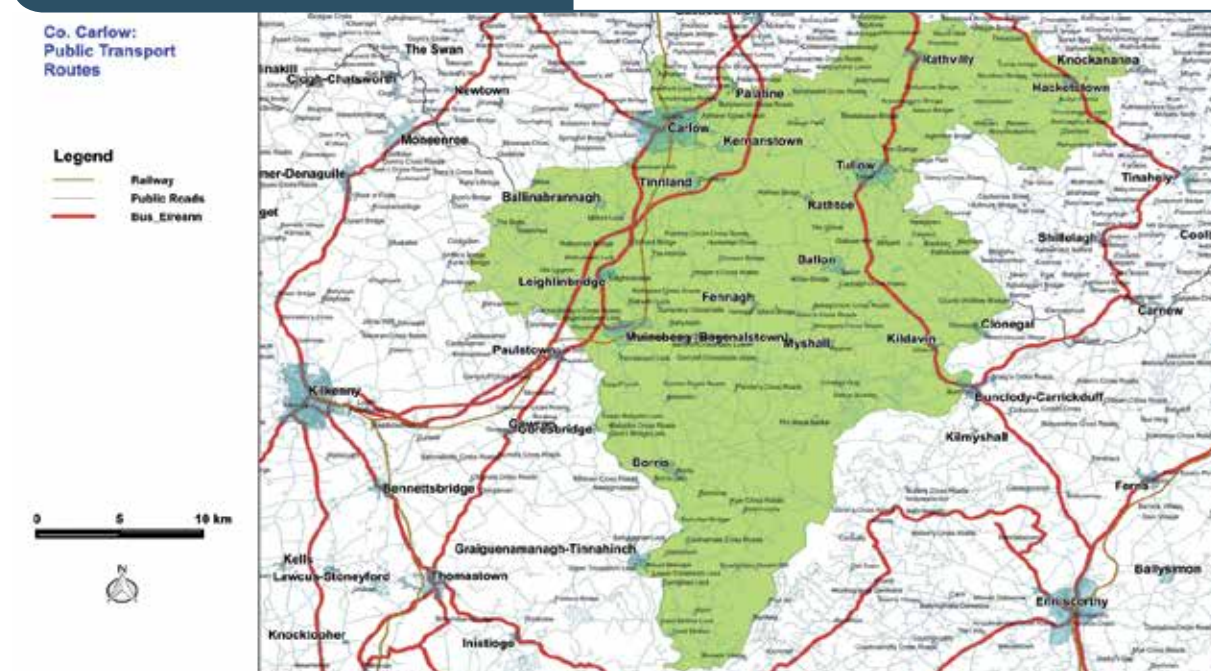
2.8 Labour Market

The 2016 Census revealed a relatively lower percentage of the population at work in Carlow (49.6%) compared to either the South East Region (50.5%) or the State (53.4%). Carlow had a rate of unemployment that was some 2% above the State, together with a 1.35% higher rate of the population aged 15 and over who were unable to work due to permanent sickness or disability.

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2.9 Public Transport



2.10 General Health Profile

The following are the key facts from HSE County Carlow Health Profile 2015:

- Carlow has above average birth rates per 1,000 for all ages of 17.3, and above average rate for those aged under 20 years of 21.0, compared to national rates of 15.8 and 12.3, respectively.
- For males, all invasive cancers, malignant melanoma, prostate and lung cancers are higher than the national average.
- Females have higher than the national average of lung cancer but below national average for malignant melanomas and colorectal cancers.
- Deaths for all ages for cancer and respiratory disease and all deaths are higher than the national average.
- Suicide rate of 13.8 per 100,000 is higher than the national rate of 11.3.

The CSO Census of Population 2016 provides an assessment of the general health of the population. Self-recorded health assessments for Carlow were recorded as 58.05% very good, 28.33% good, 8.76% fair, 1.39% bad, and 0.25% very bad (with 3.21% unstated).

2.11 Disability

The number of people with a disability in Carlow had increased by 755 between 2011 and 2016 and stood at 8,237 in April 2016, accounting for 14.5% of the population. Of this figure there are 3,430 people in Carlow who are living with a condition that substantially limits one or more basic physical activities.

The 2016 Annual Report of the Health Research Board - National Intellectual Disability Database (NIDD) Committee – provides a national record of the number of people registered on the NIDD with an intellectual disability. Carlow has 417 registrations out of a total population of 54,612, thereby giving a prevalence rate of 0.76%. According to the Central Statistics Office (CSO) 2016, there are a total of 854 people in Carlow with an intellectual disability.

In 2016, the Health Research Board (HRB) reported that there were 438 individuals registered in the HSE Community Healthcare Organisation (CHO) Area 5 region (South Tipperary, Carlow, Kilkenny, Waterford and Wexford) with a physical or sensory disability.

**Persons with a
Disability 2016**



4,143



2.12 Suicide and Self Harm

There were 26 recorded suicides in Carlow in the period 2014-2016, with 11 of these occurring in 2016. According to the National Office for Suicide Prevention (NOSP)'s 2015 Annual Report, Carlow has one of the highest rates of suicide in the country. In 2014 the greatest decrease in the Carlow suicide rate occurred among men aged 55-64, while the greatest increase was among men aged 15-24.

According to the National Self Harm Registry (NSHRI), Carlow has one of the highest rates of self-harm for women. The overall rate in 2015 was 7% higher than in 2007, with peak rate being for 15-19-year-old females and 20-24-year-old males. Within Carlow/Kilkenny, 72% presented with a drug overdose, 41% with alcohol misuse, and 23% with self-harm by cutting.

The information in this section Profile of County Carlow was used in developing the priority areas and key objectives.

3: WORKING TOGETHER: HEALTHY CARLOW

This section identifies the national and local policies and plans relevant to each of the six key priority areas in the Healthy Carlow County Plan. Collating and reviewing the plans reduces duplication, supports linkages across the plans, identifies gaps and maximises the use of public spending. It also ensures that current networks in Carlow are utilised. Many of the themes overlap, for example physical activity overlaps with Healthy Weight and Mental Health.

- Physical Health
- Mental Health
- Nutrition and Healthy Eating
- Sexual Health
- Tobacco Free Carlow (5 and 6 are combined as there is substantial overlap in plans)
- Substance Misuse: Alcohol and Drugs

Along with the six aligned priorities, there are four additional priority areas:

- Communications
- Reaching Out and Engaging Vulnerable Groups
- Supporting inter-agency and intersectoral working for Healthy Carlow
- Creating positive environment for Healthy Carlow

3.1 Physical Health

The National Physical Activity Plan has actions relating to promotion, environment, partnership and life cycle programming. It also has themes on research and monitoring.

At the county level **County Carlow Local Sports Partnership** is key to increasing physical activity in the county and to supporting and creating plans for long term sport development.

This section looks at the following aspects of physical health:

(a) PHYSICAL ENVIRONMENT

Physical environment refers to the places in Carlow where people live, work and play, and healthy environments can improve lives and provide the motivation for people to stay active. **The Carlow County Development Plan 2015-2021** is key in this area outlining for example, provision of cycling and walking routes, green (open) space and transport.

Carlow County Council has availed of the Outdoor Recreational Infrastructure Scheme funding to enhance walking trails.

Carlow County Council supports community gardens and allotments through the Amenity/Environmental Grants and Local Agenda 21 Environmental Partnership Fund, the latter is match funded by the Department of Communications, Climate Action and Environment.

(b) ACTIVE TRAVEL

The National Cycle Policy Framework goal of increasing bicycle use to 10% by 2020 and the Smarter Travel national policy of reducing car use to 45% are noted within the Carlow County Development Plan.

Broadly the plan highlights the impact between healthy lifestyles and environmental sustainability. Cycling and Walking route development is fully integrated into the plan. It notes the benefits including 'reduction of stress on the environment from mechanised transport, reduced traffic congestion and pollution' (2015: P120).

A dedicated 35km route from Carlow to Kilkenny forms part of the National Cycle Network. Over 100km of towpath on the River Barrow is linked to river recreation activities in terms of realising the potential of the Barrow Corridor.

Walking/hiking and mountain biking in rural locations such as the Blackstairs Mountains and the Barrow and Slaney river areas, as well as three of Ireland's key walking routes – the South Leinster, the Barrow and the Wicklow Ways (2015: pp 40-41). Other notable facilities include the Borris Viaduct, Cloghrennan Loop and Oak Park Forest amenity. Rural tourism plans include actions to grow the walking and outdoor tourism offering.



The Smarter Travel initiative includes a Walking and Cycling Strategy for Carlow Town and Graiguecullen Village. This forms an element of the Carlow Active Travel Towns Programme.

Both the National Physical Activity Plan and the Irish Sports Monitor cite facilities and amenities and availability and accessibility of cycle and walking trails and sporting infrastructure as vital to create active lifestyles. This would indicate the need to conduct an audit of outdoor and indoor recreational and sports facilities in the County to inform future planning and prioritise investment.

(c) OPEN (GREEN SPACE)

The Recreation Policy 8.10 links open spaces (playing fields, parks, gardens and informal open space) to the health and quality-of-life of citizens (2015: P193).

There is provision for 'open space' requirements in public and private spaces and new residential development, 'The Council will endeavour to make a provision for a hierarchy of parks, open spaces and outdoor recreation areas'.

A key action in the plan relates to a 'survey of green links, footpaths, cycle ways and assessing potential new rights of way' (2015: P204).

(d) TRANSPORT

Accessibility is referenced in universal terms in the Carlow County Development Plan and also in direct relation to disability and mobility impairment. In its broader meaning it is linked in the plan to education opportunities and to integrated neighbourhoods and, in Transport Policy 6 there is provision in terms of large-scale development for requiring a Mobility Management Plan, providing a useful model in terms of assessing existing sites and facilities.

Specific provision in terms of disability and mobility impairment is contained in transport policy 15: 'develop networks inclusive of facilities including tourism and recreation facilities'.

The Rural Transport Network (RTN) is the representative body of the 17 Transport Co-Ordination Unit, CLASP Sligo (Community of Lough Arrow Social Project) and Comharchumann Chléire Teo – Cape Clear Islands Bus Service. These companies deliver a broad range of transport services under the Rural Transport Programme (RTP) on behalf of the Department of Transport, Tourism and Sport under the national brand – Local Link.

In 2012 responsibility of the programme was transferred to the National Transport Authority (NTA) and Local Link offices now operate services across the country. Local Link plays a vital role in delivering services in local areas, particularly in some of the most remote rural areas, providing a lifeline for many in terms of social inclusion and connectivity and are a key contributor to rural economic and social wellbeing. In Carlow Ring-a-Link is the Local Link provider.

(e) COUNTY CARLOW LOCAL SPORTS PARTNERSHIP

County Carlow Local Sports Partnership (LSP) implements a wide range of actions with the aim of increasing participation rates in the local community. These actions are grouped within four outcome areas:

1. Working to increase participation levels, especially amongst specific target groups and collaborating with national governing bodies of sport, organisations, private facilities, schools, sports clubs and community groups to develop programmes to address barriers to participation;
2. Building sustainable local sporting infrastructure through support for NGBs, clubs, coaches and volunteers and supporting partnerships between local sports clubs, community based organisations and sector agencies;
3. Creating greater opportunities for access to training and education and developing the capacity of sports leaders in relation to sports and physical through quality training;
4. Providing a central information point about sport and physical activity to create awareness and access. Promoting the benefits of sport and the positive impact sport can have on obesity, social inclusion and mental health.

A key focus for the LSP is that there is a sustainable level of development within the local sports infrastructure. The LSP works with clubs, schools and community groups to ensure that structures are in place to enable participation for all community members in a wide range of sport or physical activity options. This sustainable environment is facilitated through supporting volunteers and coaches in opportunities to enhance their skills and improve the quality of sports participation in their communities. The LSP plays a key role in advising clubs in the areas of planning, evaluation and in the development of governance standards and policies. This work helps clubs to attract and retain members.

Action Area 6 of Healthy Ireland's National Physical Activity Plan focuses on 'Sport and Physical Activity in the Community'. Community based physical activity initiatives not only increase participation in physical activity but they also provide social benefits as they harness community resources and encourage people to engage with their neighbours. The LSP plays an important role in the delivery of programmes in the local community targeting sedentary populations. Through the LSP participation in sport and physical activity is supported with the development of dynamic and exciting opportunities, and with a particular focus on low participation groups including: people with a disability, older adults, women & girls, and disadvantaged communities.

Among adults, individuals with disabilities are less likely to participate in sport and physical activity than those without a disability. The 2017 Irish Sports Monitor (ISM) reports that 29.5% of adults with disabilities participated in sport compared with 46.6% of those without a disability.

Action 49 of Healthy Ireland's National Physical Activity Plan provides an opportunity to 'Extend existing and developing programmes for physical activity for people with disabilities and their families to enhance and deliver a comprehensive health and wellbeing programme'. The LSP plays an important role in providing opportunities at a local level for people with disabilities to be physically active.

In November 2017, Sport Ireland launched the 'Sport Ireland Policy on Participation in Sport by People with Disabilities'. The aim of this document is to provide a clear policy context for the promotion of sport for people with disabilities and a basis for an enhanced and concentrated approach with key local partners. Currently every Local Sports Partnership throughout Ireland has a remit to assist with and support developments for the inclusion of people with a disability in sport and physical activity in their county.

Families are an emerging target group as reflected in the Irish Sports Monitor which states that to encourage lifelong positive attitudes and healthy habits we should focus on families to impact behaviour change.

Community Sports Hubs are cited in the National Physical Activity Plan as an effective mechanism to increase participation in physical activity.

(f) PHYSICAL ACTIVITY: CHILDREN AND YOUNG PEOPLE

Physical activity and sport have important roles in the lives of children and young people. Being active is crucial for healthy growth and has numerous benefits for the development of children and young people. The National Guidelines for Physical Activity in Ireland state that children and young people should be active for at least 60 minutes every day.

A target of Healthy Ireland's National Physical Activity Plan is to increase the proportion of children undertaking at least 60 minutes of physical activity every day. Action Area 2 of the National Physical Activity Plan highlights the proposed actions to increase physical activity in children and young people. The National Physical Activity Plan recognises the importance of a multi-sectoral approach in increasing physical activity levels in young people and states that opportunities for children should be provided through family, school and the community. The LSP supports the infrastructure for sport, assisting with club development and upskilling coaches and teachers, with the aim of increasing the number of opportunities for young people to participate. The LSP also coordinates programmes in partnership with schools, clubs, community groups and local agencies to the participation levels of young people and to provide more recreational and non-competitive opportunities to participate. The LSP also works with the County Council and local development groups to develop cycling and walking trails and coordinates events with key partners in public amenities to provide families and young people an opportunity to be active together.

Carlow Regional Youth Services (CRYS) has a full-time Sports Development Worker whose role is to encourage more young people from disadvantaged areas to participate in sport and physical activity. Some of the targeted programmes on offer include Get Going, Get Rowing, Fit for Life for Teens, Tag Rugby, initiatives focused on well-being and resilience, adventure sports and specific actions targeting young women.

Carlow Local Sports Partnership also collaborates with Carlow Regional Youth Service in multi-activity experiences: water sports, cycling, inclusive activity camps and a family outdoors programme. Working with the CRYS, expands the capacity of the LSP to engage young people from disadvantaged areas.

However, the Carlow CYPSC plan indicates a lack of sporting, leisure and employment opportunities for children and young people with disability and additional needs and those living in rural communities are further disadvantaged by poor transport infrastructure.

3.2 Mental Health

A Vision for Change (2006) is the national mental health strategy. **Connecting for Life**, is the National Suicide Prevention Strategy (2015-2020) and of relevance more recently is the **National Youth Mental Health Task Force Report** (2017). Although not specific to Healthy Ireland, they identify the need for mental health supports and promotion. HI links to current national mental health promotion campaigns including: Yourmentalhealth.ie Littlethingshub.ie

The relevant Carlow LECP Action 1.4.1 is to 'develop Suicide Prevention and Mental Health Strategy for County Carlow'. Carlow has a higher than average rate of death by suicide. Connecting for Life Carlow – Suicide Prevention Action Plan 2017-2020 is in place.

Carlow's plan for mental health services is primarily the **HSE Mental Health Services plan**. It notes a range of relevant issues including identifying LGBTI as a social inclusion priority with particular emphasis on trans people and concerns in regard to mental health and suicide prevention. Mental health including mental health promotion is prioritised within a range of plans including the **South East Traveller Health Unit Strategic Plan**.

Mental Health Ireland (association of voluntary bodies) Strategic Plan 2015-17 highlights:

- Maximising the Value of Mental Health Promotion;
- Supporting Recovery; and
- Developing relationships with external partners.

Carlow CYPSC includes mental health as part of its actions under Outcome 1: Active and Healthy - Physical and Mental Health and Wellbeing. This provides for an overview of the services available to children and young people. The analysis in the plan indicates serious gaps in services for children and young people in the area of mental health services and in information for parents on how to access services. Guidelines for referrals to Child & Youth Mental Health Services will be made available in poster form. This is for those who refer to the mental health services (GPs, nurses, pharmacists, schools, youth services, social work etc.) to explain access and clarify pathways.

Carlow Mental Health Association (a Voluntary Group) run a number of successful events and initiatives including Mensana Fest (Carlow's Mental Health Festival) and HELLO Carlow. The Association works with local agencies including Carlow Public Libraries (including Mind Matters and Bibliotherapy) delivered through local libraries in Carlow Town, Tullow, Muinebheag and Borris.

A range of supportive programmes and initiatives in the County for example:

Mens' Sheds - provides a safe, friendly and inclusive environment for men in Carlow Town, Tullow and Leighlinbridge.

For young people, **Carlow Regional Youth Services** provides a number of services including one to one support through the YARC Project and counselling supports through the Follaine Youth Counselling Service. CRYs also promotes well-being and resilience with the FRIENDS Resilience Programme.

Talk It Over provided by Carlow Suicide Bereavement Group is available to support those who are bereaved.

SafeTALK Carlow The Regional Suicide Resource Office provides a number of training programmes including ASIST (Applied Suicide Intervention Skills Training), SafeTALK 'suicide alertness for everyone and Understanding Self Harm Awareness in Carlow.

There is considerable potential for mutual support between Mental Health and other HI themes, Physical Activity, Healthy Weight, Sexual Health and Prevention and Reduction of Alcohol and substance misuse.

3.3 Nutrition and Healthy Eating

The national strategy is **A Healthy Weight for Ireland: Obesity Policy and Action Plan 2016-2025**.

The HSE Health Promotion service (Healthy Weight) in the area includes:

- Standardised model of care for management of adult obesity in primary care
- Standardised model of care for management of paediatric obesity in primary care
- Community nutrition and cookery programmes Cook it! (this year via the LCD/C/Healthy Ireland fund for community, but also for the education setting and within the health service for staff to use as part of their work and for staff health and wellbeing)
- Whole school food policy training
- Infant nutrition training to all public health nurses and community medical doctors
- Breastfeeding support and support for infant feeding clinics to public health nurses
- Eat for health workshops for HSE staff/staff health and wellbeing initiative
- Preschool menu support
- Nutrition support for older people / nutrition screening, menu analysis, staff training, policy development

The current HSE plans include provision for supporting delivery of a community-based cooking programme and providing Cook It! training for teachers, health professionals and community workers.

The South East Traveller Health Unit Strategic Plan has also prioritised healthy eating, cooking along with exercise and general well-being.

Key local actions include: Healthy Weight Promotion, Local Community Grow-It-Yourself Initiatives, and Healthy Weight Services.

Carlow actively engages in **Healthy Weight Promotion** at every stage of the life cycle. In Primary Schools there is active participation in Agri Aware's Incredible Edibles Programme. The focus of this programme is to educate pupils on the healthy qualities of foods native to Ireland and how to grow them. Many schools have developed school gardens as part of the initiative.

At secondary school level, healthy weight promotion is woven into the SPHE curriculum. Further to this there are 26 schools with **Green Flag status** in Carlow. To achieve Green Flag status schools must work on themes such as waste and litter, energy and water. Compliance with new nutritional standards for school lunches furthers Healthy Weight Promotion within post-primary schools in the county.

The GAA's Healthy Club project proposes GAA club hubs for health, capable of supporting members' and communities' physical, emotional and social wellbeing. Within this strategy there is a Healthy Eating policy, with a link to RTE's Operation Transformation programme. The Healthy Clubs project includes the Mount Leinster GAA club.

Healthy Streets is a pilot programme developed under HI Strand 1 by CYPSC. This is a 10-12 week comprehensive healthy nutrition and lifestyles programme for targeted families operated through Tullow and Bagenalstown FRCs and a Community Services Centre in Carlow town.

- Families in disadvantaged areas who need support to develop a healthier lifestyle are identified
- A health facilitator, cooking/nutrition instructor and sports coaches engaged to provide the activities for all the family
- Researcher engaged to check and report on the progress and outcomes of the programme

Grow-it-Yourself Initiatives have been prioritised in Carlow as a means of getting members of the community, across all generations, working together in the provision of local, sustainable foods. The benefits of these projects are multi-faceted and tie in with other Healthy Ireland Themes such as Physical Activity and Mental Health.

An Gairdín Beo, The Plots Community Garden and Allotments Project in Carlow Town, are seen as hugely successful projects run by community groups.

Gleann na Bearu Community Garden (Bagenalstown) has been successful in engaging members of the community across generations and at different levels of gardening knowledge.



Other community garden/ allotment schemes in Carlow include: -

- Leighlinbridge Community Garden;
- Ballon Community Garden;
- Borris Community Garden



3.4 Sexual Health

This section covers the sexual health plans and initiatives relevant to Healthy Ireland. Most of the plans and strategies for improving Sexual Health in the County are focussed on local implementation of national strategies. The overarching strategy is the National Sexual Health Strategy (2015-2020).

At the local level, Carlow, Children and Young Peoples Services Committee Strategic Plan (2017-2019) uses the five national outcomes to frame its plan, in Outcome 3: Safe and Protected from Harm and Outcome 1: Active and Healthy: Physical and Mental Wellbeing are both relevant. The LGBT South East Regional Strategy has themes relating to education, health and safety and diverse and inclusive communities.

(a) PRE-SCHOOL AND PRIMARY

The focus is on protection at the earliest ages, and services are provided by **Tusla** including services by the **Child and Family Networks**. For children and young people at primary school level and above, there are strategies for fostering positive, respectful approaches to personal relationships and sexual health.

(b) POST PRIMARY AND ADULTS

Carlow and South Leinster Rape Crisis Centre are active in facilitating the KAS (Knowledge, Awareness, Safety) Secondary School Education Programme in schools. They also provide outreach services in Bagenalstown, and Tullow.

Services for young adults promote and encourage risk protection in relation to the links between sexual health and risky drinking behaviour. Free STI testing and advice on sexual health is available at the District Hospital by appointment. IT Carlow provided a 2015 pilot HIV and STI testing pilot project during 2015 SHAG Week.

Broader support services for children and young people in County Carlow are provided through the Carlow Regional Youth Services Youth at Risk project, Folláine Counselling Service, and Carlow and South Leinster Rape Crisis Centre.

Action on HIV/AIDS for the improvement of its prevention were identified in the Rainbow Report.

(c) LGBTI SPECIFIC

The Regional LGBTI Steering Group's Action Plan is based on the Rainbow Report Recommendations. The relevant aims include:

- To initiate the development of health programmes by taking steps to engage with the LGBTI community and target their specific needs.
- To improve the health outcomes for the LGBTI members of the regional community.

A research report into the needs and capacity of the LGBTI population of County Carlow (J. Hayley Fox-Roberts, May 2018) commissioned by Carlow County Development Partnership and funded through HI Strand 1 presented the following health related recommendations:

1. To provide access to sexual health services for the LGBTI+ Community in Carlow- To provide targeted, informed sexual health screening and information in Carlow town; to outreach sexual health information and screening throughout county and to source accessible location for Man2Man rapid screening service
2. To increase access to transgender supports - To advocate for increases availability of endocrinology services in the country; to roll out Transgender Awareness training for Primary Care health workers; to increase availability of low-cost counselling support and to provide information in public services which addresses anti-Trans mythologies
3. Elder Care - That an agency collaboration (HSE, Age & Opportunity, elder care providers) assess needs and provide training to ensure affirmative LGBTI elder care

Specific work in relation to LGBTI also includes the following Training Options:

- LGBT Health Awareness Training ½ Day (LGBTI funded workers in both CCRC, FDYS mentored by H.P. Sexual Health)
- Transgender Health Awareness Training ½ Day (TENI as Facilitators)

Training actions are in line with the RAINBOW REPORT - LGBTI Health Needs and Experiences and Health Sector Responses and Practices in the HSE South East Region

A cohesive plan for the long-term development of supports for LGBT people in the South- East region can be found in the LGBT South East Regional Strategy Group's 'Building Strong and Inclusive Communities' (Smyth B., LGBT Diversity, Waterford, 2012).

Carlow Regional Youth Services provides dedicated supports for LGBTI+ Young People. The **MUI Group** (My Unique Individuality) is a Support Group for LGBTI+ Young People and their Allies. It provides a safe, fun environment for LGBTI+ young people and their friends where they can meet new people, develop their social and personal skills through a youth work approach and make a difference in their community. The Youth Worker who facilitates the group also provides information and advice for parents. M.U.I. is part of the Belong To National Network.

3.5 Tobacco Free/Alcohol and Drug Related Harm

This section combines information on Tobacco and Alcohol and Drug related plans and activities (priorities 5 and 6 in the Carlow HI plan) as there is substantial overlap in the activities relating to these areas. Relevant National Strategies are listed in Section 1 and the local strategy and structure is the South East Regional Drug and Alcohol Task Force.

(a) INFORMATION AND EDUCATION

Currently within the county, there are a number of initiatives providing information, intervention and prevention assistance with regard to tobacco cessation and alcohol-related harm.

Measures to intervene in the prevalence of tobacco use in the county are largely HSE led. These include the QUIT campaign, the national tobacco cessation campaign and QUIT line, an integrated communications service via social media to aid with the cessation of smoking at an individual level.

Ask About Alcohol is the prevalent national aware campaign supported at county level through the Carlow based HSE Drugs and Alcohol Helpline.

(b) ALCOHOL AND DRUG RELATED

The relevant Local Economic Community Plan action is 'to implement the South East Regional Drugs and Alcohol Task Force (SERDATF) strategy and action plan'.

In term of Alcohol reduction, the South East Region strategy proposes a combination of education and support programmes with a prevention focused and particularly aimed at young people at risk. Other actions relate to post-treatment re-integration (including the Sober House Model), dual diagnosis service linking mental health and addiction issues.

Many substance misuse initiatives at county level are focused through local implementation of national strategies.

In relation to interventions in Carlow town the HSE Ardú Substance Misuse Service, the Alcohol & Drug Counselling Service are both located at St. Dymphna's Hospital. The town also has Drugs Outreach Worker.

Carlow Regional Youth Services has a community based drugs project, County Carlow Drugs Initiative which supports individuals, groups and families affected by substance misuse and facilitates communities to play a proactive role in the development of appropriate preventative responses to substance misuse in their communities.

A number of family support programmes e.g. You Are Not Alone and DrugWiser operate in Carlow. The National Council of Ireland's community-based Strengthening Families programme focuses on parenting skills, children's life skills and family life skills as a means of tackling substance abuse). Based in Bagenalstown Family Resource Centre.

There are 7 weekly meetings in 4 Alcoholics Anonymous groups, two in Carlow Town and one each in Tullow and Bagenalstown in the county. Carlow Healthy Streets project also tackles substance abuse.

(c) TOBACCO FREE ZONES

Action on smoking is evidenced at Council level in partnership with ASH Ireland in the designation 'Tobacco-Free Zone' signs in all playgrounds in Council control.

IT Carlow has prioritised the provision of a clear air environment for students and staff, leading to a campus-wide ban on smoking including via e-cigarettes, apart from 3 designated 'smoking shelters'. The HSE has committed to similar plans under the Quit banner within the tobacco control framework.

In relation to prevention County level preventative measures, as outlined in Department of Health's Tobacco Free Ireland Action Plan (2015), include the protection of children and de-normalization of tobacco use, the enforcement of bans on tobacco advertising, promotion and sponsorship as well as legislative compliance and regulation in the retail environment.

The secondary school-based cohorts are provided for through specific SPHE tobacco, alcohol and drug awareness training for teachers/staff and parents, along with the development of a substance use policy.

The GAA's Healthy Club project has a strategy where substance misuse is targeted, which includes encouraging all clubs to become smoke-free, which means no smoking on the entire club grounds. Mount Leinster Rangers in Borris have Healthy Club status.

Carlow Regional Youth Services working locally and with the Irish Cancer Society promote X-HALE targeted as continuous effort bring down the number of young people smoking

In relation to interventions Carlow Tobacco Cessation Support Service provides a weekly 3-hour drop-in clinic, with appointments available on request.

Carlow Counselling provide services for those looking to part ways with addiction, including tobacco.

3.6 Other Healthy Ireland Areas of Focus

A range of other topics and target groups are covered under the National HI Framework. These were not identified as target groups within the 2018-2020 HI county priorities. However, they are integrated into the 6 Health Carlow County priorities.

Examples of these areas are listed below under: Men's health, Chronic illness and self-management and Positive aging.



3.7 Men's Health

HI also has a focus Men's Health, HSE National Men's Health Action Plan, '**Healthy Ireland Men 2017-2021**'. Men's health is clearly prioritised across the six priority areas in this plan with a particular emphasis on men in rural and disadvantaged areas. The **Men's Sheds** are particularly noted in this regard. In County Carlow there are three Mens' Sheds currently operating Carlow town, Tullow and Leighlinbridge. www.mhfi.org/resources/men-s-health-symposium-2018.html

Farmers Have Hearts focuses on the delivery of health checks and follow-up health interventions to farmers in marts and co-ops. A research study is underway to measure the impact of this programme. This programme is delivered in partnership with the HSE and the National Centre for Men's Health IT Carlow, Glanbia and the Irish Heart Foundation.

3.8 Chronic Illness and Self-Management

There is a National Framework and Implementation Plan for Self-Management Support for Chronic Conditions: COPD, Asthma, Diabetes and Cardiovascular disease. This framework was an action from Healthy Ireland in the Health Services – National Implementation Plan 2015-2017.

It provides an overview of Self-Management Support and offers recommendations for implementation. In Dec 2017 a Self-Management Support Coordinator for chronic conditions was appointed to the South East. During 2018 current supports available to people with chronic conditions will be mapped. This will provide information for service planning, a local directory of services and assist with the development of a South East Self-Management Support local action plan.

Realising the vision that the South East will become a place where a person with a chronic condition is supported to live to their full potential will require real partnership between all sectors of the community and the health service alongside people with chronic disease.

3.9 Positive Aging

HI creates the foundations for the National Positive Aging Strategy 2013. While the Healthy Carlow County Strategy does not specifically target older people in works in harmony with the Carlow Age Friendly Strategy, 2017-2022 and recognises that (a) many of the priorities are highly relevant to older people in Carlow and (b) that Carlow has a higher than average population over 75 ie.7.6%, (in the South-East Region at 5.4% and the national average of 5.2%).

The Age Friendly Strategy supports people as they age to maintain, improve or manage their physical and mental health and well-being, Carlow Age Friendly Strategy 2017 – 2022 has undertaken to ensure that Carlow becomes a place that foster wellbeing and health for the older person and improves access to vital services that combats health inequality by working in partnership with local stakeholders.

The research for the Age Friendly Strategy indicated that:

75% of 55-69year olds and 72% of people aged 70+ in Carlow self-reported their health as good or very good, we also know that 25% of those 70+ have high blood pressure and 14% experience high cholesterol this compared to 51% and 37% nationally.

5.4% of people in Carlow over 55 smoke (national average 14%). Older smokers (65 and over) are the least likely to attempt to quit (just 37% have tried in the past year) despite being the most vulnerable to the harmful effects of smoking. (TILDA, 2013).

In the survey for the strategy 69% of the 55-69 age group did 150 minutes of exercise per week, and 49% of the over 70s group. 73% of older adults cared for another person and this was equal across both age groups.

Key issues emerging from the review of plans:

- Need for audit of facilities and amenities
- Collaboration and Interagency working: recognised as a priority in a range of plans, Traveller Health Unit, LECP, Sports Partnership etc
- Mental Health services, signposting, information, access seen as priority in range of plans, Traveller Health Unit
- Focus on families and parents is an emerging priority: Sports Partnership, Traveller Health Unit.
- Target Group Focus and recognition of the social determinants of health: Traveller Health Unit.
- Communicating information on services and supports is recognised in the CYPSC plan, the Carlow Age Friendly Strategy.
- People with a disability have fewer opportunities to participate in sport and physical activity and activity leaders need access to training to upskill in the area of inclusion.
- There is a gender gap in sports participation within women participating less than men. The importance of encouraging more women to participate in sport is highlighted further when the parental role of influence is taken into account.
- Social factors, (including age, ethnicity, income, education, working status, etc.), inhibit access to sport and physical activity. Individuals in lower socio-economic groups and those with low educational attainment less likely to participate in physical activity.
- Structured and strategic development of facilities and resources are important to encourage take-up and maintain involvement in physical activity and to maximise the use of natural and built infrastructure
- Children and young people need more opportunities to participate in non-competitive physical activity and outdoor sports. Children are dropping out of sport at younger ages.
- Walking, cycling, and swimming activity opportunities and infrastructure should be developed in line with the National Physical Activity Plan to support active lifestyles.

4: CONSULTATIONS & CONSULTATION OUTCOMES

This section outlines the key themes and issues from the targeted community consultation which took place following the review of agency plans and agency consultation. It is structured according to general consultation outcomes and additional priorities for Carlow.

The community consultation involved community focus groups and a survey. There were three community-based focussed groups in Carlow Town, Borris and Bagenalstown, attended mainly by people living in the immediate areas.

A Healthy Carlow Survey focusing on gaps and priorities for the Carlow plan was completed by volunteers and NGO and community groups representatives. It was distributed at the Carlow Volunteer Awards Ceremony, to gather the view of people working and volunteering in the community. Fifty questionnaires were completed.

4.1 Consultation Outcomes

A number of very broad health issues were raised, for example the need for a hospital and A&E for Carlow and the need for mental health services in the county. However, in relation to HI priorities, there was substantial overlap between the outcomes from the two methods with the positive feedback, challenges and priorities as follows:

PROGRAMMES AND INITIATIVES BENEFITTED FROM?

- Healthy Streets pilot project
- Local Sports Partnership programmes
- Carlow Community Games
- GAA Healthy Clubs
- Men's Sheds
- Community Gardens
- HELLO Carlow campaign
- Mensana Festival
- Carlow Mental Health Association
- Strengthening Families programme
- Tidy Towns Groups
- Carlow Regional Youth Services
- Hillwalking and river activities
- Food Dudes nutrition programme

WHAT IS WORKING WELL?

Older people are quite well organised in Carlow:

- Active Retirement activities
- use of the Carlow Volunteer Centre
- particular focus on Mental Health

LGBTI awareness and community

- including the Rainbow report for the South East region

The Community Organisations infrastructure

- works well in a small County
- Tusla structure is good at linking disparate child and family related groups and issues

Broader initiative that are good for our health:

- Town and village renewal via Tidy Towns,
- Music Generation activities,
- local drama and storytelling,
- CoderDojo at IT Carlow





BARRIERS, GAPS AND NEEDS

- Insufficient communication and promotional activity to let the community know about services and what is going on
- Not enough group activities for teenagers not interested in sport
- Need exercise module for those who can't motivate themselves
- Lack of public bike rental
- A purpose-built Seniors Centre
- Access to GPs can be difficult
- Need transport to hospital
- A plan to deal with the use of social media at primary school level, particularly the impact on Sexual Health?
- Some facilities under-utilised and under-developed
- Safety an issue
- Social Isolation
- Shortage of counselling and therapeutic services
- Binge Drinking
- Well-being website -directory
- Insufficient local awareness of obesity/eating disorders
- Need for central information point
- Lack of inclusive mindset
- Lack of universal access
- Transport is an issue
- Need for well-being hub
- More smoke free zones
- More alcohol free spaces

WHAT WOULD HELP TO CREATE HEALTHY CARLOW?

- For Mental Health: Regular positive Mental Health activities, trial different ones, a space for conversation between sufferers and mental health professionals
- For physical Health: Fitness buddy system, more outdoor exercise equipment, highlight the benefits of cycling/under 18 cycling club
- For Healthy Eating: Cooking skills demonstrations and classes, including for older people and primary schools
- For Tobacco free/substance misuse: Make all possible open spaces a smoke-free zone
- Information and Communication: A Healthy Carlow Director of Services, Local Information and Health Hubs
- Facilities/Venues: evening venues as alternative to pubs, space for teenagers to hang out, some sports facilities needed e.g. basketball
- Across the board: More organised activities for under-18s, events that involve the interaction of old and young, Getting IT Carlow students more involved in community projects,
- An artists' space, with joined-up thinking between Creative Ireland and Healthy Ireland

4.2 Identification of priorities

The consultation with the community and agencies along with review of relevant plans and activities also identified four additional priorities for the plan. These are:

PRIORITY 7

Communications and awareness raising - Communicating the Healthy Carlow message

Healthy Ireland is 'enhancing social connectedness across the life course, connecting people most in need to resources, services, education and healthcare'. At the local level the need to communicate within and across agencies and community the Healthy Ireland messages, initiatives and projects was identified as a priority.

PRIORITY 8

Engaging hard to reach groups at highest risk of health inequality

Healthy Carlow initiatives will prioritise vulnerable and target groups to ensure similar levels of access, and outcomes.

PRIORITY 9

Creating a Supportive Environment for Health

Creating an environment where every sector can play its part is one of the four core goals of Healthy Ireland. The collaborative environment in Carlow has been remarked on positively in the consultations and throughout the process of strategy development.

PRIORITY 10:

Support Inter-Agency working

The interagency and intersectoral collaboration fostered under the LCDC will be critical to the success of the Healthy Carlow County Plan.



5: THE HEALTHY CARLOW COUNTY PLAN

5.1 Vision

In line with the National Vision, the Vision for the Healthy Carlow County Plan is:

A county where everyone can enjoy physical and mental health and wellbeing to their full potential, where wellbeing is valued and supported at every level of society and is everyone's responsibility.

5.2 Goals

In line with the National Healthy Ireland Framework the broad overarching goals for Carlow are as follows:

GOAL 1:

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

GOAL 2:

Reduce health inequalities

GOAL 3:

Protect the public from threats to health and wellbeing;

GOAL 4:

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

5.3 Strategic Priorities for Healthy Carlow County Plan

The priorities are the result the analysis of the county profile, county health profile, agency and interagency plans and initiatives, agency and community consultation. Based on the guidance provided by Healthy Ireland the priorities are aligned to the six Healthy Ireland priorities for County based plans (1-6) following by local priorities identified.

- **Physical Health**
- **Mental Health**
- **Nutrition and Healthy Eating**
- **Sexual Health**
- **Tobacco Free Carlow**
- **Substance Misuse: Alcohol and Drugs**
- **Communication and Awareness Raising**
- **Engaging hard to reach groups at highest risk of health inequality**
- **Creating Supporting Environment for Health**
- **Support Inter-Agency working**



6: IMPLEMENTATION

6.1 Annual Plans

The sub-group will produce an annual Healthy Carlow County Implementation, identifying key priorities.

6.2 Resourcing

It is a strategic priority of the LCDC to continue to seeking funding from Healthy Ireland for a co-ordinator with sole responsibility for Healthy Carlow actions. The sub-groups, groups and agencies involved will continue to seek to maximise funding for Healthy Ireland projects.

6.3 Structure

The Healthy Ireland sub-group sits under the LCDC to support implementation, tracking and monitoring. The LCDC plan to extend the membership of the sub-group over the course of this plan.

6.4 Measuring Effectiveness

Over the life of the plan the sub-group will (a) review the outcome measurement tool under development at national level in terms of its relevance for County wide measurement (b) support the use and development of tools by agencies and community groups and (c) scope out the potential to develop a community-based monitoring and evaluation tool if required.

6.5 Governance & Reporting

Healthy Ireland sub-group reports will continue to be submitted regularly to the LCDC. Relevant projects will continue to submit reports to the sub-group. Reports to Pobal will continue as required.



1 PHYSICAL HEALTH

To increase participation amongst specific groups that would benefit from additional support and access to sport, recreation and physical activity

PRIORITY 1.1				
OBJECTIVE	INDICATORS	ACTIVITIES	LEAD PARTNER	LINK TO OTHER PLANS/WORK
Increase the number of people with a disability taking part in sport and physical activity and address the barriers to access	<p>Match Funding secured & Disability Worker engaged</p> <p>Physical Activity Forum for PWD established</p> <p>Audit complete</p> <p>Physical Activity Programme Action Plan in place</p> <p>Number of training courses delivered and leaders upskilled.</p> <p>Number of initiatives / actions delivered</p> <p>Number of participants</p>	<p>Secure match funding for a sports disability worker and engage worker to implement programme.</p> <p>Establish and support a physical activity forum for people with a disability</p> <p>Conduct an audit of opportunities for people with a disability to engage in physical activity in County Carlow</p> <p>Develop and implement a programme of activities for people with a disability with key stakeholders to maximise resources and address barriers to access and gaps in provision.</p> <p>Deliver training to upskill physical activity and sports leaders to increase capacity to deliver activities for people with additional needs</p>	County Carlow Local Sports Partnership	<p>County Carlow Local Sports Partnership Strategic Plan 2013 – 2018</p> <p>National Physical Activity Plan 2016</p> <p>Irish Sports Monitor 2017 Annual Report</p> <p>Carlow Age Friendly Strategy 2017 – 2022</p> <p>Carlow Local Economic and Community Plan 2015 - 2021</p>
PRIORITY 1.2				
OBJECTIVE	INDICATORS	ACTIVITIES	LEAD PARTNER	LINK TO OTHER PLANS/WORK
Develop and coordinate programmes that provide families with opportunities to be active together in collaboration with key stakeholders - with a particular focus on outdoor recreation.	<p>Number of new groups established.</p> <p>Number of physical activity leaders upskilled</p> <p>Number of initiatives /delivered</p> <p>Number of participants</p>	<p>Develop a programme plan with low cost and sustainable activities for families</p> <p>Collaborate with clubs, community groups, agencies and organisations to develop opportunities for families to participate in outdoor recreation</p> <p>Coordinate events to encourage families to be active together outdoors</p>	County Carlow Local Sports Partnership	<p>County Carlow Local Sports Partnership Strategic Plan 2013 – 2018</p> <p>Carlow Local Economic and Community Plan 2015 - 2021</p> <p>Irish Sports Monitor 2017 Annual Report</p> <p>National Physical Activity Plan 2016</p>
PRIORITY 1.3				
OBJECTIVE	INDICATORS	ACTIVITIES	LEAD PARTNER	LINK TO OTHER PLANS/WORK
Coordinate a programme of activities to develop and support physical activity in an identified area of disadvantage, (Tullow Road RAPID area), in order to maximise resources, create new opportunities and address gaps in provision.	<p>Number of new groups established.</p> <p>Number of physical activity leaders upskilled</p>	<p>Identify needs of the local community</p> <p>Engage and support existing local clubs in the area to build capacity</p> <p>Support the establishment of new clubs and activities</p> <p>Collaborate with key stakeholders to deliver a programme of activities that specifically target low participation groups in this disadvantaged area (Older Adults, Women & Girls, Youth, People with a Disability, & Disadvantaged Communities).</p>	County Carlow Local Sports Partnership	National Physical Activity Plan 2016

2 NUTRITION AND HEALTHY EATING

Promote healthy eating

PRIORITY 2.1				
OBJECTIVE	INDICATORS	ACTIVITIES	LEAD PARTNER	LINK TO OTHER PLANS/WORK
Target supports in relation to healthy eating to areas of disadvantage, building capacity at community level	Numbers of families engaging with Healthy Streets	To build on the 'Healthy Streets Pilot' (cooking classes, information, exercise & self-care) including: (a) extending the geographic areas that can benefit from the project (b) broadening access to the information and support (c) evaluate the pilot	CYPSC	Carlow CYPSC Strategic Plan
PRIORITY 2.2				
OBJECTIVE	INDICATORS	ACTIVITIES	LEAD PARTNER	LINK TO OTHER PLANS/WORK
Work collaboratively with other Counties to focus on Healthy Eating across the Region	Number of programmes delivered at community level Identified programmes and agreed training rolled out in the community Roll out of agreed training and evidence based programmes in schools Roll out of identified evidenced based programmes and initiatives in the community to address the policy priority areas of healthy eating	To build capacity at community level in collaboration with the Regional Dietetic Service) which includes a focus on Healthy Eating. Support the implementation of National strategies and Programmes including the Healthy Eating Active Living Programme, National Physical Activity Plan, National Obesity Strategy, National Breastfeeding Strategy Support schools in promoting health and wellbeing To support the Regional (5 LCDC: Carlow, Kilkenny, Tipperary, Waterford, Wexford) Health & Wellbeing Training and Awareness Programme which specifically focuses on Healthy Eating	HSE Health Promotion HSE Health Promotion HSE Health Promotion HSE Health Promotion	Healthy Eating Active Living Programme, National Physical Activity Plan, National Obesity Strategy, National Breastfeeding Strategy

3 SEXUAL HEALTH

Promote positive sexual health and healthy relationships across the county

PRIORITY 3.1				
OBJECTIVE	INDICATORS	ACTIVITIES	LEAD PARTNER	LINK TO OTHER PLANS/WORK
Promote positive sexual health and positive relationships and reduce stigma and homophobia by working collaboratively with parents, schools/alternatives to school, agencies, youth services and networks	Sexual Forum established and meeting regularly	Establish the interagency collaborative Carlow Sexual Health Forum to: (a) identify needs and priorities (b) raise awareness of sexual health more generally (c) map relevant service and activities in the county (d) provide age appropriate information (e) signpost to relevant training, resources and services (f) promote positive sexual health and healthy relationships (g) produce, provide or make resources available and work with parents to support healthy conversations	CYPSC CRYS	National Sexual Health Strategy (2015-2020) Sth Tipperary Tusla Needs Analysis Carlow Regional Youth Services LGBTI National Youth Strategy (due June 2018) County Carlow Development Partnership
PRIORITY 3.2				
OBJECTIVE	INDICATORS	ACTIVITIES	LEAD PARTNER	LINK TO OTHER PLANS/WORK
Ensure a focus on those most at risk of negative sexual health outcomes	Focus in plan of those most at risk	Identify and focus on those most at risk of negative sexual health outcomes	CYPSC	National Sexual Health Strategy (2015-2020)
PRIORITY 3.3				
OBJECTIVE	INDICATORS	ACTIVITIES	LEAD PARTNER	LINK TO OTHER PLANS/WORK
Work collaboratively on the issue with other LCDCs through a Regional Health & Wellbeing Programme	Sexual Plan drawn up	To develop a Sexual Health and Healthy Relationship Plan for the county on completion of the analysis by the Carlow Sexual Health Forum	LCDC-HSE CYPSC	National Sexual Health Strategy (2015-2020)

3 SEXUAL HEALTH

Promote positive sexual health and healthy relationships across the county

PRIORITY 3.4				
OBJECTIVE	INDICATORS	ACTIVITIES	LEAD PARTNER	LINK TO OTHER PLANS/WORK
To support an inclusive environment for LGBTI community in Carlow	Support structure for LGBTI community established	To develop supports for the LGBTI Community (youth, adults, parents) in Carlow, based on the Round 1 Research findings and recommendations	CCDP	LGBTI Network (recently established) LGBTI Voices Carlow Research 2018
PRIORITY 3.5				
OBJECTIVE	INDICATORS	ACTIVITIES	LEAD PARTNER	LINK TO OTHER PLANS/WORK
To address identified gaps including: (a) lack of domestic violence services and supports focussed on children (b) lack of safe accommodation for women and children	Regular meetings of Domestic Abuse Network Training available	Collaborate with relevant agencies on Domestic Violence Network to identify and implement actions to support women and children at risk of and experiencing domestic abuse in the county e.g. training of frontline staff working with children and families, sourcing funding for relevant support programmes	CYPSC	CYPSC Plan 2017-2019



4 MENTAL HEALTH

Promote positive mental health

PRIORITY 4.1				
OBJECTIVE	INDICATORS	ACTIVITIES	LEAD PARTNER	LINK TO OTHER PLANS/WORK
To strengthen access and availability to quality mental health services in County Carlow	Increased numbers of people accessing Mental Services in County Carlow	Support the attainment of adequate mental health services in the county at primary and secondary care level	HSE	National: A Vision for Change, Connecting for Life, National Suicide Prevention Strategy, Report from the Committee on Youth Mental Health Carlow CYPSC
PRIORITY 4.2				
OBJECTIVE	INDICATORS	ACTIVITIES	LEAD PARTNER	LINK TO OTHER PLANS/WORK
To strengthen and develop community based Mental Health Services and supports in County Carlow	Increased resources No of people receiving services	Support the provision of mental health services, supports and programmes the community and voluntary sector.	LCDC CRYS	Carlow Connecting for Life, Suicide Prevention Strategy
PRIORITY 4.3				
OBJECTIVE	INDICATORS	ACTIVITIES	LEAD PARTNER	LINK TO OTHER PLANS/WORK
To increase the promotion of Positive Mental Health and programmes to reduce stigma in County Carlow	Number of programmes and events run to promote positive mental health and tackle stigma	Provide tools for greater signposting to mental health services, ensuring that professionals and the public are aware of the services and criteria Ensure targeted mental health services and supports are available to groups at higher risk of mental ill health Provide Mental Health and Suicide Prevention, information, awareness campaigns and training at County level Provide evidence based mental health and resilience programmes to the community across the life cycle	CYPSC CMHA CRYS	Mental Health Association, Carlow
PRIORITY 4.4				
OBJECTIVE	INDICATORS	ACTIVITIES	LEAD PARTNER	LINK TO OTHER PLANS/WORK
To create a collaborative environment across the cultural sector (Arts, Libraries, Heritage) that provides greater opportunities for participation in the arts, culture and creativity for the collective well-being of our communities.	Publish annually collective number of people participating in arts & culture	Support programmes and projects for the community that enable multiple access points to participate in Arts and Culture	Carlow County Council Culture Team	Creative Ireland Plan Carlow

5 TOBACCO-FREE CARLOW

To reduce numbers of people smoking

PRIORITY 5.1				
OBJECTIVE	INDICATORS	ACTIVITIES	LEAD PARTNER	LINK TO OTHER PLANS/WORK
To support a Tobacco Free Ireland by 2025 less than 5% smoking prevalence) by de-normalising tobacco use and protecting children	<p>2% reduction per year (national figure) Increased youth participation in Xhale programme</p> <p>Increased numbers availing of smoking cessation programmes</p> <p>Roll out of identified evidenced based programmes and initiatives in the community to address the policy priority areas of tobacco</p>	<p>To support the provision of training in Brief Interventions to specific target groups (youth reach out of school settings)</p> <p>To progress the regional poster campaign for positive smoking cessation messaging To support the delivery of identified evidenced based programmes to support smoking cessation ensuring they are accessible to the high risk groups for example Irish Cancer Society Exhale Programme</p> <p>To support the Regional (5 LCDC: Carlow, Kilkenny, Tipperary, Waterford, Wexford) Health & Wellbeing Training and Awareness Programme which specifically focuses on priority areas of Tobacco. (& Healthy Eating and Sexual health)</p>	HSE Health Promotion	<p>National Policy: Tobacco Free Ireland, 2013</p> <p>MECC; Make every contact count (HSE)</p>

6 ADDICTION: ALCOHOL AND DRUG USE

To reduce the consumption of alcohol, and alcohol related harm

PRIORITY 6.1				
OBJECTIVE	INDICATORS	ACTIVITIES	LEAD PARTNER	LINK TO OTHER PLANS/WORK
<p>To raise awareness of harm caused by Alcohol</p> <p>To reduce the consumption of alcohol</p> <p>Support the implementation of the National Drug and Alcohol Strategy: "Reducing harm, supporting recovery: a health-led response to drug and alcohol use in Ireland 2017—2025" at County Level.</p>	Progress made in implementing the National Strategy	<p>To promote and protect health and well-being across the wider community, specific focus on alcohol</p> <p>To prevent use of drugs and alcohol at a young age To develop harm reduction interventions targeting at risk groups</p> <p>To minimise the harm caused by the use and misuse of substances and promote rehabilitation and recovery</p> <p>To support participation of individuals, families and communities by building their capacity to respond to substance misuse</p>	<p>HSE</p> <p>SERDATF</p> <p>CRYS</p>	<p>National Drug and Alcohol Strategy: "Reducing harm, supporting recovery: a health-led response to drug and alcohol use in Ireland 2017—2025"</p> <p>Regional Drug and Alcohol Task Force</p>

7 COMMUNICATION & AWARENESS RAISING

Communicating the Healthy Carlow message

PRIORITY 7.1				
OBJECTIVE	INDICATORS	ACTIVITIES	LEAD PARTNER	LINK TO OTHER PLANS/WORK
Have a comprehensive and co-ordinated county approach to communicating the Healthy Carlow message	<p>A communication plan is developed</p> <p>Directory of Services complete</p>	<p>To develop a communication plan to highlight key projects and messages</p> <p>Develop a Carlow Directory of Services across the life span and using innovative methods</p> <p>Internal agency communication plans to make Healthy Carlow a part of each agencies agendas</p> <p>Develop and implement an inclusive mind-set campaign to increase participation at all levels</p> <p>Maximise impact of national and regional resources</p>	LCDC	<p>Healthy Ireland: A Framework for Improved Health and Wellbeing 2013 – 2025</p> <p>Carlow Local Economic and Community Plan 2015 – 2021</p> <p>Carlow Age Friendly Strategy 2017 – 2022</p> <p>Carlow SICAP programme 2018 - 2022</p>



8 ENGAGING HARD TO REACH GROUPS AT HIGHEST RISK OF HEALTH INEQUALITY

PRIORITY 8.1				
OBJECTIVE	INDICATORS	ACTIVITIES	LEAD PARTNER	LINK TO OTHER PLANS/WORK
To define the hard to reach groups who experience health inequalities in County Carlow	Those experiencing health inequalities in Carlow will be defined and agreed	Research through existing data and reports to define and agree the people most at risk of health inequalities in the County. Through analysis of CSO 2016	LCDC	Carlow Local Economic and Community Plan 2015 – 2021 Carlow Age Friendly Strategy 2017 – 2022 Carlow SICAP programme 2018 - 2022
PRIORITY 8.2				
OBJECTIVE	INDICATORS	ACTIVITIES	LEAD PARTNER	LINK TO OTHER PLANS/WORK
Target and roll out activities to those identified as experiencing highest health inequalities in County Carlow	Numbers of targeted programmes/ services increased to those experiencing health inequalities	Ensure that all Health Carlow actions have an underlying theme to target those most at risk of health inequalities	LCDC	Healthy Ireland: A Framework for Improved Health and Wellbeing 2013 – 2025
PRIORITY 8.3				
OBJECTIVE	INDICATORS	ACTIVITIES	LEAD PARTNER	LINK TO OTHER PLANS/WORK
To continue to work with the community of the Tullow Road area of Carlow Town through the Take A Part initiative - community art in the local area	Publish annually a report of the activities achieved and social impacts captured	Support participatory arts programmes and projects for all of the community in the Tullow Road area through the Take A Part Arts Action Group committee	Carlow County Council	Carlow Arts Program



9 CREATING SUPPORTIVE ENVIRONMENT FOR HEALTH

PRIORITY 9.1				
OBJECTIVE	INDICATORS	ACTIVITIES	LEAD PARTNER	LINK TO OTHER PLANS/WORK
Develop sustainable, safe and accessible amenities. This includes indoor & outdoor facilities, built facilities, trails, green spaces and recreational spaces.	Audit complete Number of events delivered	Conduct an audit of indoor and outdoor facilities, amenities and trails that can be used for sports and active recreation. Promote the use of facilities through partnership events, programme and activities	County Carlow Local Sports Partnership (CCLSP) Carlow County Council County Carlow Development Partnership	County Carlow Local Sports Partnership Strategic Plan 2013 – 2018 National Physical Activity Plan 2016 Carlow Local Economic and Community Plan 2015 - 2021
PRIORITY 9.2				
OBJECTIVE	INDICATORS	ACTIVITIES	LEAD PARTNER	LINK TO OTHER PLANS/WORK
Maximise the use of amenities and facilities and promote shared use of facilities in line with government policy	Number of programmes delivered Number of people attending events and programmes	Healthy Carlow aims to work collaboratively with local policy makers and planners to ensure that health is incorporated in all local infrastructural plans. Ensure safe access to facilities and amenities.	LCDC	2015 - 2022 Irish Sports Monitor 2017 Annual Report Carlow Age Friendly Strategy 2017 – 2022 Carlow Local Economic and Community Plan 2015 - 2021
PRIORITY 9.3				
OBJECTIVE	INDICATORS	ACTIVITIES	LEAD PARTNER	LINK TO OTHER PLANS/WORK
Support community leaders and voluntary organisations through capacity building to meet the demands of governance, management and development requirements, etc.	Number of training courses delivered Number of participants on training courses	Identify training needs Implement training programme	LCDC County Carlow Local Sports Partnership County Carlow Development Partnership	Carlow Local Economic and Community Plan 2015 - 2021 County Carlow Local Sports Partnership Strategic Plan 2013 – 2018 National Physical Activity Plan 2016
PRIORITY 9.4				
OBJECTIVE	INDICATORS	ACTIVITIES	LEAD PARTNER	LINK TO OTHER PLANS/WORK
Community Wellbeing Spaces established	Pilot developed and evaluated	Pilot the development of Community Wellbeing Spaces/ Hubs: - based in local facilities (sports, community, schools) - bringing local people together - provide a home for structured health & wellbeing programmes - community bridging role - advice, information, signposting - one to one & group work	LCDC Carlow County Council	Carlow Connecting for Life Plan

10 SUPPORT INTER-AGENCY WORKING

PRIORITY 10.1				
OBJECTIVE	INDICATORS	ACTIVITIES	LEAD PARTNER	LINK TO OTHER PLANS/WORK
To optimise Interagency Working on Healthy Carlow	HI Co-ordinator engaged	<p>Seek a Healthy Ireland Carlow Co-ordinator posts to provide support and co-ordinate initiatives, strengthening collaboration across the agencies, sectors and HI initiatives</p> <p>Create opportunities for positive interagency working on Healthy Carlow initiatives</p> <p>Maximise the opportunities for Health Carlow through working with other interagency forum: LCDCC, CYPSC, Sports Partnership, SERDATF, Traveller Interagency Committee, Carlow Age Friendly etc.</p> <p>Maximise the success of County Carlow's participation in the Healthy Ireland Counties initiative</p>	LCDCC - Carlow County Council	Healthy Ireland: A Framework for Improved Health and Wellbeing 2013 – 2025



APPENDIX 1: CARLOW HEALTH LCDC STRATEGY

SUB-GROUP MEMBERSHIP

Name	Organisation
Joanne Donohoe	Carlow County Development Partnership (SICAP) & PPN Secretariat
Fiona O'Toole	Carlow Library Service
John Brophy	Carlow Local Community Development Committee (Chair)
Mairead Maddock	Children & Young People Services Committee
Joan Murphy	HSE Health and Well-Being South East Community Healthcare
Olive Fanning	HSE Health Promotion & Improvement Officer
Kathryn Wall	Carlow Regional Youth Services
Martha Jane Duggan	County Carlow Local Sports Partnership
Margaret Moore	Community Section Carlow County Council
Margaret Nolan	Community Section Carlow County Council

Glossary of Terms and Abbreviations

CHO	Community Healthcare Organisation
CSO	Central Statistics Office
EDs	Electoral Divisions
HP	Haase and Pratschke
LCDC	Local Community Development Committee
LEA	Local Electoral Area
LECP	Local Economic & Community Plan
OSI	Ordnance Survey Ireland
PPN	Public Participation Network
SAPS	Small Area Population Statistics
SERDATF	South East Regional Drug and Alcohol Task Force
SICAP	Social Inclusion & Community Activation Programme

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All statistical data is based upon the CSO Census of Population 2016, unless otherwise stated.

Deprivation Index information and mapping is based on Haase, T. and Pratschke, J. (2017) The 2016 Pobal HP Deprivation Index, accessed at www.trutzhaase.eu.



Healthy
Carlow

