



Healthy
Fingal

   @HealthyFingal

We're working hard to improve health and well-being, if you have any ideas to help contact:
kbrett@empower.ie

Healthy Fingal Strategic Plan

2021 – 2025

A snapshot of the Healthy Fingal Strategic Plan 2021 – 2025, which supports Fingal communities to improve their health and well-being in five key areas.

Sexual Health

We need to make sure that everyone has the information they need to experience positive sexual health and well-being.

How do we plan to help?

We will promote reliable and fact-based sexual education and sexual health programmes.

We also want to make sure that everyone in Fingal knows that they can get support and information via **SexualWellbeing.ie**.



Rialtas na hÉireann
Government of Ireland



government supporting communities

The Healthy Ireland Fund supported by the Department of Health and the Department of Children, Equality, Disability, Integration and Youth



Healthy Eating and Active Living

A poor diet can lead to a person being overweight and we all know we need to exercise to get healthy and stay healthy.

How do we plan to help?

We're going to get the word out about affordable local activities for all ages that can help you to eat well and get moving.

We're also going to work with local GP's on a Social Prescribing Programme. This will help anyone who feels isolated, stressed or anxious to join new activities. Head to getirelandactive.ie for more information on Healthy Eating and Active Living.

Mental Health and Wellbeing

More than 1 in 4 people will experience mental health issues in their lifetime.

Sometimes people find it difficult to access mental health support and get the support they need when they need it.

How do we plan to help?

We're going to support programmes that help young people build resilience and well-being, and we're going to deliver 'age friendly' and 'dementia friendly' communities.



We also want to make sure that everyone in Fingal knows that they can get support and information via YourMentalHealth.ie.

Tobacco

We are going to promote local tobacco cessation services in Fingal to make it easier for you to quit smoking.

How do we plan to help?

We want to make sure that people have up to date information on how vaping affects your health and to make sure all smokers know about Quit.ie.

Alcohol

We want everyone young and old to be aware of the dangers of binge drinking and alcohol related harm.

How do we plan to help?

We will promote Fingal Regional Drugs and Alcohol Taskforce local programmes.

We also want to make sure that everyone in Fingal knows that they can get support and information via AskAboutAlcohol.ie.