

FALL IN LOVE WITH HEALTH AND WELLBEING

As summer comes to a close and children return to school it is a good time to focus on getting back to better routines. September is a great time to focus on our health and wellbeing. SHC have a variety of FREE programmes and services to promote and live in a more healthy way. You can learn new ways of healthy eating, find new tips and tricks as a mams/dads/carers, finally quit smoking or look at becoming more active in your community. Join us in local events and our social café to find out what we have to offer you.

Upcoming Events

World Mental Health Day Oct 10th - 10am-1pm Athy Sports Hub - Contact AnnMarie 086-1363865



Meet at Athy Sports Hub
R14E243- Across the road from
Aldi.

Work out Your Mental Health

Walk & Cycle Event
Thursday October 10th 10am -1pm.
meeting at the Athy Sports Hub.
Bikes & Helmets will be provided,
Register with majella@countykildarelp.ie
if you require a bike, but you can bring your
own.
Tea and refreshments provided.

SUPPORT
Support & Information from the HSE Mental Health Team on the day

Sláintecare Healthy Communities | KILDARE SPORTS PARTNERSHIP | HSE | County Kildare

Turas Le Cheile Journey Together

Turas Le Cheile Bereavement Support Services are Recruiting a new cohort of Volunteers.
We have been providing a voluntary support services to people bereaved with a specific focus on supporting people bereaved by suicide since 200 in the areas of Kildare, South Meath, Laoise & South West Dublin.

Are you living in between Kildare Town, Athy, and South Kildare and interested in training as a bereavement support facilitator?

Can you commit to a 60 hour training programme?

Email tlcwhitestown@gmail.com to register your interest, and we will send you the application form.

Closing date for receipt of application
Monday 30th
September 2024

Supported by Sláintecare Healthy Communities

Learn more about Turas Le Cheile at www.turaslecheile.com.
For more information you can contact Catherine on 086 3801592 or George on 087 2792806.

We are partnering up with Turas Le Cheile, a FREE and CONFIDENTIAL Bereavement Support Service, to provide volunteer training, expanding their service in Athy and South Kildare. The closing date for applications is the 30th of September. If you would like to get involved in this training or would like to discuss opportunities for Health and wellbeing initiatives, please contact Maria on 087-9974155.

Parents Plus is one of our many free programmes available with Sláintecare Healthy Communities. This programme provides parents & carers with practical tips to help you through the ups and downs of parenting.

Next Programme starts November 7th - December 12th. 9:30-11:30 each Thursday

To sign up- Contact Jayne on 0858059466 or email: jayne@athycrfc.ie
Alternatively drop into Athy Family Resource Centre.

Sláintecare Healthy Communities

ParentsPlus

Empowering Professionals to Support Families

Parents Plus programmes are positive, proven parenting programmes, effective for children of all ages. Each programme gives practical tips to help parents with the ups and downs of rearing children.

Topics covered include:

- Building your child's confidence, learning and positive behaviour
- Improving your family's health and wellbeing
- Reducing your own stress as a parent
- Problem solving with your child and becoming closer

Each programme is run with a small group of parents by a trained facilitator.

"I think the Parents Plus course was fantastic. Each day coming out of the course, I felt more confident. Even to follow and really work. Thank you!"
Louise, parent



Scan the QR code for Free Programmes



Food Cloud Thrive - Workshop Series Kicks off this September 19th for 4 weeks with Cathal Geeney our Community Food & Nutrition Worker. If you are interested in learning about reducing food wastage get in touch with Cathal on 087-4081048 or email: calthal@countykildarelp.ie **There will be a trip to Food Cloud in Dublin on October 1st - transport provided.**

Other Exciting News!!!

Cathal is partnering up with Athy Community and Family Resource Centre Parent & Toddler Group to deliver a 4-week nutrition programme. The workshops start on **October 18th 10am-11:30am each Friday**. Contact Cathal to take part in this exciting initiative.

October will see the installation of the community kitchen at our Slaintecare Healthy Communities Hub. funded by Maria Healy from Kildare county council, this kitchen will improve the food environment and provide additional food support to Athy through the delivery of a range of programmes and initiatives.



Social Prescribing- Social Cafe

The Sláintecare Healthy Community Hub had it's first social café which was run through Social Prescribers in August. It was a lovely morning where many people from different communities in Athy came together to meet and have friendly chats. We will have more over the coming months.

Social Prescribing is a free service supporting and linking you into community activities and services.

Contact Sarah 0860651635 or Anne 0864411255

Other News

Happy Days Community Creche had a wonderful new kitchen installed funded through Slaintecare Healthy Communities and Healthy Ireland. in addition to this we have funded a healthy eating initiative to purchase ingredients to prepare healthy meals alongside an nutrition education programme for staff. We cant wait to hear of all the healthy meals Ann will make for the children and young people attending this service from the new facilities and initiative's.

October - December will see the roll out of support programmes for parents of neurodiverse children and young people at Athy CRFC.

We will also be working with Athy School's Completion Project delivering a creative writing through wellbeing project in local primary schools.

WATCH THIS SPACE- we have something new and exciting coming to Athy, in Edmund Rice Square.

Keep a look out while your out and about, to see if you spot ongoing works over the next few months!!!!

Remember all our Free Programmes & Services

Healthy Food Made Easy- 6 week nutrition & Cookery Course.

Contact AnnMarie 0861363865 or email annmarie@countykildarelp.ie

We Can Quit- Group Stop Smoking Programme

Contact AnnMarie 0861363865 or email annmarie@countykildarelp.ie

1:1 Stop Smoking Service

Contact Edwina 0874798431 or email Edwina.Deegan@hse.ie

Social Prescribing- Supporting Social Connections

Contact Anne 0864411255 or Sarah 0860651635 email sarah@countykildarelp.ie

Parents Plus- Contact Jayne 0858059466 email jayne@athycrhc.ie

Community Food & Nutrition- Contact Cathal 0874081048. Email calthal@countykildarelp.ie

