



COMMUNITY CONNECT LOUTH & MEATH CHAMPION TRAINING

Paula Keenan, Healthy Ireland Coordinator for Louth
Alison Lynch, Healthy Ireland Coordinator for Meath





Community

CONNECT | LOUTH & MEATH

An initiative to promote and support positive mental health in the communities of both Louth and Meath



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What is Wellbeing?

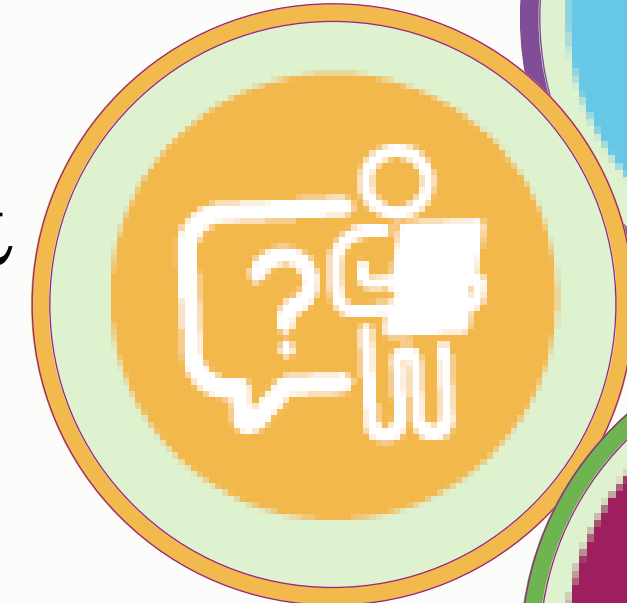


Wellbeing is not just the absence of illness; it's about thriving in all aspects of life. It's about feeling good and functioning well—both physically and mentally.



The Five Ways to Wellbeing

- **Connect with the people around you** - strong social connections are fundamental to our mental health.
- **Be Active** - physical activity improves both body and mind.
- **Take Notice** - being mindful and aware of the present moment can enhance our overall sense of contentment.
- **Keep Learning** - learning new skills and experiencing new things keeps our minds sharp and engaged
- **Give** - Selflessness, kindness, and generosity are powerful tools to enhance both personal and collective wellbeing.



The Role of Community in Wellbeing

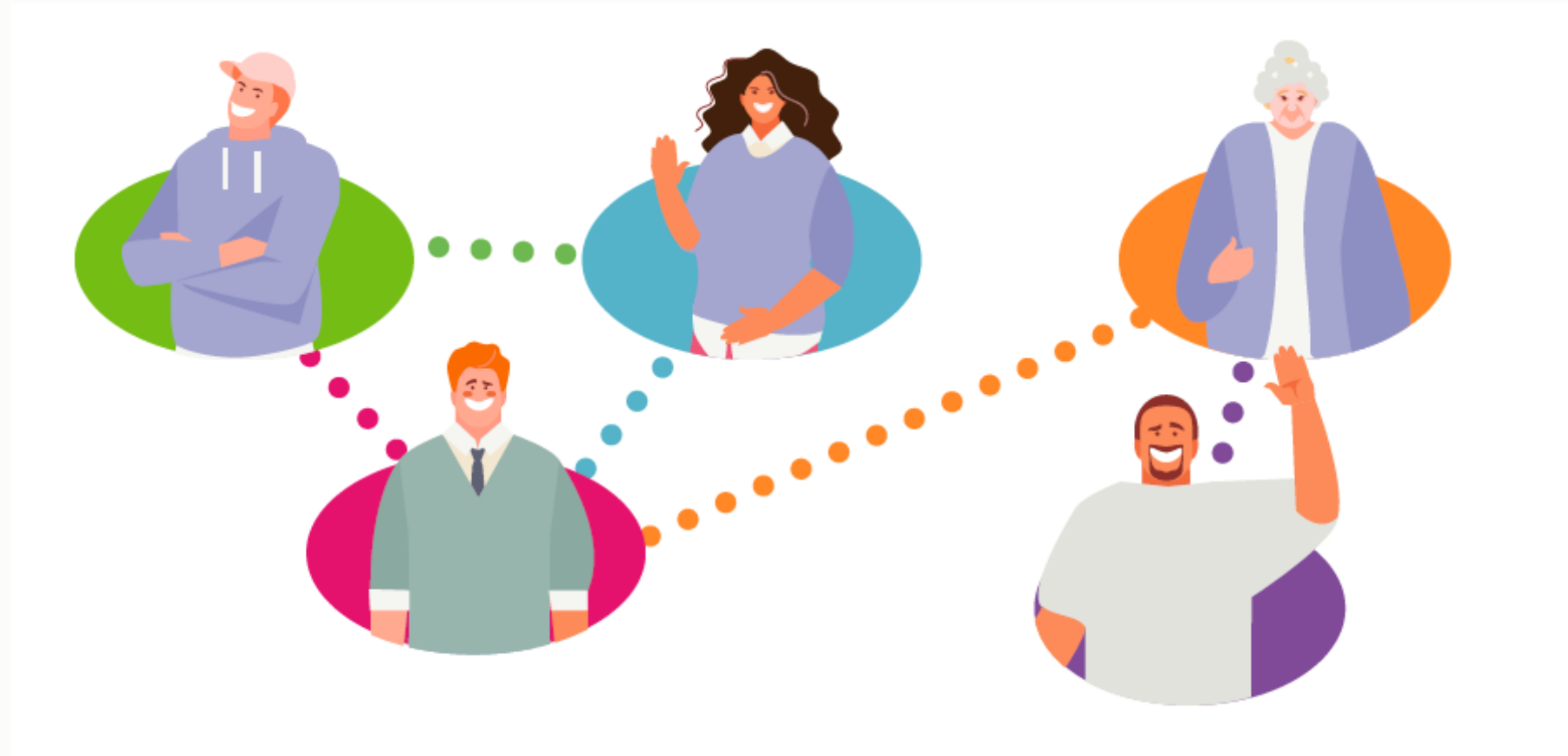
‘Remember that just as you need community, there is a community that needs you.’
Samaritan’s, 2022



What is CommUnity Connect Louth & Meath



- The CommUnity Connect '5 Ways to Wellbeing' Resource
- The CommUnity Connect Network
- The CommUnity Connect Champion Programme

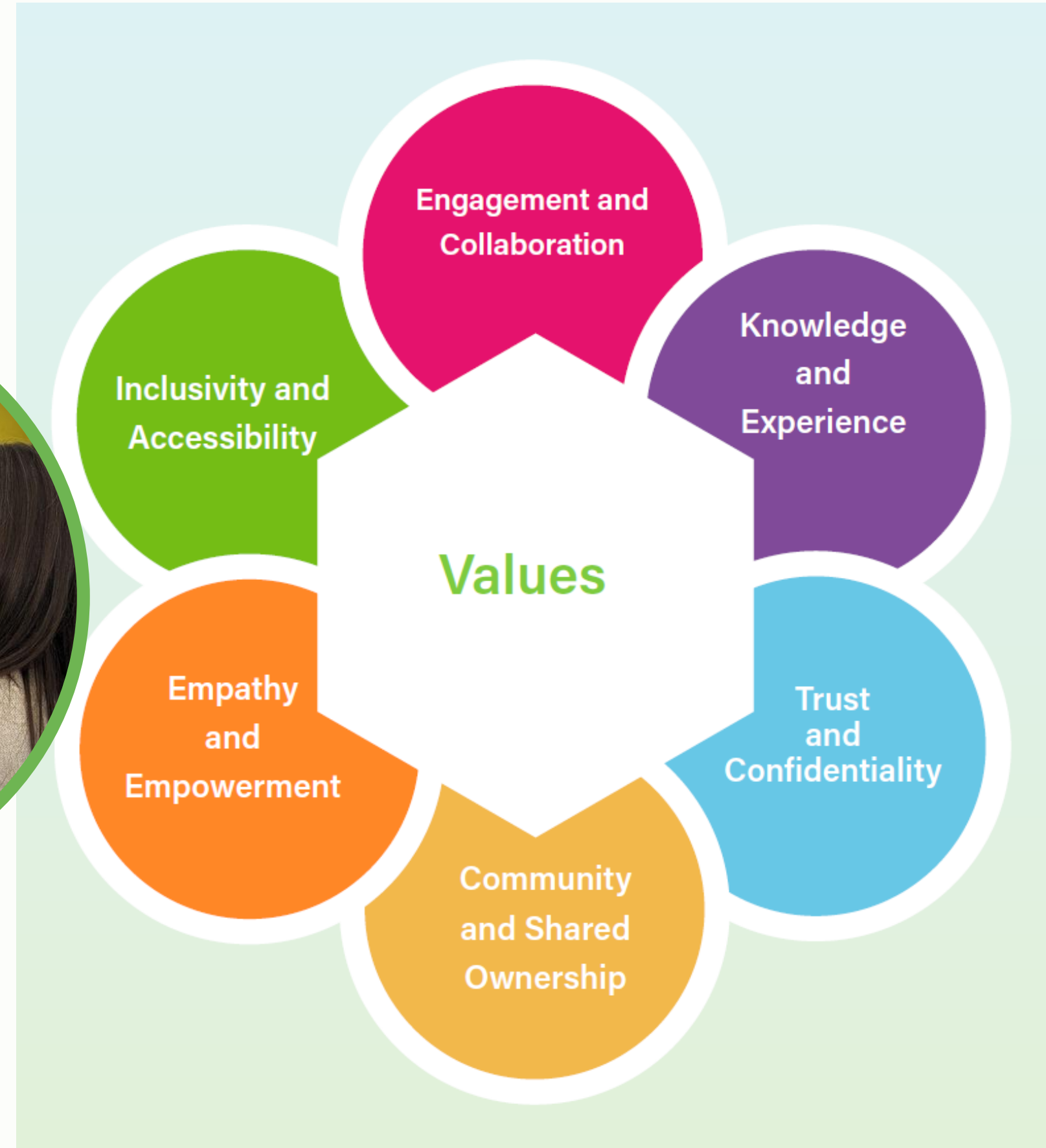


Our Mission



"At CommUnity Connect, we aim to foster community wellbeing through prevention and early intervention, promoting shared ownership of mental health and wellbeing. Our mission is rooted in inclusivity, accessibility, and adaptability, ensuring everyone in the community can engage and benefit from our initiatives. We believe in the power of community knowledge and experience, and we are dedicated to creating a supportive and empowering environment for all."

Our Values



CommUnity Connect Louth & Meath – ‘5 ways to Wellbeing’ resource



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As part of the Network:

- You will be provided with accurate information and resources so that you can help your local communities with issues related to mental health & wellbeing;*
- You can tell us what further information, resources or other support you think would help your community;*
- You can provide further feedback and information about the barriers and difficulties your community is facing regarding mental health and wellbeing;*
- Your feedback will be collected and passed to the Healthy County Coordinator to help them more effectively respond to communities with the overall aim being to improve mental health and wellbeing and reduce health inequalities.*

- The 'CommUnity Connect' Champion will be someone who is a trusted, active member of their community, a source of information, provide mental health and wellbeing signposting support and be passionate about advocating mental health and wellbeing in the community;
- Champions will receive ongoing, tailored training and support, ensuring they are well-equipped and supported in their roles. This training will support them to use their voice and networks to promote positive conversations about mental health and wellbeing in their community;
- Recruitment will focus on diversity and inclusion, ensuring champions understand and represent the needs of their communities;
- Champions will improve connections between services and communities, with clear signposting and referral pathways;
- Champions will be recruited on a pilot basis initially. A continuous engagement and feedback mechanism will be established to facilitate ongoing review and evaluation of the programme.

Pilot – Test & Learn Approach

The CommUnity Connect Champion Programme will adopt a test and learn approach, starting as a pilot to ensure flexibility, community input, and lasting impact.

Key Phases:

- Clear Objectives & Pilot Focus
- Expression of Interest (EOI) & Targeted Recruitment
- Co-Design & Programme Shaping
- Training
- Mentorship & Ongoing Support
- Feedback Collection & Continuous Learning
- Review & Evaluation

Sustainability & Long-term Scaling:

Once refined through the pilot, the programme will be scaled to offer training to all groups and organisations within the CommUnity Connect Network. The long-term sustainability plan will focus on ongoing support, securing resources, and partner engagement to ensure the programme's continued growth and impact.

Long-term Vision:

The CommUnity Connect Champion Programme will evolve as champions co-create the framework, tailoring it to meet the unique needs of their communities. Ultimately, the goal is to empower all community groups and organisations within the network to benefit from the training and support, creating a network of local leaders driving positive change across the region.



How to get involved



Becoming part of the 'CommUnity Connect' initiative is simple. If your community group or club are interested in joining the Network or would like to appoint an individual to become a 'CommUnity Connect Champion', here's how you can get involved:

Joining the Network:



Express Interest

Contact us to join the Network.



Get Resources

Receive the 'CommUnity Connect' pack.



Promote

Spread awareness in your community.



Provide Feedback

Share your thoughts and suggestions.



THE 5 WAYS to wellbeing

*"The Five Ways to Wellbeing: Opportunities for Community Health in Louth"
and the launch of CommUnity Connect Louth & Meath'*

This event has been brought to you by Louth Social Prescribing Committee



Five Ways to Wellbeing' Launch Event



"Five Ways to Wellbeing: Opportunities for Community Health in Louth"

- Held on 23rd October 2024, at The Fairways Hotel, successfully gathered approximately 150 attendees, including health professionals, community groups, and members of the public.
- The event featured over 30 stands, each mapped to the '5 Ways to Wellbeing' framework, showcasing a diverse mix of services and community groups, including Active Travel, Creative Arts, Age Friendly and Louth Library Services, all providing opportunities for attendees to engage in practices that support the five ways to wellbeing across Louth.
- The presentation segment, compèred by Dr. Sean Owens, included an address from Maeve Harkin, who acknowledged the funder, SICAP, and emphasised the importance of community wellbeing; Danny McCormack, who discussed the benefits of social prescribing; Mark Garvey, who presented on the Stop Smoking Service; and Paula Keenan, who launched the CommUnity Connect '5 Ways to Wellbeing' Guide.
- The event concluded with a networking lunch, fostering collaboration among attendees. Feedback was overwhelmingly positive, reflecting a strong commitment to promoting wellbeing across Louth.

CommUnity
CONNECT | LOUTH & MEATH

THE 5 WAYS to Wellbeing

YOU'RE INVITED!

Join us for "The Five Ways to Wellbeing: Opportunities for Community Health in Louth" and the launch of CommUnity Connect Louth & Meath'

Celebrate community, connection, and well-being with local organisations and community groups that support holistic health in County Louth. Learn about ongoing initiatives, network with colleagues, and discover how community involvement plays a vital role in promoting health and sustainability.
Don't miss this opportunity to connect!

SCHEDULE

REGISTER NOW

Venue: The Fairways Hotel, Dublin Road, Dundalk

Date: Wednesday 23rd Oct 2024
Time: 11:00am to 2pm

Lunch: 1pm - 2pm

FINISH 2pm

Via email or phone by Monday 21st Oct

danny.mccormack@lldc.ie
0874189439

To enquire about booking a stand at the event please ring 0874189439

LOUTH LOCAL DEVELOPMENT
Supporting Communities, Families, Enterprise & the Environment

SICAP
Social Inclusion & Community Activation Programme

Healthy Louth

Connect, Take notice, Give, Keep learning, Be active

CommUnity Connect Launch Event -

Louth



CommUnity Connect Launch Event - Meath



YOU ARE INVITED TO

LAUNCH

An initiative to promote and support positive mental health in communities across Louth and Meath



Rescheduled :

**Deerpark Community Hub
Friday 28th February at 10am**

Join us for some yoga, mindfulness and gentle walking on the day

Please register your interest in attending by emailing healthymeath@meathcoco.ie before Tuesday 25th February 2025



Setting Healthy Boundaries

- **As a CommUnity Connect Champion, you are a valued advocate for mental health and wellbeing in your community – but you are **not** a mental health professional.**
- **It's important to know what your role includes – and what it doesn't.**



Your Role Includes

- **Promoting positive mental health and wellbeing messages**
- **Sharing the CommUnity Connect Toolkit with groups and individuals**
- **Encouraging open, stigma-free conversations about mental health**
- **Signposting people to relevant services and supports**





✘ Your Role Does *Not* Include

- **Providing counselling, therapy, or medical advice**
- **Acting as a crisis responder**
- **Taking on responsibility for someone's mental health outcomes**



Offering Support & Practicing Self-Care

If someone needs more help, it's OK to say:

- **“I’m here to listen and support you in finding the right help, but I’m not a trained professional. Let’s look at who might be best to support you.”**
-  **Remember: You are a *connector* – helping people take the next step, not carrying it all alone.**
-  **Support yourself too – reach out if you need guidance or a check-in!**

Meet Your CommUnity Connect Champion – Example - Girl Guides

- Name: Aoife
- Role: Troop Leader & CommUnity Connect Champion
- Location: Ardee Girl Guides
- What Aoife Does:
 - Promotes the Five Ways to Wellbeing during weekly Guide meetings
 - Uses the CommUnity Connect Toolkit in planning badge activities
 - Is a go-to person for mental health signposting for young members and parents
 - Shares community wellbeing events and resources with Girl Guide families
- “I love empowering our girls to take care of their mental health in fun, practical ways!”



Embedding the 5 Ways to Wellbeing with Girl Guides

- **Example Activity Map:**
- **Connect** – Buddy walks or check-in circles at the start of each session
- **Be Active** – Outdoor games, hikes, and active badge work
- **Take Notice** – Nature scavenger hunts, mindfulness crafts, gratitude jars
- **Keep Learning** – Life skills badges, new hobbies, mental health workshops
- **Give** – Community service projects, intergenerational outreach, making care cards
- **Champion Aoife** ensures every term plan includes elements from each Wellbeing Way.



Champion in Action – Real Impact

Wellbeing Week (Spring Term):

- **Mood Mandalas mindful art project (Take Notice)**
- **Introduction to Tai Chi for Kids (Be Active + Connect)**
- **Visit to the community garden and seed-planting (Give + Keep Learning)**

Result: “The girls are still talking about Tai Chi! They said it made them feel calm and strong at the same time.” – Aoife

Feedback & Support



As a CommUnity Connect Champion, Aoife also:

✓ Shares anonymous feedback from her Guides and parents with the Healthy County Coordinator

✓ Reports on common mental health topics raised by parents (e.g., screen time, anxiety before school)

✓ Requests additional toolkit resources tailored for younger girls

“It feels great knowing there’s a network of support behind me as I try to support my community.”

Meet Your CommUnity Connect Champion – Example Men's Shed

- Name: Tom O'Reilly
- Role: Chairperson & CommUnity Connect Champion
- Location: Navan Men's Shed
- What Tom Does:
 - ✓ Embeds wellbeing check-ins during shed sessions
 - ✓ Shares information from the CommUnity Connect Toolkit
 - ✓ Offers signposting to services for members needing extra support
 - ✓ Connects members with local wellbeing events and workshops
- “The shed is more than a place to work on projects — it’s a space to feel connected and supported.”



Embedding the 5 Ways to Wellbeing with Men's Shed

- **Example Activity Map:**
- **Connect** – Morning tea catchups and shared lunch once a week
- **Be Active** – Light gardening, carpentry, and DIY projects
- **Take Notice** – Mindfulness moments during woodwork, seasonal nature walks
- **Keep Learning** – Tool skills workshops, digital literacy classes, guest speakers
- **Give** – Community repair days, mentoring younger men, shed-made gifts to local charities
- **Champion Tom** makes sure every Shed day brings a bit of wellbeing to the table.



Champion in Action – Real Impact

Men's Mental Health Month (June):

- Hosted 'Wellbeing Wednesdays' with guest speakers from local services
- Introduced a 'Mindful Mornings' craft hour (Take Notice)
- Organised a shed open day to welcome isolated men in the community
(Connect + Give)

Result: “We’ve had more laughs, more chats, and more men saying ‘thanks, I needed this.’” – Tom



Feedback & Support



As a CommUnity Connect Champion, Tom also:

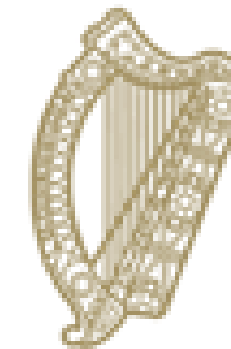
✓ Shares anonymous feedback with Healthy County Coordinators

✓ Highlights common themes like loneliness, bereavement, and physical health worries

✓ Requests printed signposting materials suitable for older men

“It’s powerful to know that listening and connecting can lead to real change for the lads.”

Thanks for your attendance & Contributions



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