

**The Chairman and Members of
North West Area Committee.**

Meeting: 21st March 2023

Item No: 7

**Ballymun and Sláintecare Healthy Communities
Programme**

Following on from the Sláintecare launch on Friday 2nd December 2022 in Ballymun the Sláintecare Officer, Community Development Team, Parks Department and local residents have continued to work hard to bring the project to fruition. Their aim is to work collectively to help address the wider socioeconomic determinants of ill health through delivering local initiatives and working in partnership, to improve the conditions in which people are born, live, grow, work and age that affect their health outcomes.

Following a successful application funding of €250,000 was allocated to enhance Balcurris Park under the Community Enhancement Fund. A seed fund of €75,000 was also allocated to Ballymun to support local initiatives in line with the Sláintecare objectives.

1. Community Enhancement Funding Balcurris Park Ballymun

Balcurris Park is considered to be underutilised. The Ballymun Community & Development team together with Parks, Biodiversity & Landscape Services and a local working group developed plans to advance a new community reflective space/garden in the park environs and provide new recreational facilities. The sought after outcomes are to:

- Increase overall access to and promote use of Balcurris Park through the potential provision of new walkways and natural play areas that support community healthy place making and wellbeing.
- Install new recreational outdoor gym equipment that promotes health and fitness and delivers positive health impacts to benefit the local community
- Upgrade the MUGA area
- In collaboration with the DCC Area teams Ballymun Health & Fitness and DCC Sports Health & Wellbeing Partnership will promote and market awareness of the new Community Garden space and outdoor gym facilities, including mentoring and coaching.

Programme of works under Community Enhancement Funding include:

- a. Path upgrade works
- b. Construction of a reflective garden
- c. Playground upgrade
- d. Multi-use games area
- e. Gym equipment installation in Balcurris and Coultry Park

Estimated delivery timeframe: Q3 2023

2. Seed Funding Initiatives 2022

Play Therapy Project

Trauma is a barrier to education. Many children are presenting with school refusal and severe anxiety, behavioural difficulties, emotionally withdrawn or too drained to participate.

At present, five play therapists are providing play therapy to 36 children from 7 out of the 11 primary schools in Ballymun currently funded by DCC via the Ballymun Social Regeneration Fund.

With Sláintecare Healthy Communities Seed Funding additional contribution, the goal is to offer, in 2023, play therapy to the 11 primary schools, so that children most at risk can avail of therapeutic supports. The contribution will fund this expansion for six months.

Estimated Expenditure: To be finalised.

Trauma Informed Ballymun

Building a Trauma Informed Ballymun project aims to share and pool resources and to create a baseline of best practice between all the partner organisations. It is to create a shared understanding with regards to understanding and working with trauma.

Seed Funding contribution was allocated towards the cost of training, which the steering group is currently working on.

Estimated Expenditure: To be finalised

Ballymun Health and Fitness Summit

Ballymun Summit was a 3-day fitness festival in November and it offered a wide range of physical activities as well as workshops and demos. It aimed to raise awareness about mental health and it also promoted active citizenship.

Seed Funding contribution towards the Summit was used to provide unlimited health screening and a brief consultation looking at key health indicators.

Expenditure: €769

Sláintecare Santa Dash

The Ballymun Fun Run Committee (made up of students and teachers from Trinity Comprehensive, young people and youth leaders from Ballymun Regional Youth Resource) organised a Santa Dash and two fun runs to take place in Trinity Comprehensive in December. This included schools run/walk for all primary schools students and Trinity Comprehensive students, a 5km festive fun run and 10km jingle bell run for adults. Over 1,000 students registered for this initiative.

Expenditure: €3000

3. Community Engagement

The Local Development Officer continues to engage with community agencies to gain a better understanding of the presenting needs and how the community itself and community agencies continue to respond to emerging needs. Identified gaps and respective proposals will be brought forward to the Department of Health for seed funding contributions in 2023.

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Dublin City Council

Sláintecare Development Officer

