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Connecting for Life
Kerry

A quarterly insight into Connecting for Life Kerry developments

Welcome

This is the second issue of the Connecting for Life Kerry newsletter. It once again provides an overview of the suicide prevention activities happening across the county. The highlight has been the roll out of Kerry's First Health & Wellbeing Week to help celebrate World Mental Health Day. Well done to everyone who got involved in the planning and organising of this, alongside all of those who participated in the many free events across the region. I encourage you to circulate the Connecting for Life Kerry newsletter among your colleagues and direct any queries or comments to Julieann Lane, Resource Officer for Suicide Prevention at Julieann.lane@hse.ie

Key highlights

- **#WorldMentalHealthDay** was observed around the world on **10th October**. Kerry's first Health & Wellbeing week marked this by delivering a number of events
- A new leaflet with the mental health support services in Kerry developed by the mental health work stream of the Connecting for Life Steering Group. Please contact Julieann.lane@hse.ie for copies of this
- Improving health and wellbeing through Social Prescribing seminar held in Listowel
- Funding secured through the National Office for Suicide Prevention for a new support service for those bereaved by suicide, a Suicide Bereavement Liaison Service. This service will commence in the new year.

Improving Health & Wellbeing through Social Prescribing in Listowel

Cork Kerry Community Healthcare offered those working in the community and health sector an opportunity to learn more about social prescribing at a seminar on 24th of October held in the Listowel Family Resource Centre. The seminar presented an opportunity to learn about the concept of social prescribing, explored models of social prescribing and to hear about social prescribing from a Kerry perspective.

Social Prescribing is a pilot project currently in place in Listowel and is funded by Healthy Ireland through Pobal. *Social Prescribing* is a support service that links people with non-medical sources of support in their community. It includes for example, arts, learning and up- skilling, exercise, gardening, self-help materials and volunteering. There are also opportunities for individuals to join groups with like-minded people or to take part in health programmes that promote general wellbeing. Social Prescribing enables health care professionals and community & voluntary organisations to refer people to a range of community, non- clinical services to support health and wellbeing; Persons can also self refer into the service.

The key messages to emerge from the seminar include:

- There is clear evidence of the close relationships between physical health, mental wellbeing and social interaction.
- Social prescribing expands the range of options available to health professionals and service users in order to address needs that cannot be met by a health service response alone.
- Promoting social connectedness across the life course is already an integral part of the Family Resource Centre programme making social prescribing a natural fit;
- It was highlighted that more widely available social prescribing programmes potentially could alleviate some of the pressure on primary and secondary health services, while offering a service to people who would benefit from non-medical supports in order to maintain or regain mental health and wellbeing

Kerry's First Health and Wellbeing Week 'Celebrating World Mental Health Day'



This was a collaborative project by Kerry County Council through Healthy Kerry, and HSE Cork Kerry Community Healthcare through Connecting for Life Kerry. A dedicated committee of local support services and organisations came together to plan a series of events to celebrate World Mental Health Day, here in Kerry. Staff from HSE primary care, social inclusion, community work, mental health, community dietetics and administrative staff all got on board to support the week.

It featured up to 50 free events/workshops with approximately 937 people engaging in the activities throughout the week. These included workshops, seminars, coffee mornings, film screenings and sports events, all with the aim of promoting a positive sense of wellbeing and highlighting mental health services and supports available.

The purpose of the week was to promote the **Five Ways to Wellbeing** and to ensure people are aware of the many mental health supports and services that are available in our county. A Mental health support service leaflet was developed and is now available in all local health centres and libraries across Kerry.

Highlights of the week included:

- 'Add friends to your Tea' at many Family Resource Centres throughout the county
- 'Feet on the street' The Samaritans were out and about in local towns
- 'Do Good, Feel Good' events in Tralee, Dingle, Kenmare & Listowel to learn about volunteering in your local area
- Aware delivered two mental wellbeing workshops to employers in Killarney
- PSYCHED Wellbeing in the workplace workshop in Tralee targeted employers
- Kerry Macra na Feirme hosted the film 'Pilgrim Hill' in Killorglin
- A panel discussion took place on the 'The changing role of women in Kerry and how this impacts on health & wellbeing'
- Mindfulness workshops

Other highlights from the work streams and actions

- The postvention works stream made an application to the National Office for Suicide Prevention to develop a Suicide bereavement Liaison Service and has been successful. The service will provide much needed support to those bereaved by suicide.
- The Resource Officer for Suicide Prevention, Julieann Lane, rolled out the little things campaign to 25 staff members of Turas Nua in Kerry.
- In partnership with Health Promotion department, HSE 'Minding your Wellbeing' programme was delivered to HSE staff and Employability Kerry staff.
- In partnership with Cork Kerry Community Healthcare Community Work Department and Southwest Womens Association, Mental wellbeing programmes will be delivered to 6 social care centres across South Kerry.
- The Resource Officer for Suicide Prevention, Julieann Lane, supported the roll out of student support team training to post primary schools in Kerry.

Agencies working together in Castleisland to support the community

A number of agencies have come together in Castleisland in response to an increase in suspected suicides in the area. These include, the Gardai, the Local Family Resource Centre, Public Health Nurse, Community Worker and the Resource Officer for Suicide Prevention. The agencies are planning a number of initiatives in the area over the coming months. To date, Jigsaw's One Good Coach workshop and the HSE Suicide awareness workshop SafeTALK has been delivered. The local alcohol forum have also included a mental health support section in their latest edition.

FOR FURTHER INFORMATION

www.connectingforlifekerry.ie

www.yourmentalhealth.ie

Contact: Resource Officer for Suicide Prevention,
Julieann Lane; Julieann.lane@hse.ie (066) 7184535

Delivery of Suicide Prevention code of practice training to FRC's in Kerry

In partnership with the National Mental Health Promotion Project, the Resource Officer for Suicide Prevention, Julieann Lane, delivered Suicide Prevention code of practice training to the Family Resource Centres in Kerry. The Code of Practice is essentially about providing guidance for FRCs around the first aid response on how to identify and respond to suicidal behaviour. The training focused on implementing the guidelines in each FRC and provided support around this. Each Family Resource Centre was provided with a toolkit to help guide implementation of the guidelines.



Help is just a phonecall away

The wide-ranging consultation process that took place as part of Connecting for Life Kerry pointed to the need to raise awareness of supports and services available. In response to this, the following poster was designed to get the message out that 'help is a phone call away'.

Need to talk?



Help is a phone call away



Free-phone 24/7 on **116 123**

Text **087 2609090** Email: jo@samaritans.org



Call **1800 247 247** Email: info@pieta.ie



Free-phone 24/7 **1800 666 666**

Text "Talk" to **50101** Go to www.childline.ie

If you are in crisis please contact your local GP.

Out of hours, contact SouthDoc on **1850 335 999**
or your nearest Emergency Department.