

National FRC Mental Health Promotion Project

Newsletter
JUNE 2022

Training

Since returning to in-person training in March 2022, our Training & Policy Officer, Mary Mulcahy, has delivered:

- 5 x 1-day Suicide Prevention-COP Training
- 3 x 2-day Wellness Recovery Action Plan Training
- 1 x Mental Health in the Community Lecture
- 1 x Info Sharing & Networking Event
- 1 x Full-day Self-Care Practice
- 2 x Sessional Self-Care Practice

Mary has visited FRCs in Dublin, Waterford, Wexford, Nenagh, and Limerick and has met with FRC coordinators across the Cork Region to discuss the health and well-being of the staff and volunteers and their training needs. Mary has also given her time and expertise to several external positive mental health promotion committees and is in the early stages of developing Compassion Fatigue training.

The Southeast Info Sharing & Networking Event was a huge success. Organised by Mary, it provided participating FRCs with an opportunity to share experiences, gather firsthand knowledge and network with representatives from the National Office for Suicide Prevention and Mental Health Ireland. If you would like Mary to organise an information and networking event in your region, drop her an email at marymulcahy@familyresource.ie.

Mary's contact details:

Phone: 086 837 9763

Email: marymulcahy@familyresource.ie



What you say about our training!



Social Prescribing

The National FRC Mental Health Promotion Project, in collaboration with the National Forum of FRCs, has successfully secured mainstream funding for the rollout of social prescribing across 10 sites in Cork and Kerry in partnership with HSE Cork and Kerry.

The recruitment of a regional coordinator has taken place, and Rita Bevan will be taking the lead in overseeing and implementing the project across both regions.

It's exciting times for Social Prescribing and the project is delighted to be part of the expansion and support the delivery of a high-quality service that meets the needs of local individuals



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National FRC Mental
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www.familyresourcementalhealth.ie

Hello, How Are You?



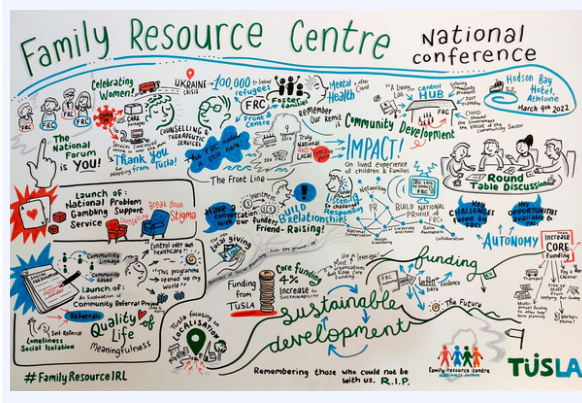
Hello, how are you day took place on April 7th; the National FRC Mental Health Promotion Project was part of the National Co-Production Committee and supported the development of the Hello, How are you toolkit. The day was a fantastic example of the impact FRCs can have on a person's mental wellbeing.

Well done to all involved!

The FRCNF Conference

The FRC National Forum Conference occurred in Hudson Bay Hotel Athlone on March 9th, 2022. This was a welcome change after two long years of zoom-only meetings.

During the Conference, the FRCNF launched the National Problem Gambling Support Service in collaboration with Gambling Awareness Trust. This new pilot program will be rolled out across 20 Family Resource Centres and offer counselling and additional support to those affected by problem gambling.



HSE Mental Health Promotion Plan



Stronger Together: On the 6th of April 2022, the HSE launched its five-year Mental Health Promotion Plan.

Since 2019, The National Mental Health Promotion Project Manager, as part of this steering committee, helped support the plan's development.

This plan includes a range of actions to promote positive mental health across the population within the remit of the HSE and HSE-funded agencies.

You can download a copy of the plan from our website.

<https://www.familyresourcementalhealth.ie/externalpublications>



Health & Wellbeing Community Referral Project Evaluation

In March, Yvonne Pennisi presented the key findings of the Cork & Kerry Health & Wellbeing Community Referral Project Evaluation at the FRCMHP National Conference, The National Conference for Integrated Care and the International Conference for Integrated Care.

Check out the full report under Our Publications at: www.familyresourcementalhealth.ie



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