Healthy Roscommon Plan
2018-2021
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Foreword from Chairperson

Roscommon Local Community Development Committee

The vision set out in Healthy Ireland – A Framework for Improved Health and Wellbeing sums up very well the objectives of this Healthy Roscommon Plan.

“A Healthy Roscommon, 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 Healthy Roscommon Plan brings together the views of people across the County through their input to various plans and in particular the Roscommon Local, Economic and Community Plan. It also takes into account on-street consultations and the input of service providers across sports, health, arts, culture, community and local government – all of whom have responsibility for the wellbeing of the people of Roscommon.

The Healthy Roscommon Plan reviews the national framework and then identifies the key objectives from a Roscommon perspective. These strategic objectives will form the framework for further improving the health and wellbeing of Roscommon’s people.

The Objectives of this plan are to:

1. Reduce isolation
2. Provide activities accessible to all
3. Help people become motivated to participate
4. Get families active together
5. Share information among service providers

We look forward, through the Health and Wellbeing Sub-Committee to working on actions together to delivering on the vision for Roscommon’s Health and Wellbeing.

Cllr Laurence Fallon
Chairperson, Roscommon LCDC
Healthy Roscommon

The Healthy Roscommon Plan supports the implementation of Healthy Ireland, the national health and wellbeing framework, at the local level to improve the health and wellbeing of all in County Roscommon

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Healthy Ireland Framework

A Framework for Improved Health and Wellbeing 2013-2025, was launched in March 2013. It is a national framework to improve health and wellbeing of the country over the coming generation. Healthy Ireland takes a ‘whole of government’ and ‘whole of society’ approach to tackling major lifestyle issues which lead to negative health outcomes. The Healthy Ireland framework aims to shift the focus to prevention, seeks to reduce health inequalities, and emphasise the need to empower people and communities to better look at their own health and wellbeing.

There are four goals in the Healthy Ireland Framework 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 Ireland.

**What is Health and Wellbeing?**

Everyone achieving his or her potential to enjoy complete physical, mental and social wellbeing. It requires a shift in focus to what makes people’s lives go well.
The Healthy Ireland Framework identified the following indicators to determine if actions to support health and wellbeing can be considered successful.

**Successful Indicators of Health and Wellbeing**

- Increased healthy life expectancy at age 65 years
- Increase the number of adults and children with a healthy weight
- Increase the proportion of adults eating the recommended five or more servings of fruit and vegetables every day and reduction in daily salt consumption
  - Reduce smoking prevalence among adults
  - Decrease alcohol consumption across the population
- Decrease levels of self-harm across all life stages, reduce levels of suicide across all population groups, increase the wellbeing of the population and among vulnerable groups
  - Increase the proportion of population undertaking regular physical activity across each life stage.
Geography and Location

Roscommon is a land of lakes, rivers, rolling hill and picturesque mountains. It is the 9th largest County in the State by area in a relatively central location.

Roscommon is an inland County in the West Region and contains the geographic centre of Ireland. It has a population density of 25.33 persons per square km, compared to 70 people per square kilometre for the state.

Population Structure

The population of Roscommon in the 2016 Census of Population was 64,544; this is an increase in 479 or 0.7% since 2011 and represents 1.35% of the state’s population. This is the second lowest population growth nationally. The population of Roscommon comprises 32,377 males and 32,167 females.

According to the Census 2016 the annual death rate in County Roscommon was 7.8 per 1,000 population which is above the state average of 6.3 per 1,000 (WDC insights). The birth rate in Roscommon in 2016 was recorded as 764 which is 11.8 per 1,000 population and is lower than the national average of 13.7.

County Roscommon’s population is predominantly rural. The County is characterised by numerous rural towns and village settlements. The towns of Ballaghaderreen and Boyle in the North of the County recorded a slight decrease (less than 1%) in population in the last census, while the remaining towns showed an increase in population. Table 1 below lists the key centres of population in the County.

Table 1. Key Centres of Population in County Roscommon – Settlements >750 population

<table>
<thead>
<tr>
<th>Roscommon Town</th>
<th>5,876</th>
<th>Boyle</th>
<th>2,568</th>
<th>Castlerea</th>
<th>1,992</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ballaghaderreen</td>
<td>1,808</td>
<td>Monksland*</td>
<td>4,350</td>
<td>Strokestown</td>
<td>825</td>
</tr>
</tbody>
</table>

* Part of Athlone (Monksland) is in Co. Roscommon (4,350 of 21,349 population total)

Roscommon has a strong sense of community spirit with several very active community groups across the County. However, as the LECP recognised, there are a number of factors and trends that need to be considered when planning to enhance the community fabric and quality of life within the County.

Statistically, people from County Roscommon live longer than any other County. This results in an increasingly ageing population. In 2016, 10,743 of the population were over 65 years which was 3% higher than national average and 2% higher than the 2011 figure for County Roscommon. The population under 19 years of age corresponds with the State figure while the population in the 20-64 age group is 3% lower in Roscommon than the national average at 56% compared to 59%.

Non Irish nationals accounted for 10.3% of Roscommon’s population in the 2016 Census which was below the national average of 12.0%. The majority of non-Irish nationals in Roscommon are from the UK or Poland. In 2017 Ballaghaderreen welcomed a population of 193 Syrian refugees to the County, this population is transient.

There were 514 Travellers living in County Roscommon according to the 2016 Census, this is a significant increase of 30.3% from the 2011 figures of 381. There were 24,013 households in Roscommon in 2016 of which 6,420 were single person households. This equates to 26.7% of households, above the state average of 23.5%.
According to the 2016 Census, there are 9,313 persons with a disability in County Roscommon; this represents 14.4% of the population which is almost 1% higher than the national average and there is almost equal breakdown between male and females. Carers within the County accounted for 4.5% of the population.

Due to the rural nature of the County, access to personal transport can be vital to accessing a range of services impacting on health and wellbeing. The 2016 Census identified that 10% of households did not have access to a car.

The deprivation score (Haas and Pratschke) is -6.3 for County Roscommon which is higher than the national average of -3.6, (minus 50 = extremely disadvantaged and + 50 extremely affluent).
Education, Skills and Employment

According to the 2016 Census, 16,235 individuals over the age of 15 years living in County Roscommon had a minimum of lower or upper secondary school education. A further 18,713 or 43% of the population over 15 years of age had completed some post leaving certificate or third level course, compared to the national average of 48%.

The importance of internet access to education is now well acknowledged. However, according to the 2016 Census, 7,987 households do not have a personal computer, representing 33% of total households and 26.5% of households indicated that they had no access to the internet.

According to the Western Development Commission (WDC) future skills report there is good skills availability in agriculture and veterinary, engineering and manufacturing and there is a skills gap in Information and Communications Technology (ICT), Science, Technical Skills and Languages in County Roscommon.

According to the 2016 Census Roscommon’s unemployment rate was 13.0% which was down from the 2011 figure of 19.4%. The national average in 2016 was 12.8%. Boyle urban had the highest unemployment rate in Roscommon of 27.1%.

Roscommon had the 2nd largest fall in the male labour force between 2011 to 2016 from 67.8% to 64.5%. The 2016 Census indicated that there were 25,819 persons aged 15+ in the labour force in County Roscommon representing a labour force participation rate of almost 58.3%. This was below the national average of 61%.

According to the Labour force survey in the 2nd quarter of 2016 Ireland’s unemployment rate was 8.9% with the Regional (Mayo, Roscommon and Galway) rate being 10.1%. The Labour force survey is measured by the Labour Market assets method which includes students and retired people as employed.
Health Profile of County Roscommon

According to the 2015 Perinatal Statistics Report 52.5% of infants in County Roscommon were breastfed compared to the national average of 58%.

The Health Profile 2015 of Roscommon indicates that the County had above average incidence of male prostate cancer. Roscommon has a below average or average mortality rate for all deaths and major causes of deaths, except for heart disease and stroke in those less than 75 years of age.

According to the National Suicide Research Foundation over a 3 year period 2014 to 2016 Roscommon had the second highest rate of suicide of 17.3 per 100,000 population.

86% of the population enumerated in the Census 2016 rated their health good to very good, just below state average of 87%.

According to the 2015 Perinatal Statistics Report 52.5% of infants in County Roscommon were breastfed compared to the national average of 58%.

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Roscommon County Council

Roscommon County Council actively supports “Healthy Roscommon”. Roscommon County Council provides a range of supports to promote health and wellbeing in the County. These include: the provision of leisure, recreational, arts and culture facilities, financial supports to community groups and Town Teams, funding towards sports development officers and activities in the library network including books and other resources to encourage health and wellbeing. Other work of the local authority to promote health and wellbeing is identified in the LECP (Local Economic and Community Plan). Roscommon County Council, through the Local Community Development Committee (LCDC), has established a Health and Wellbeing Sub Committee as the mechanism to drive “Healthy Roscommon” initiatives. The focus of this committee is to identify key areas where interagency collaboration deliver on countywide initiatives that work to support and promote health and wellbeing in the County.

Roscommon Public Participation Network

The Roscommon Public Participation Network (PPN) is an umbrella organisation and network that provides a voice for all community, environmental and social inclusion groups throughout the County. The PPN has community representatives on a number of strategic committees who contribute to the County plans on behalf of their sector and groups i.e. community and voluntary, environmental and social inclusion groups. Plans such as Roscommon County Heritage Plan 2017 – 2021, Arts Plan 2017 – 2021 and the Joint Policing Plan 2015 – 2020. These plans deliver actions that support and facilitate health and wellbeing activities such as the development of walkways, cycle trails, events, public access to heritage sites and creating a safe environment for people to participate. The PPN also provides an opportunity for communities to network together and provides direct support to build the capacity of community groups who are key deliverers to promote health and wellbeing across the County.

County Roscommon Town Teams

Roscommon County Council established Town Teams in six towns across the County to develop, promote and regenerate the towns and environs. The Town Teams are Boyle, Strokestown, Roscommon Town, Ballaghaderreen, Castlerea and Monksland. Membership of Town Teams represent the wide variety of interests from the community, voluntary business and statutory sectors. The Town Teams initiate and develop health and wellbeing events in their area which encourage whole family participation, physical activity and volunteering.

Roscommon Age Friendly Strategy

The aim of the Roscommon Age Friendly Strategy is to improve the lives of all people in County Roscommon as they age and create a County in which future generations can reach old age feeling healthier, more positive, and more engaged.

Roscommon Age Friendly Strategy is a multi agency approach with each organisation committed to working together to find ways to improve the lives of older people in terms of security, housing and health and wellbeing in their communities. Initiatives put in place already include age friendly seating in areas to accommodate rests i.e. physical activity, incorporation of age friendly principles in town planning e.g. Boyle 2040.
Roscommon Sports Partnership

Roscommon Local Sports Partnership (Roscommon LSP) was established in 2002 to plan, lead and coordinate the development of sport and physical activity in County Roscommon. This is achieved through partnership with sports organisations, community and voluntary organisations, local and national agencies and statutory bodies. Roscommon Sports Partnership works to encourage participation of all ages and abilities in sport and physical activity in the community, schools and through organisations.

County Roscommon Tourism Strategy 2015 – 2020

County Roscommon Tourism Strategy promotes the continued development of Roscommon’s key attractions e.g. Lough Key Forest Park and Strokestown Park House and Famine Museum. The plan includes actions to support recreation, trail development, improvement of access to tourist and historical sites and the promotion of activities and events in Roscommon such as cruising, angling, walking, horse riding, golf courses, water sports, festivals and events.

Roscommon LEADER Partnership Company

Roscommon LEADER Partnership Company’s (RLP) current responsibilities include the delivery of the Rural Development Programme (LEADER) and the Social Inclusion Community Activation Programme (SICAP) which are programmes of Roscommon LCDC. Other initiatives, funded by various Government Departments and Agencies/Bodies in Ireland and EU are also delivered by the company, including the Rural Social Scheme, TÚS, Warmer Homes Scheme and the Traveller Health Programme. Roscommon LEADER Partnership has a role in tourism, enterprise, environment, recreation, social inclusion and assistance to the unemployed.

Roscommon Children and Young People’s Services Committee (CYPSC)

The purpose of Children and Young People’s Services Committees (CYPSC) is to secure better outcomes for children and young people through more effective integration of existing services and interventions at local level. Roscommon CYPSC is responsible for improving the lives of children and families at local and community level through integrated planning, working and service delivery. The Committee also ensure that professionals and agencies work together so that children and families receive better and more accessible services.

Supports for Young People and Children

These services provide activities that enhance wellbeing such as physical activities, positive mental health supports, youth clubs, affordable childcare, capacity building, education and training, sexual health - education, psychological assessments and counselling.

There are many organisations in County Roscommon providing support for young people. Organisations in Roscommon providing support for young people include but are not limited to Foroige and NYPS, RAD-Youth Garda Diversion Project, Youth Work Ireland Midlands, Roscommon Childcare Committee, Frenchpark and Districts Childcare Ltd., Jigsaw Roscommon, Comhairle Na NóG, CYPSC, Galway Roscommon Education and Training Board (GRETB), GRETB Youth Officer, Youthreach, Roscommon LEADER Partnership Company and Family Resource Centres, Child and Adolescent Mental Health Service (CAMHS), and Roscommon Early Intervention Service (REIS).
Volunteer Information Service (VIS)

Roscommon has a high level of volunteering and the Volunteer Information Service (VIS) was set up in 2014 and is delivered by Roscommon LEADER Partnership Company. VIS, through its project worker and website support organisations and people who wish to volunteer by registering interest, matching the volunteer with the service and providing information. The Volunteer Information Service has been hosting Volunteer of the Year Awards annually since 2016.

Disability Supports

There are a number of agencies working with people with disabilities in County Roscommon including The National Learning Network, Brothers of Charity, Irish Wheelchair Association/Cuisle, Roscommon Employability Service and the County Roscommon Disability Support Group. These agencies provide a range of services to promote health and wellbeing such as physical activity, respite, education and training and employment supports. In addition, the HSE provide a wide range of supports to people across the spectrum of disability.

Mental Health and Suicide Prevention

Roscommon has a number of organisations working together to support and deliver services to support mental health and suicide prevention. These include: Roscomon East Galway Advancing Recovery in Ireland (REGARI), Jigsaw Roscommon, Mental Health Ireland, Shine, HSE/Suicide Resource Officer, Suicide Bereavement Counsellor, Child and Adolescent Mental Health Service (CAMHS), HSE Adult Mental Health Services and Psychiatry of Later Life Team. Services provided are awareness raising campaigns/events, education, schools programmes, counselling, peer support and delivery of actions in the Connecting for Life–Galway, Mayo and Roscommon (2017 – 2020), Suicide Prevention Action Plan.

Supports for People Experiencing Disadvantage and Isolation

There are a number of organisations in Rosommon providing support for people experiencing disadvantage and social exclusion. These organisations include Roscommon Traveller Health Project, Roscommon LEADER Partnership Company, Roscommon County Council, Vita House, Castlerea and Boyle Family Resource Centres, Safelink Domestic Violence Outreach Service, Local Links Bus, LGBT Supports, Mens Sheds, The Food Cloud Initiative, Emergency Reception and Orientation Centre (EROC), Western Alzheimers, Roscommon Active Age, Food Club Hubs and TUSLA Family Services. These services address needs such as poverty, unemployment, isolation, lack of transport, discrimination, health and education inequalities and access to services.

Education, Training and Pre Employment Supports

There are a number of organisations in County Roscommon providing services for people within the County who wish to engage in further education and access employment, supports and gain employment, a suite of supports are available from GRETB, National Learning Network (NLN), Roscommon Women’s Network, County Roscommon's Jobs Club, Roscommon Local Enterprise Office (LEO) and Roscommon LEADER Partnership Company.

Prevention and reduction of alcohol-related harm

THE Western Region Drug and Alcohol Task Force (WRDATF) is the agency responsible for coordinating local responses related to alcohol and drug issues. It provides training, regional prevention initiatives and programmes, community engagement, awareness raising, rehabilitation supports, family support and policy development services.
Strategic Priorities and Connections to the LECP Plan

Actions and strategies within the Roscommon Local Economic and Community Plan (LECP) 2016 – 2021 overlap and are supportive of Healthy Ireland’s four Goals and six priority areas.

**Healthy Ireland Priority Areas - Physical Activity and Healthy Weight**

<table>
<thead>
<tr>
<th>Healthy Ireland Goal 1</th>
<th>Increase the proportion of people who are healthy at all stages of life</th>
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</thead>
<tbody>
<tr>
<td><strong>LECP Objectives</strong></td>
<td><strong>Specific Actions</strong></td>
</tr>
</tbody>
</table>
| 1.1 Work in partnership with communities and community leaders/activists to identify specific needs and develop research-based action plans. | 1.1.1 Carry out an audit in relation to needs, training and capacity building across the community sector.  
1.1.2 Develop and implement programmes of support to address the identified needs of the community sector, including related actions under the Local Development Strategy. |
| 1.2 Support towns to accentuate their strengths and exploit opportunities and work with our network of villages to ensure vibrant and cohesive development. | 1.2.2 Support the development and maintenance of amenities and facilities in towns and villages throughout the County on a coordinated basis. |
| 1.5 Promote and support healthy communities and develop Roscommon as an ‘Age-Friendly County’. | 1.5.1 Establish a Health and Wellbeing Committee in the County as the mechanism to drive “Healthy Roscommon” initiatives.  
1.5.4 Support the community sector to implement the Healthy Ireland Strategy 2013-2025.  
1.5.6 Deliver the Roscommon Sports Partnership Strategy (2016-2020) to enhance participation in sports and recreation in the County. |
| 3.2 Identify, build upon and promote the positive quality-of-life aspects in County Roscommon. | 3.2.1 Identify the positive attributes and quality-of-life aspects pertinent to County Roscommon, identify metrics and promote as part of overall brand image for the County. |
| 5.4 Support the development of appropriate social infrastructure, | 5.4.1 Work with partner agencies on the LCDC and other local and regional bodies to develop and support appropriate community, social, sports and recreational |
including health and education, to improve quality of life and wellbeing.

| Infrastructure across County Roscommon to improve quality of life and wellbeing. |

5.7 Provide, maintain and support community infrastructure.

| 5.7.1 Carry out audits of community, sports, play and recreational facilities in the County. |
| 5.7.2 Develop and facilitate integrated community-based hubs, play, recreational and sports facilities throughout the County on a planned, evidence-based approach. |
| 5.7.3 Implement relevant actions in the Study of Outdoor Recreation in the West (2014), in conjunction with relevant stakeholders. |
| 5.7.4 Establish a planned and phased upgrading and resourcing of community facilities including audits of accessibility and energy efficiency assessments. |

7.1 Support a positive approach to health and wellbeing for everyone living, working and visiting County Roscommon.

| 7.1.1 Develop and implement the County Roscommon Age Friendly Strategy 2016-2020. |

Key Partners and Organisations.

| Roscommon County Council, Roscommon Town Teams, Roscommon Local Community Development Committee (LCDC), Roscommon Sports Partnership, Roscommon Age Friendly Alliance [RAFA], Roscommon Leader Partnership, HSE. |

*Healthy Ireland Priority Area – Prevention and reduction of alcohol-related harm*

| Healthy Ireland Goal 1 | Increase the proportion of people who are healthy at all stages of life |
| Healthy Ireland Goal 4 | Create an environment where every individual and sector of society can play their part in achieving a healthy Ireland |

<p>| LECP Objectives | Specific Actions |
| 1.3 Encourage, support and develop communities and their leaders through support for active citizenship, building capacity at grassroots level, providing training and resources for individuals and groups in a | 1.3.1 Prioritise community development and capacity building of local and rural communities in relevant programmes including SICAP, the Local Development Strategy and PPN annual work plans. |</p>
<table>
<thead>
<tr>
<th>Partnership approach between state agencies, local development organisations and communities.</th>
</tr>
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<tbody>
<tr>
<td>1.4 Support the development of the Public Participation Network.</td>
</tr>
<tr>
<td>1.5 Promote and support healthy communities and develop Roscommon as an ‘Age-Friendly County’.</td>
</tr>
<tr>
<td>3.2 Identify, build upon and promote the positive quality-of-life aspects in County Roscommon.</td>
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<tr>
<td>5.4 Support the development of appropriate social infrastructure, including health and education, to improve quality of life and wellbeing.</td>
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<tr>
<td>7.1 Support a positive approach to health and wellbeing for everyone living, working and visiting County Roscommon.</td>
</tr>
<tr>
<td>Key Partners and Organisations.</td>
</tr>
</tbody>
</table>

**Table:**

| 1.4.1 Provide resources to support and build the capacity of the PPN to engage with the community sector, to ensure an inclusive voice for the entire County. |
| 1.5.1 Establish a Health and Wellbeing Committee in the County as the mechanism to drive “Healthy Roscommon” initiatives |
| 1.5.4 Support the community sector to implement the Healthy Ireland Strategy 2013-2025. |
| 3.2.1 Identify the positive attributes and quality-of-life aspects pertinent to County Roscommon, identify metrics and promote as part of overall brand image for the County. |
| 5.4.1 Work with partner agencies on the LCDC and other local and regional bodies to develop and support appropriate community, social, sports and recreational infrastructure across County Roscommon to improve quality of life and wellbeing. |
| 7.1.3 Deliver suitable drug and alcohol prevention and education programmes to both general and targeted populations. |

**Key Partners and Organisations:**

Roscommon County Council, Roscommon Local Community Development Committee (LCDC), Roscommon Sports Partnership, Public Participation Network [PPN], SICAP, Galway and Roscommon Education and Training Board [GRETB], National Learning Network, Roscommon Leader Partnership, HSE.
### Healthy Ireland Priority Area – Mental Health

<table>
<thead>
<tr>
<th>Healthy Ireland Goal 2</th>
<th>Reduce health inequalities</th>
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<tbody>
<tr>
<td>Healthy Ireland Goal 3</td>
<td>Protect the public from threats to health and wellbeing</td>
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#### LECP Objectives

<table>
<thead>
<tr>
<th>Specific Actions</th>
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<tbody>
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<td>1.5 Promote and support healthy communities and develop Roscommon as an ‘Age-Friendly County’.</td>
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<tr>
<td>1.5.1 Establish a Health and Wellbeing Committee in the County as the mechanism to drive “Healthy Roscommon” initiatives.</td>
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<td>1.5.4 Support the community sector to implement the Healthy Ireland Strategy 2013-2025.</td>
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<tr>
<td>1.5.6 Deliver the Roscommon Sports Partnership Strategy (2016-2020) to enhance participation in sports and recreation in the county.</td>
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<tr>
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<tr>
<td>3.2 Identify, build upon and promote the positive quality-of-life aspects in County Roscommon.</td>
</tr>
<tr>
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<tr>
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<tbody>
<tr>
<td>4.2 Ensure the arts, the creative sector and the libraries play a major role in supporting the heritage, cultural and community development of the County.</td>
</tr>
<tr>
<td>4.2.1 Work collaboratively with the community sector to ensure the County’s heritage cultural and natural resources are utilised to their full potential through implementation of the Roscommon County Arts Plan and the Roscommon County Library Development Plan.</td>
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<thead>
<tr>
<th>Specific Actions</th>
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<tbody>
<tr>
<td>5.2 Develop a sustainable transport network.</td>
</tr>
<tr>
<td>5.2.1 Prioritise available funding for transport infrastructure that supports strategic economic and community development, including N61 Athlone – Boyle internal route.</td>
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<thead>
<tr>
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<tbody>
<tr>
<td>5.4 Support the development of appropriate social infrastructure, including health and education, to improve quality of life and wellbeing.</td>
</tr>
<tr>
<td>5.4.1 Work with partner agencies on the LCDC and other local and regional bodies to develop and support appropriate community, social, sports and recreational infrastructure across County Roscommon to improve quality of life and wellbeing.</td>
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<tbody>
<tr>
<td>5.7 Provide, maintain and support community infrastructure.</td>
</tr>
<tr>
<td>5.7.6 Investigate potential for provision of internet/ICT facilities in communities through use of suitable school buildings and community centres</td>
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</tbody>
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<tbody>
<tr>
<td>7.1 Support a positive approach to health and wellbeing for everyone living, working and visiting County Roscommon.</td>
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<tr>
<td>7.2 Promote equality for all, including the encouragement of active participation by those most disadvantaged.</td>
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<tr>
<td>7.2.1 Deliver County Roscommon Housing Strategy (2014-2020).</td>
</tr>
<tr>
<td>7.2.2 Continue to maintain Library Services as a provider of an ICT resource for those most disadvantaged and within the most disadvantaged areas.</td>
</tr>
<tr>
<td>7.2.3 Support/Implement programmes to address disadvantage and social exclusion in County Roscommon, including targeted actions through the SICAP programme and the Roscommon Learning Network Annual Plan/Training Calendar.</td>
</tr>
<tr>
<td>7.2.4 Create a greater awareness of supports and services available to the most disadvantaged.</td>
</tr>
<tr>
<td>7.2.5 Enhance the community integration opportunities for people with disabilities, including those with physical, sensory and intellectual disabilities.</td>
</tr>
<tr>
<td>7.2.6 Continue to develop and implement programmes that support and build capacity within the Traveller community.</td>
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<tr>
<td>7.2.7 Work with the County Roscommon Children and Young People Services Committee to expand the range of supports available for children and families experiencing social exclusion.</td>
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<tr>
<th>7.3 Develop a model of integrated transport to meet the needs of all those living, working and visiting Roscommon.</th>
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<tbody>
<tr>
<td>7.3.1 Develop an integrated and well-coordinated transport network, including rural transport, maximising services within the County and to other key locations in the region.</td>
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<thead>
<tr>
<th>7.5 Provide and promote educational opportunities for those who are Underemployed, unemployed and those wishing to upskill and/or retrain.</th>
</tr>
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<tbody>
<tr>
<td>7.5.1 Develop an integrated and coordinated programme of supports, proactively targeting the unemployed, underemployed/small farmers and those wishing to upskill and/or retrain, to enhance their skills, targeting identified employment opportunities.</td>
</tr>
<tr>
<td>7.5.2 Deliver Labour Market Activation measures and the SICAP Programme to develop skills of the Long Term Unemployed in line with skills needed for employment in the region.</td>
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<thead>
<tr>
<th>Key Partners and Organisations.</th>
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<tr>
<td>Develop Roscommon County Council, Roscommon Local Community Development Committee (LCDC), Roscommon Sports Partnership, Children and Young Peoples Service, The Heritage Council, SICAP, Irish Wheelchair Association/Cuisle, National Learning Network, Roscommon Disability Support Group, Roscommon Leader Partnership, HSE.</td>
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Community Consultation and Stakeholder Collaboration

Community Consultations Process

As part of the development of this plan, cross county on street consultation took sector spanning all ages, genders and communities. These consultations posed key questions to individuals within the community to identify:

- What is currently working well in the County that makes them happy and healthy to live here?
- What are the key concerns and barriers that need addressing which would benefit their health and wellbeing the most?

Summary of Community Consultations

- 75 people were surveyed in the County’s on-street interviews in Castlerea, Roscommon Town, Boyle, Monksland, Elphin and Ballaghaderreen.
- Over 50% of those surveyed rate their current level of health and wellbeing between 8 and 10 [10 being excellent, 1 being poor] with 6% rating it as 10.
- 7% of those surveyed rate their current level of health and wellbeing at below 5.
- 18% of those surveyed experience exclusion or loneliness in their life on a daily basis with a further 20% experiencing exclusion or loneliness sometimes. Respondents who experienced loneliness or exclusion were predominantly older people and lone parents.
- The top 5 things that make people feel happiest and healthiest living in Roscommon are safety, community, the clean environment, the landscape and family/friends.
- The top 5 things that negatively affect how people think and feel about living in Roscommon are lack of transport, not enough for young people to do, lack of walking/cycling trails, health service waiting times and limited work opportunities.
What is Working Well in the County?

During the community consultations individuals were asked what made them happy and healthy living in Roscommon, the response to this question indicated several and varied factors as follows:

- Farmer Market’s
- Clean Air
- Water facilities
- History of the area
- Amenities
- Beautiful scenery
- Peacefulness
- The landscape
- Friendliness of the communities
- Rural Living
- King House
- Open spaces
- The environment
- Walking
- Good neighbours
- Pace of life
- Affordability
- Culture of the area

Additionally, respondents highlighted a range of services/supports already in place that they use/avail of to help them maintain their positive health and wellbeing, these include:

- Local Shops
- Dentists and Doctors
- Credit Union
- Jobs Club
- Swimming pool
- Irish dancing
- Walking
- GAA clubs
- Cycling Club
- Forest Park, Boyle
- Free courses
- Men’s Shed
- Toddler Groups
- Local Events
- Playgroups
- Youth clubs
- Tri Club
- Social media pages with local updates
- Cuisle
- Prayer Groups
Concerns and Barriers to Positive Health and Wellbeing

In response to the question as to what were the factors that negatively affect how people think and feel about living in Roscommon?

A range of concerns were highlighted by respondents as challenges to maintaining positive health and wellbeing, these included:

- Poor transport network and secondary roads
- Limited work opportunities especially for young people
- Insufficient wheelchair friendly amenities and facilities and seating areas for older people
- Not enough to do for young people/children
- Poor broadband
- Lack of evening activities that are not pub based – more diverse activities
- Safe place to walk/cycle especially on roads
- Few amenities, clubs and facilities
- Access to fast medical care i.e. local GP and local mental health services

The respondents were also asked for suggestions as to what supports needed to be put in place to address the above barriers and may lead to an increased positive health and wellbeing for the County population.

Respondents identified the types of supports that needed to be in place included:

- Transport funding and improved rural transport
- Better roads and hospital
- More live music locally and dancing and less pub focused activities
- More amenities, clubs and facilities for younger people’s activities
- Light Sports grounds at night for people to use
- More mental health services, education and supports [24 hour]
- A Greenway to ensure safe cycling and walking in rural roads and provide seating areas on walks, particularly for older people,
- Increase co-operation between and /or amalgamate clubs and committees
Stakeholder Collaboration

Significant research and consultations has taken place with a substantial number of groups by organisations county wide, to inform policies, plans and strategies.

A desktop analysis exercise took place to extract the core themes relating to health and wellbeing. In summary the core themes identified from County key stakeholder consultation include:

- Rural Transport
- Attract employers to the county
- Support entrepreneurship and small businesses
- Outreach further education and training
- Retain and support graduates
- Increase collaboration between providers
- Community hubs
- High speed broadband
- Support older people staying in the community
- Integrated community facilities
- Volunteering supports and services
- Social community enterprise
- Mental health services
- Coordinated vision for a county
- Develop youth activities and facilities

Consultations with Stakeholders

Consultations took place with members of the LCDC Health and Wellbeing Sub-Committee as well as other representatives of relevant organisations which informed the plan.

Health and Wellbeing Sub-Committee Focus Group Outcomes

- Both urban and rural isolation is an issue in Roscommon – older people, lone parents and middle-aged men.
- A lot of work is being done by different groups/agencies but no clear resource to obtain this information.
- Young children want to spend more time with their parents doing simple things.
- There is an element of people needing ‘to want to get involved in what’s on offer’.
- Time constraints are impacting on families doing activities together.
- Physical activity very important especially through outdoor activities.
- Non-competitive activities that involve the whole family are very important.
- Weight management to support participation in physical activity.
- Utilise the Town Teams to disseminate the Health and Wellbeing message.
- Utilise the Roscommon events Calendar to promote Health and Wellbeing events.
Strategic Priorities for Healthy Roscommon

A range of emerging themes have been identified from existing plans, on-street consultations and feedback from focus groups that have led to the formulation of five objectives and strategic priorities for Healthy Roscommon as follows:

1. Reduce isolation
2. Provide activities accessible to all
3. Help people become motivated to participate
4. Get families active together
5. Share information among service providers

Strategic Priorities Implementation Plan

Objective 1  Reduce isolation

1.1 Support people who are hard to reach e.g. older people, lone parents, isolated men, individuals with physical, sensory and intellectual disabilities.

1.2 Collaborate with local support and active recreation settings to address barriers to participation by vulnerable groups within County Roscommon.

1.3 Explore impact of internet usage on participation in activities.

Objective 2  Provide activities accessible to all

2.1 Maintain and make existing walking trails more accessible.

2.2 Provide activities that are accessible, age friendly and culturally aware.

2.3 Work with the County Town Teams to develop and promote accessible activities.

Objective 3  Help people become motivated to participate

3.1 Work with employers to promote health and wellbeing in the workplace.

3.2 Review how the message is sold to promote positive health and wellbeing in the County and to increase participation.

3.3 Create awareness of nutritional and healthy weight options in engaging in physical activity.
### Objective 4  Get families active together

<table>
<thead>
<tr>
<th>Action No.</th>
<th>Actions</th>
</tr>
</thead>
<tbody>
<tr>
<td>4.1</td>
<td>Increase links with local Sports clubs to support and increase participation in family-based activities.</td>
</tr>
<tr>
<td>4.2</td>
<td>Provide more family-based activities in the County.</td>
</tr>
<tr>
<td>4.3</td>
<td>Promote Park Run as a family event.</td>
</tr>
</tbody>
</table>

### Objective 5  Share information among service providers

<table>
<thead>
<tr>
<th>Action No.</th>
<th>Actions</th>
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<tbody>
<tr>
<td>5.1</td>
<td>Improve collaboration between agencies and culturally diverse communities in the provision of health and well being activities.</td>
</tr>
<tr>
<td>5.2</td>
<td>Collect and analyse data from service providers to identify barriers to participation in activities.</td>
</tr>
<tr>
<td>5.3</td>
<td>Encourage service providers to support existing plans and identify gaps during their planning process.</td>
</tr>
<tr>
<td>5.4</td>
<td>Monitor and evaluate outcomes of actions and their benefits to the health and wellbeing of the participants of the HI funded actions.</td>
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</tbody>
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Best Practice Case Studies

Park Run

Parkrun was established in 2004 in the UK by a group of volunteers and to this day the initiative is completely volunteer lead and is free for all to participate. The initiative is now global and is run in many countries and taken up by numerous cultures. It is growing all of the time on basic principles of weekly runs which are free and for everyone. The initiative is spread and activated through a website which volunteers who are interested, register and develop the programme from there.

Getting Men Active Now

This case study has information extracted from ‘True fitness healthy living and weight loss programme’ progress report 19th April 2018.

This programme was developed by Dr Diane Cooper and John Bolton of True Fitness and is already delivered in other parts of the Country to counteract the negative effects of ageing, obesity and physical inactivity on the physical and metabolic health of men over 40 years.

The programme was coordinated by Roscommon Sports Partnership and supported by the Healthy Ireland fund. The aim was to deliver an evidence based initiative to a community of men over 40 years of age.
The programme was coordinated by Roscommon Sports Partnership and supported by the Healthy Ireland fund. The aim was to deliver an evidence based initiative to a community of men over 40 years of age. This was run over 6 weeks in Kilteevan, County Roscommon in 2018. Health screening took place including fasting bloods, liver and kidney function tests via their GP. Bespoke health education workshops were prepared for this group which included education on the following topics:

- Nutrition for health, wellness and weight loss
- Physical activity for health
- Anti-Ageing nutrition and physical activity
- Rehabilitation exercises for lower back pain
- Goal setting and motivation
- Stress management techniques
- Interpretation of blood test results and how to control blood sugar and cholesterol through lifestyle change.

There were measurable positive results in weight loss, metabolic rate, fitness and strength over the six weeks. Participants learned how to monitor their own heart rate, felt more energised, less fatigued, had less sugar cravings and enjoyed the weekly plans.
St. Brigid’s Community Choir

St. Brigid’s Community Choir was formed in 2013 to provide members of the community with a social outlet and an opportunity to pursue their interest in singing. The choir was initially made up of St. Brigid’s GAA club members but over time this spread to non-members of a wide range of ages.

Choir members continously refer to the enjoyment they derive from being involved, with many claiming it was “the best thing they have ever done”. The challenge of performing in public has added to the pride and satisfaction of succeeding together as a team. The choir has progressed from performing within the club to appearing on the programme of concerts for Shalom in the Sacred Heart Church, Roscommon and other venues.

This initiative demonstrates how the GAA is diversifying from sport for members to activities such as the choir reaching the broader community supporting social connectedness, inclusion, enhancing health and wellbeing.

Oran Healthy Clubs

Oran Healthy Club has run various health initiatives over the past 5 years in areas of physical activity, healthy eating, mental health and fitness, anti-bullying and community development. They have formed partnerships with many organisations over the years such as: Roscommon Sports Partnership, the HSE, Roscommon Handball Club, Local Cycling Club, Walking Club, Community AED/CPR team, Cuisle, the IFA, Secondary and National Schools, and the Roscommon Women’s Network to name but a few.

Oran Healthy Club Project has made a hugely positive impact on the people in its community. Feedback from participants in programmes include - ‘improvements to their social and emotional wellbeing’, ‘increased self-confidence’, as well as being more physically active, eating healthier and more mindful of their mental wellbeing.
Healthy Libraries

A number of events were run in Roscommon Libraries as part of the “Healthy Ireland at Your Library”. These events took place in 2018 and included yoga and mindfulness, nutrition and sleep, stress management, health check and children’s yoga. These events were open to the public to attend and involved a high level of female participation.

The overall benefits of the events involved participants gaining tools to manage stress and subsequently joined yoga, gained information and recipes on nutrition and tips on getting quality sleep. A number of people were advised to follow up with their GP after the health checks.
Monitoring and Evaluation

Baseline data will be collected in 2018 to measure and work towards increasing participation and enhancing health and wellbeing for people in County Roscommon.

**Successful Indicators of Health and Wellbeing in Co. Roscommon**

There will be an increase in the following:

- Men participating in the ‘Get Men Active Now’ programme.
- People with disabilities involved in social activities in County Roscommon.
- People participating in suicide awareness training in the County.
- Both boys and girls participating in family based physical activities.
- Greater awareness of accessible walking and cycle trails.
Membership of the LCDC Health and Wellbeing Sub-Committee

The purpose of the Health and Wellbeing Sub-Committee is to assist in delivering the goals of the Roscommon Local Economic and Community Plan which relate to the Health and Wellbeing of the people of Roscommon. The Sub-committee operates an interagency partnership approach to assist Roscommon become a healthier and more caring County for all.

**Organisation/Sector**

HSE - Health Service Executive  
Western Regional Drug and Alcohol Taskforce  
HSE - adult community mental health services in the County  
JIGSAW  
Child and Family Agency – TUSLA  
Traveller Health, RLP  
Roscommon Sports Partnership  
Roscommon County Council  
Public Participation Network  
Mental Health Sector  
Suicide Awareness (HSE)  
Intellectual Disability Sector  
Physical Disability Sector  
Western Region Drug and Alcohol Task Force  
Older People’s Council  
Roscommon LGFA – Ladies Gaelic Football  
Roscommon GAA – Gaelic Athletic Association

**Acronyms and Abbreviations**

CAMHS  Child and Adult Mental Health Service  
CSO  Central Statistics Office  
CYPSC  Children and Young People’s Services Committee  
EROC  Emergency Reception Orientation Centre  
GRETB  Galway Roscommon Education and Training Board  
LEADER  Liaison Entre Actions de Développement de l’Economie Rurale  
LECP  Local Economic and Community Plan  
NLN  National Learning Network  
NYPS  Neighbourhood Youth Project  
PPN  Public Participation Network  
RAD  Roscommon Active Diversion  
REGARI  Roscommon East Galway Advancing Recovery in Ireland  
REIS  Roscommon Early Intervention Service  
RLP  Roscommon LEADER Partnership Company  
SICAP  Social Inclusion Community Activation Programme  
VIS  Volunteer Information Service  
WDC  Western Development Commission  
WRDATF  Western Regional Drug and Alcohol Task Force
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2018-2021