

EVE's Healthy Ireland Action Plan 2019-2023

Guide for Development of Local Healthy Ireland Action Plans



What's working well in EVE:

"We have a tobacco free campus and have to smoke outside. We have a trained facilitator for QSP and have materials on site for courses to help us quit smoking". Service User

"Creates an enabling environment where members, participants and staff focus on individual needs and goals. A positive atmosphere where you feel accepted in a safe and comfortable environment that encourages mutual participation where people come together to share resources with support from participants as well as staff which encourages you to try different things". Staff Member

"Somewhere there is always someone to talk to on good or bad days". Service User

"While valuing individual preferences and the skills to 'direct their own life', EVE fosters independence, where everything is optional with no pressure and work is carried out 'at your own pace' and with clear instructions given to people". Staff Member

"We have linked in with alcohol and drug addiction task forces and we have delivered an alcohol awareness programme". Staff Member

"A welcoming home-from-home, confidential space, full of friendship and companionship, where 'you can be yourself". Service User

"An atmosphere of partnership and equality without hierarchy or power imbalance that 'brings structure to your day". Service User

"Key worker and peer support role who nurture and support goal setting, recovery planning and personal development. Support from participants as well as staff where people go the extra mile – staff are involved because they want to work in this area". Service User

"Promotes wellness and personal choice". Service User

"The introduction of the MBSR programme was a great additional along with the WRAP® training for Staff. The focus on health and wellbeing in general in EVE and the TFC and QSP initiatives in particular are a great addition to the programmes for service users. The reflective practice has also provided a space for staff to discuss issues". Staff Member

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Foreword from the Healthy Ireland Working Group

Welcome to the first EVE Healthy Ireland Action Plan 2019-23. The Healthy Ireland (HI) Working Group was established in 2017 and was made up of people who use EVE services and staff from our Clubhouses, HUBs and Vocational Training programmes. In drafting our Healthy Ireland Action Plan, we co-produced our work with staff and service users in the spirit of a recovery-oriented service. We believe that we worked very well together and listened to many different perspectives around the table in developing this plan.

We volunteered to get involved in the Healthy Ireland Working Group because we believe that physical health and wellbeing contributes enormously to mental wellbeing; this is a key aspect to all the work we do in our services and our communities. Some of us were lucky enough to also be involved in the EVE Tobacco Free Campus Working group 2015-16, and were able to bring some of the lessons we learned throughout that process to bear on the work we have done preparing this implementation plan.

From early in this process, we felt it would be important to gather as many viewpoints as possible and consult as widely as we could with all EVE services. We devised a brief survey which we circulated among all the EVE services to prompt local discussions with service users and staff about their priorities for healthy living. We summarised all the responses, and believe that this data gave us a very good understanding of thoughts and feelings on the ground. It also allowed us to develop a plan which really captured the needs, values and opinions of all stakeholders using and delivering our services. Our thanks to all who took part in the survey and local focus groups in centres.

We believe it is important to acknowledge that much work has already been done throughout EVE services in the areas of Health and Wellbeing. The purpose of this Action Plan is to not only celebrate and acknowledge the good projects, groups and initiatives happening in centres right now, but also to inspire and motivate further development in the centres. As a service dedicated to engaging in health-promoting activities, we are keen to support a standard and consistent approach in the ways in which we respond to health-related needs.

We would like to thank all the participants on the Healthy Ireland Working group for their hard work in developing this plan and the community of EVE services who continue to work towards improving the health and wellbeing of all who use, and work in our services. Over the next five years, we look forward to "living well and working well" with you all.

The Healthy Ireland Working Group

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Membership of the Healthy Ireland Working Group

Cairdeas Clubhouse: Alex Bleeks, Julie Byrne, Tad Cantwell, Eoin Carroll, James Connolly, Laura Daly, Dave Fitzgerald, Marion Kelly, Joe Lee, Emmet McAvoy, Tom McDonald, Angel Mulchrone, Ronan Mulhern, Joanne Quinn. (Drafting sub-group)

EVE Estuary: Linda Nolan

EVE GHIS: Sean Carroll, Sandra Courtney, Jennifer Hussey

EVE H.O.: Margaret Webb

EVE New Horizon: Anne Flanagan, Laura McLernon, Gemma Morrin (rotating representatives)

EVE Plantmarket: David Bofin, David Devereux, Caroline Hall, Justin Lacy

EVE Slánú: Greg Stynes

EVE Thomas Court: Martin Gore, Finola Mangan, June Mongan

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Guide for Development of Local Healthy Ireland Action Plans

Introduction

EVE is a department in the HSE that provides community based services for adults with mental health difficulties and intellectual disabilities in twenty locations across Dublin, Wicklow and Kildare. The EVE Healthy Ireland (HI) Action Plan was co-produced by service users and staff across EVE services in 2018, involved a service wide consultation exercise and reflects their priorities for the next five years. It is a key strategic objective for EVE and supports our ambition to provide health promoting services that offer people opportunities to live well and work well in their communities.

EVE is a community of services that:

- Talks about wellness and how we can support efforts to achieve personal wellbeing
- Supports wellness through our programmes and services
- Encourages, prioritises and celebrates initiatives/efforts to improve personal wellness/wellbeing
- Integrates HI activities centrally in the organisational culture, programmes and services

Our HI Action Plan is underpinned by EVE's commitment to:

- Implementing the Making Every Contact Count programme to build staff capacity to effect real change in their daily interaction with people who use our services
- Working in accordance with a person-centred approach
- Embedding co-production as the agreed way of working
- Supporting people develop self-management skills and strategies to support wellness in their daily lives
- Working together in a culture where values inform our actions
- Offering services based on quality, evidence-based information
- Actions that will respect the planet and environment in which we work, live, and learn

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It is driven by an approach which:

- Sets objectives based on the HSE Healthy Ireland priority areas
- Prioritises co-production to progress this agenda
- Supports self-management through e.g. WRAP® groups
- Provides staff with support and training
- Values/uses learning from evidence-based practice to inform our work
- Embeds sustainability in our programmes and initiatives
- Builds on the existing health related initiatives and good practice in each EVE location
- Aims to harness the local energy and enthusiasm to create location specific, health impacting plans

And it is based on:

- What we heard from people...their priorities
- What we agreed we will do...the actions we need to take
- How we will know it's working...the measures that we can expect to see

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What did we hear?	What will we do?	How will we know it's working?
People want to avail of healthy eating options	Develop a nutrition policy	Each service will have a nutrition policy in place "Eat Well" Policy
People want opportunities to engage in physical activity	Develop a policy to support physical activity	Each service will have a physical activity policy in place "Let's Move" Policy
People want support for smoking cessation	Develop a policy to support smoking cessation	Each service will have a smoking cessation policy in place "Breathe Easy" Policy
People want support for alcohol awareness	Develop a policy to support alcohol awareness	Each service will have an alcohol awareness policy in place "Rediscovering Cheer" Policy
People want programmes that support wellbeing and mental health	Design and deliver programmes that support mental health and wellbeing	Each service will offer programmes that support people's wellbeing "Living Well" Policy
Staff want support for their health and wellbeing	Offer staff opportunities to support their health and wellbeing	EVE will support and add value to the HSE Health and Wellbeing programme for staff "Working Well" Policy
EVE needs to support positive ageing	Design and deliver programmes that support positive ageing	Each service will offer programmes that promote positive ageing "Ageing Well" Policy
EVE needs to support sexual health initiatives	Develop a policy to support sexual health initiatives	Each service will have a sexual health policy "Love Yourself... Love Others" Policy
EVE needs to build partnerships	Develop a policy on Co-production in the design and delivery of EVE services	EVE will co-produce a policy on Co-production and articulate what that means when you turn principles into practice. "Working Together" Policy
EVE wants to invest in sustainability	Develop a policy that will respect the planet and environment in which we work, live, and learn	EVE and each centre, will have an agreed "EVE Respecting our Planet" Plan in place

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Developing your Local HI Action Plans 2019-2023

The EVE HI Action Plan 2019-2023 is an ambitious plan that has organically emerged from our organisational culture which has promoted a dialogue around recovery and wellbeing over many years. It acknowledges the need to formalise the initiatives required to support people, both service users and staff, to live healthy lives and enjoy optimum wellbeing in their communities. As services are at different stages of development, the plan allows local communities prioritise their actions year by year, co-produce local policies and incrementally implement the plan. Some sample co-produced policies are included in Appendix 1 to guide local services. Our HI working group agreed that the co-production of the local policy will maximise engagement and stimulate the conversations that need to take place on these important topics. Annual Service Plans will capture this information, document the actions centres plan to take locally and will allow management ensure that they are supported in their endeavours. The following table is a guide to the steps you should take to develop your local HI Action Plan 2019-2023.

Setting up a HI Action Planning Working Group

At a practical level, we recommend you set up a local working group that can oversee the development of the local co-produced HI Action Plan in accordance with an agreed Terms of Reference. This will allow for effective co-ordination of effort and ensure the task is completed in a timely manner. The draft terms of reference below may be a good start point for your group.

Draft Terms of Reference for HI Action Planning Working Group

Aim: To co-produce a HI action plan for the period 2019-2023

Objectives:

1. To review the Healthy Ireland Framework
2. To review the EVE HI Action Plan 2019-2023 and agree local priorities
3. To develop a local HI Action Plan setting out priorities, actions and measures year by year
4. To develop a local communication plan to support implementation of the plan
5. To ensure local promotional materials/social media include reference to the local HI Action Plan
6. To monitor implementation of HI initiatives in the service
7. To feedback progress into the centre Annual Report

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Developing your local HI Action Plan 2019-2023

Step 1: Briefing	What is a HI Plan? <ul style="list-style-type: none">• Set the scene by introducing people to the HI Framework• Share and discuss the co-produced EVE HI Action Plan: (ref: PowerPoint presentation)• Discuss what it means to your service users and staff
Step 2: Priorities	What will we do? <ul style="list-style-type: none">• Agree the areas that your community would like to work on each year in order of priority <p><i>You may have already done a lot of work in a particular area and decide to focus on completing this work before moving onto another area or you may decide to tackle another area of interest to the community or a number of areas that are complimentary</i></p>
Step 3: Action Planning	How will we do it and when? <ul style="list-style-type: none">• Agree the actions you will take locally to address the issues associated with your chosen priority (ies) <p><i>You may decide to focus on physical activity and healthy eating and agree that putting time into an allotment would give people opportunities to engage in exercise working the land and use the harvest to learn how to cook healthy options</i></p>
Step 4: Measures	How will we know if it's working? <ul style="list-style-type: none">• It is essential that you agree what you hope to see in place to demonstrate that you have addressed the priority area <p><i>As a result of your work on physical activity and healthy eating, you may agree that you will have a thriving allotment, participate/compete in an allotment Harvest festival (or run your own) and cook healthy options for the Harvest feast from the allotment produce</i></p>
Step 5: Service Plan	How will we evaluate our progress? <ul style="list-style-type: none">• Include the actions you intend to take regarding the HI Action Plan in your Service Plan each year aiming to address the all relevant issues over the next five years• Monitor and document progress as part of the Quarterly Performance Report• Set up local working groups to drive these actions, monitor progress, make recommendations locally and capture progress to date in your Annual Report

Who should be involved in developing the HI Action Plan?

Your local HI Action Plan is an opportunity to engage service users, staff, family and supporters in a conversation about health and wellbeing. This discussion can take place at a large community meeting (e.g. at house meetings in the Clubhouses) or may work better in small group settings. Some locations may like to offer people the opportunity to make suggestions privately through anonymous surveys or suggestion boxes. This is something that can be decided locally.

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Supporting your efforts

In addition to the actions outlined in the EVE corporate action plan, there are a number of additional things you can do to support your local efforts and improve your outcomes.

- All staff should complete the **Making Every Contact Count (MECC) training online** as this will afford them the skills necessary to help people make healthier lifestyle choices with a view towards achieving long term sustainable behaviour change. The programme focuses on four main risk factors: tobacco use, alcohol and drug use, unhealthy eating and physical activity, key areas in your HI Action Plan.
- Slánú have developed a **library of evidence-based health and wellbeing resources** you can access through the EVE website to support you work on your HI Action Plan. You will find them on the EVENet (www.eve.ie/members/login).
- There are a variety of **national and local initiatives sponsored** e.g. Active at Work scheme, Operation Transformation, LGBTI+ Pride events, Positive Ageing Week, Step Challenge etc. that can provide fun, free, structured approaches to addressing many of the health behaviours you might choose to prioritise and support social inclusion at the same time.

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EVE Healthy Ireland Corporate Action Plan 2019-2023

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To support the development and implementation of local HI Action Plans, there are a variety of corporate actions that EVE has committed to undertake over the next five years.

What did we hear?	What will we do?	How will we know it's working?
<p>People want to avail of healthy eating options</p>	<p>Support the implementation of the HSE Policy on Calorie Posting</p> <p>Support national campaigns to promote healthy eating, e.g. Operation Transformation, etc.</p> <p>Offer opportunities to participate in "Healthy Food Made Easy" and "Cook it" programmes in centres and in community settings</p> <p>Offer support for budgeting and household management</p> <p>Develop current and new EVE allotments to promote "grow your own" and "farm to fork" activities</p> <p>Continue to implement the HSE Healthier Vending Policy across the health services</p> <p>Support all staff complete MECC training</p>	<p>Centres will have an agreed "Eat Well" Policy in place incorporating the measures agreed locally, supported by EVE</p> <p>Service users and staff will report improvements in their approach to healthy eating</p>
<p>People want opportunities to engage in physical activity</p>	<p>Support national campaigns to promote physical activity e.g. Active at work, Operation Transformation, Get Ireland Active, Get Ireland Walking, Parkrun, etc.</p> <p>Work with partners in Local Community Development Committees (LCDC's), Local Sports Partnerships (LSP's) and the community/voluntary sector to maximise opportunities for increased activity levels in the community</p> <p>Ensure opportunities to engage in physical activity are an ongoing offering in EVE services</p>	<p>Centres will have an agreed "Let's Move" Policy in place incorporating the measures agreed locally, supported by EVE</p> <p>Service users and staff will report improvements in their approach to physical activity</p>

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	<p>Convene a committee of EVE staff and service users to organise inter-centre activities with a physical activity theme (e.g. football competitions, walks, etc.).</p> <p>Support inter-centre programme of physical activity based on recommendations of the committee</p> <p>Co-produce a calendar of inter-centre activities which will be available on an annual basis in EVE</p> <p>Engage with community gyms to avail of/negotiate affordable rates for EVE staff and service users</p> <p>Support all staff complete MECC training</p>	
<p>People want support for smoking cessation</p>	<p>Support an effective tobacco management and smoking cessation service within EVE</p> <p>Support the ongoing implementation of the Tobacco Free Campus policy</p> <p>All services in EVE will implement the Global Network for Tobacco Free Healthcare Services Quality Standards and complete online self-audit</p> <p>Offer the Quit Smoking Programme (QSP) in centres</p> <p>Offer opportunities for both service users and staff to train as QSP facilitators</p> <p>Smoking cessation service information and QUIT support resources will be displayed in all EVE services</p> <p>Establish a Learning Circle for Quit Smoking Programme Facilitators in EVE</p> <p>EVE will offer reduced cost cessation pharmacotherapy, group sessions and referral to intensive cessation services for staff if needed</p> <p>Support all staff complete MECC training</p>	<p>Centres will have an agreed "Breathe Easy" Policy in place incorporating the measures agreed locally, supported by EVE</p> <p>Service users and staff will report improvements in their approach to smoking cessation</p> <p>EVE centres will achieve compliance with ENSH/ Global Network for Tobacco Free Healthcare Services Quality Standards</p> <p>The Learning Circle for Quit Smoking Facilitators will meet at least annually</p>

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<p>People want support for alcohol awareness</p>	<p>Support good links with local alcohol and addiction services</p> <p>Support roll out of national alcohol risk campaigns and display alcohol information materials in centres</p> <p>Promote pathways to alcohol and substance abuse intervention and support groups services e.g. AA, NA, SMART Recovery etc.</p> <p>Promote HSE campaigns on alcohol awareness and raise awareness of resources available on websites e.g. www.askaboutalcohol.ie, www.drugs.ie</p> <p>Support all staff complete MECC training</p>	<p>Centres will have an agreed "Rediscovering Cheer" Policy in place incorporating the measures agreed locally, supported by EVE</p> <p>Service users and staff will report improvements in alcohol awareness</p>
<p>People want programmes that support wellbeing and mental health</p>	<p>Design and deliver programmes that support mental health and wellbeing</p> <p>Collaborate with emerging social prescribing programmes in the CHO's</p> <p>Deliver training to build capacity among staff to promote positive mental and physical health</p> <p>Support the delivery of the CHO's Connecting for Life Plan</p> <p>Support the delivery of the HSE National Men's Health Action Plan 2017-2021</p> <p>Design and offer a stress management programme for EVE Services and make available to locations</p> <p>Offer service users the opportunity to complete the Recovery Context Inventory (RCI) annually</p> <p>Offer service users and staff the opportunity to develop their own Wellness Recovery Action Plan (WRAP®)</p> <p>Support the implementation of the forthcoming National Mental Health Promotion Plan</p>	<p>Centres will have an agreed "Living Well" Policy in place incorporating the measures agreed locally, supported by EVE</p> <p>Service users and staff will report improvements in their approach to supporting their personal wellbeing and mental health</p>

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Staff want support for their health and wellbeing

Offer staff opportunities to support their health and wellbeing

HR will design and lead out on a health and wellbeing programme for staff based on the feedback from the consultation exercise

A calendar of staff health and wellbeing programmes will be offered annually which will include a range of activities sponsored by the HSE and EVE e.g. WRAP®, MBSR

Implement current and new initiatives to promote positive mental health among staff

Upon implementation in CHO7, roll out the Values in Action national framework

Continue to work closely with the HSE Workplace Health & Wellbeing Unit to implement current and new initiatives over the lifetime of the HI Action Plan

Promote and support staff to avail of the flu vaccine

Continue to implement the HSE Breastfeeding Policy for staff in EVE Services

Continue to promote family friendly health and wellbeing policies in EVE services

Support staff to prepare for retirement and the transitional stage from work to retirement in relation to their Health and Wellbeing

Promote walking and active travel as a strategy to reduce the risks of sedentary work practices including prolonged sitting

Centres will have an agreed **"Working Well" Policy** in place incorporating the measures agreed locally, supported by EVE

Staff satisfaction rating and the results of the annual HSE Staff Engagement survey will be the benchmark by which we will judge our success

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<p>EVE needs to support positive ageing</p>	<p>Design and deliver programmes that support positive ageing and promote intergenerational activities</p> <p>Promote positive ageing and improved physical activity levels for older people in EVE services</p> <p>Engage with emerging developments for the "University Of The 3rd Age" model of older adult community participation</p> <p>Engage with Age Friendly alliances across the CHO's</p> <p>Engage in local community mapping activities to identify relevant opportunities in the community such as active retirement clubs, social clubs, supports, etc.</p> <p>Display information on dementia to help build understanding and awareness and to reduce stigma (Dementia Understand Together campaign)</p> <p>Ensure the implementation of the Safeguarding Vulnerable Adults policy and the provision of training for staff</p> <p>Support staff as they age to maintain, improve or manage their physical and mental health, wellbeing at home and in their community</p> <p>Promote the increased uptake of the flu vaccine</p>	<p>Centres will have an agreed "Ageing Well" Policy in place incorporating the measures agreed locally, supported by EVE</p> <p>Service users and staff will report improvements in attitudes and opportunities for positive ageing</p>
<p>EVE needs to support sexual health initiatives</p>	<p>EVE services will offer an LGBTI+ friendly environment</p> <p>Establish a working group to review and map initiatives in place to support positive health for LGBTI+</p> <p>Each service will engage with relevant supports to complete a local audit on the extent to which they offer an LGBTI+ friendly environment and address any issues arising to ensure we offer inclusive services for all</p>	<p>Centres will have an agreed "Love Yourself ...Love Others" Policy in place incorporating the measures agreed locally, supported by EVE</p> <p>Service users and staff will report improvements in attitudes and access to supports for sexual health and gender-related issues</p>

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	<p>Engage in local community mapping activities to identify relevant supports in the community related to sexual health and gender-related issues</p> <p>Ensure all services in EVE are aware and avail of the free sexual health resources and training opportunities across the CHO's</p> <p>Promote access to sexual health education where service users can be supported to explore their sexuality in a safe and non-judgemental atmosphere</p> <p>Promote and support HSE Sexual Health Campaigns such as 'Johnny's got you covered', 'Man2Man', 'Positive Options', 'Abortion Aftercare' and HSE websites www.sexualwellbeing.ie, www.Man2Man.ie and www.b4uDecide.ie</p> <p>Facilitate staff to attend current sexual health related training, e.g. Foundation Programme in Health Promotion, LGBTI+ Awareness, Transgender Health</p>	
<p>EVE needs to build partnerships</p>	<p>Develop a policy on Co-production in the design and delivery of EVE services</p> <p>Identify opportunities for EVE service users to engage in EVE programmes and services in meaningful ways</p> <p>Introduce remuneration for service users who provide their time and expertise in support of the delivery of EVE services</p> <p>Support services engage with community partners to further the aims of EVE's HI Action Plan</p> <p>Clarify whether EVE service users can complete the MECC programme</p> <p>Increase WRAP® facilitation capacity among EVE service users</p> <p>Build capacity among service users as co-facilitators in delivering health and wellbeing activities in EVE services</p>	<p>Centres will have an agreed "Working Together" Policy in place incorporating the measures agreed locally, supported by EVE</p> <p>Service users and staff will report improvements in the quality of partnership activities within EVE and the local community</p> <p>EVE will have a policy in place on Co-production</p>

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<p>EVE needs to ensure people have access to high quality, evidence-based, visually attractive information</p>	<p>Provide accurate evidence-based information to support local efforts</p> <p>Ensure that a range of visually attractive information and infographic materials are available to centres to support health and wellbeing activities</p> <p>Continually update resources on a range of Health and Wellbeing topics on the Health and Wellbeing Quality Resources repository on the EVENet</p>	<p>Service users and staff will have access to quality, evidence-based materials and resources on the EVENet and through the Healthy Bite</p>
<p>EVE needs to offer staff development opportunities to support health and wellbeing initiatives</p>	<p>EVE will develop a Staff Development Plan based on the needs identified in the Training Needs Analysis</p> <p>Provide staff with the skills necessary to complete interventions to support health and wellbeing initiatives e.g. MECC</p> <p>Refresh the person-centred working approach within EVE to support individualised health and wellbeing activities and develop a PCP Guide/SOP</p> <p>Offer staff training in either ASIST or STORM (suicide prevention programmes)</p> <p>Ensure that there is a staff member in each EVE location who has completed the Quit Smoking Programme and has the resources available to facilitate this</p> <p>Complete training for staff in the implementation of the Safeguarding Vulnerable Adults policy</p> <p>Provide two reflective practice sessions per year, per location</p> <p>Support relevant staff to attend Dementia Awareness Training</p>	<p>EVE will have an agreed "Staff Development" Plan in place</p> <p>Course satisfaction ratings will be the benchmark by which we will judge the success of our interventions</p>

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Sustainability	<p>Commit to actions that will respect the planet and environment in which we work, live, and learn</p> <p>Establish a working group to audit current practice and identify areas for improvement</p> <p>Support centres achieve the Green Flag award</p>	EVE and each centre, will have an agreed "EVE Respecting our Planet" Plan in place
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Appendix 1: Sample HI Policies

Cairdeas Clubhouse Healthy Eating Policy 26/07/18



Agreed by members and staff at House Meeting: DATE: 26/07/2018

- We must implement a healthy eating policy, HSE Guidelines.
- Catering Budget – from HSE, so must have healthy eating within Clubhouse
- Fresh produce where possible. Prepared fresh, less processed.
- Where possible use fruit and veg from our garden/ allotment.
- Low fat, low salt, low sugar.
- Menu planning meeting on Tuesday at catering & maintenance unit meeting
- Avoid snacking; food is available 3 times a day.
Breakfast, 8.30 – 9.00 am
Morning break 11.00- 11.15 am
Lunch 13.00 pm
Desserts once a week on a moveable day
- Catering Units will research healthy eating options & calorie counting & look at portion size

Cairdeas Clubhouse Active at Work Policy (Physical Activity) 19/09/2018



Agreed at by members and staff at House Meeting: DATE: 19/09/2018

1. This policy covers Physical Activity at work, informed by HSE National Guidelines and Standard #28.
2. Cairdeas clubhouse will offer regular physical activity programmes of 5-6 week duration in compliance with Standard #28. Recent examples include Tai Chi and football.
3. Cairdeas will offer ongoing activity during the working week. Examples of this include walking group, garden and gym.
4. Physical activity is built into the work-ordered day, particularly into the admin unit. Members are encouraged to get out of their chairs and move around every 30m.
5. Members are encouraged to walk to the clubhouse where possible, or get off the bus a few stops early.
6. We will apply for the IHF Active @ Work award later this year.
7. This policy was agreed by members at the house meeting and will be reviewed in 2019, or if need arises sooner than this.

Clubhouse International #28: The Clubhouse provides assistance, activities, and opportunities designed to help members develop and maintain healthy lifestyles

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Appendix 2: Description of EVE's service models

HUB Programmes

Following an intensive reconfiguring transformation process, our former Rehabilitation Training (RT) / Occupational Service (OS) centres now offer HUB programmes in the community.

A HUB model of service is one where the centre acts as a HUB to form active and dynamic relationships with different community-based services and resources. The centre staff help facilitate and assist participants to set goals, form support systems and fully participate in community living. It is important for all individuals to have support systems in place, whether it's friends, family, neighbours and/or clinical teams. The staff focus on helping participants develop these support systems for true community integration.

Vocational Training Programmes

The Vocational is a second chance education and training programme which provides courses of up to two years duration for unemployed people. To be eligible for the scheme, you must be over 21 years of age, unemployed for at least six months (156 days) and in receipt of specific social welfare payments. Courses are provided free of charge and meal and travel allowances are available. Courses are full-time and can last up to two years, with 30 hours attendance per week.

The VT scheme is operated through Education and Training Boards (ETBs).

Clubhouse

Clubhouse is an innovative, member led community based model for people with mental health difficulties.

The Clubhouse offers life-long membership and support to members in leading a socially and economically productive life in the community. Clubhouse activities are focused around the Clubhouses' work units and social programmes, governed by the Clubhouse standards.

To learn more about EVE services visit www.eve.ie

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Directory of EVE Services

HSE Community Healthcare Organisations Area 6 - Community Healthcare East & Area 7 - Dublin South/Dublin West/ Dublin South-West: Kildare and West Wicklow Community Healthcare

Clubhouse

Cairdeas Clubhouse EVE, Unit H, Solus Tower Industrial Estate, Corke Abbey Avenue, Bray, Co. Wicklow, A98 YK30.

Tel: 282 7951 / 282 7952 Fax: 282 7953

Email: cairdeas@eve.ie

Blog: <http://cairdeasclubhouse.wordpress.com>

Facebook: www.facebook.com/cairdeasclubhouse

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Blog: <http://platinumclubhouse.wordpress.com>

Website: www.kildare.ie/platinum

Phoenix Clubhouse EVE, 96 Monastery Road, Clondalkin, Dublin 22, D22 FN50.

Tel: 467 0632 Fax: 405 6439

Email: phoenixclubhouse@eve.ie

Blog: phoenixclubhouseblog.wordpress.com

Rainbow Clubhouse EVE, Cherry Orchard Campus, Ballyfermot, Dublin 10, D10 XD56.

Tel: 0766955453

Email: rainbow@eve.ie

Blog: <http://rainbowclubhouse.wordpress.com>

Facebook: www.facebook.com/RainbowClubhouse

HUB¹

EVE Cherryfield, Whitehall Square, Quarry Drive, Walkinstown, Dublin 12, D12 FWV6.

Tel: 450 4034 / 450 0029 Fax: 409 7880

Email: cherryfield@eve.ie

Blog: <http://evecf.blogspot.ie>

EVE Harvest Centre, Dublin Road, Kildare Town, Co. Kildare, R51 P589.

Tel: 045 522 537 Fax: 045 522 032

Email: harvestcentre@eve.ie

Facebook: www.facebook.com/harvestcentrehub

HSE Print & Design EVE, Unit 13, Westlink Industrial Estate, Kylemore Road, D 10, D10 HH51.

Tel: 626 3447 / 626 6726 Fax: 626 3159

Email: print.design@hse.ie / shane.gill@hse.ie

EVE Larine, The Square, Maynooth, Co. Kildare, W23 TX62.

Tel: 628 9465 Fax: 629 1790

Email: larine@eve.ie

Blog: <http://www.evelarinecourt.blogspot.ie>

Facebook: www.facebook.com/pages/Eve-Larine

EVE New Horizon, 44 Broomhill Close, Airton Road, Tallaght, Dublin 24, D24 YD76.

Tel: 459 7330 Fax: 459 7694

Email: newhorizon@eve.ie

Blog: <http://hubnewhorizon.wordpress.com>

EVE Forás, Kilnamanagh Tymon Primary Care Centre, Third Floor, Airton Road, Tallaght, Dublin 24, D24 CF75.

Tel: 921 4803 / 921 4902

Email: foras@eve.ie

Blog: <http://forasthehub.wordpress.com>

EVE Thomas Court, 26 Hanbury Lane, Dublin 8, D08 H9Y2.

Tel: 453 1722 / 454 2072 Fax: 453 6129

Email: thomascourt@eve.ie

Blog: <http://evethomascourt.wordpress.com>

EVE Tuiscint, 124E, Emmet Road, Inchicore, Dublin 8, D08 R2W2.

Tel: 709 3424 Fax: 416 3809

Email: tuiscint@eve.ie

Blog: <http://evetuiscint.wordpress.com>

Vocational Training

EVE GHIS, Brú Chaoimhín, Cork Street, Dublin 8, D08 DH31.

Tel: 415 6801 Fax: 415 6870

Email: abarnes@eve.ie

Blog: <http://blog.ghis.eu>

Facebook: <https://www.facebook.com/evveghis>

Website: www.ghis.eu

¹ HUB: Following an intensive re-configuring/transformation process our former RT/OS centres now offer HUB programmes in the community.

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Directory of EVE Services

HSE Community Healthcare Organisation Area 9 - Dublin North City and County Community Healthcare

Clubhouse

Conaí Clubhouse EVE, Warren House, 1 Main Street, Blanchardstown, Dublin 15, D15 HE30.
Tel: 805 3472 Fax: 805 3459
Email: conaiclubhouse@eve.ie
Blog: <https://conaiclubhouse.wordpress.com>

Saol Clubhouse EVE, Unit 14, Tolka Valley Business Park, Ballyboggan Road, Finglas, Dublin 11, D11 DA38.
Tel: 830 7455 / 830 7400 Fax: 830 9455
Email: saolclubhouse@eve.ie
Blog: <http://saolclubhouse.wordpress.com>
Facebook: www.facebook.com/saolclubhouse

Suaimhneas Clubhouse EVE, 2nd Floor, River House, Raheny Shopping Centre, Howth Road, Raheny, Dublin 5
Tel: 086 057 9105
Email: suaimhneasclubhouse@eve.ie
Blog: <http://suaimhneasclubhouse.wordpress.com>

HUB¹

EVE Castleview, Unit 1A, Century Business Park, St. Margaret's Road, Finglas, Dublin 11, D11 KA03.
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Email: castleview@eve.ie
Blog: <https://evecastleview.wordpress.com>

EVE Estuary Centre, Lissenhall, Swords, Co. Dublin, K67 FY05.
Tel: 840 5459 / 840 3900 Fax: 840 5258
Email: estuarycentre@eve.ie
Blog: <http://eveestuary.com/>
Facebook: <https://www.facebook.com/EVEEstuary>

EVE Goirtín, C/O 224 North Circular Road, Dublin 7, D07 V0C3.
Tel: 838 0952 Fax: 868 3893
Email: goirtin@eve.ie
Blog: <http://goirtineve.wordpress.com>

Vocational Training

EVE Plantmarket, Blakes Cross, Lusk, Co. Dublin, K45 HX64.
Tel: 843 7351 Fax: 843 7108
Email: vocationaltraining@eve.ie/
vocationaltraining@eve.ie

¹ HUB: Following an intensive re-configuring/transformation process our former RT/OS centres now offer HUB programmes in the community.

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Glossary

Community Mapping:

Community mapping is a way of getting to know your local community. The aim of a community mapping exercise would be to develop a visual map of all the services, businesses, community, educational, governmental, health services and social activities/buildings in the local community. The community map is a dynamic, evolving and changing exercise.

Co-Production:

The term 'co-production' refers to a way of working whereby service users and decision makers, significant others, family carers and service providers work together to create a decision or service which works for them all. The approach is value driven and built on the principle that those who use a service are best placed to help design it.

Evidence Based Information:

Information that is supported by a body of scientific research

Hope:

Hope is an optimistic attitude of mind based on an expectation of positive outcomes related to events and circumstances in one's life or the world at large

Person-Centred Approach:

A person-centred approach keeps the person at the centre of decision making. It involves listening, thinking together, coaching, sharing ideas, and seeking feedback. This process is ongoing to make sure each person is supported towards their personal goals, even as they evolve and change.

The ultimate aim is to understand what each individual person wants and needs to live their own, personally defined, good life. It is most successful when friends and family can support the process, and help identify and develop the person's strengths.

Positive Ageing:

Positive ageing refers to a holistic individual, community and 'whole-of-government' approach to changing attitudes towards ageing. Particular emphasis is based on the life course approach, highlighting that ageing policy and practice is an issue for all ages and sectors of society.

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Recovery:	<p>This term has been defined by people in a variety of ways and our understanding of this concept continues to grow. One definition is that:</p> <p>'Recovery refers to the process in which people are able to live, work, learn, and participate fully in their communities. For some individuals, recovery is the ability to live a fulfilling and productive life despite a disability. For others, recovery implies the reduction or complete remission of symptoms. Science has shown that having hope plays an integral role in an individual's recovery'. (US Freedom Commission on Mental Health, 2003)</p>
Recovery Context Inventory:	<p>The RCI is a personal mental health recovery questionnaire and profiling tool that looks at different aspects of life which may support mental health recovery and wellbeing. The RCI has 30 items that were designed to support reflection about what is going well in life, as well as possible areas of development, in relation to key personal and service supports. An accompanying RCI Workbook has been developed to support the creation of an RCI Personal Recovery Action Plan.</p>
Recovery-oriented:	<p>This term typically refers to what mental health treatment and rehabilitation practitioners offer in support of a person's recovery. However, it is important to note that any person e.g. family, friend, colleague can be considered 'recovery-oriented,' if their relationship with the person supports recovery. Examples of support can include: 'standing by' the person, believing in the person's capacity to grow and develop and helping the person to access resources.</p>
Stakeholders:	<p>A stakeholder is anyone who has an interest in the service being delivered, for example, the service user, EVE staff, family members and supporters of service users, funders etc.</p>
Social Prescribing:	<p>Social Prescribing refers to the process of accessing non-medical interventions; it is a mechanism for linking people with non-medical sources of support within the community to improve physical, emotional and mental wellbeing.</p>

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WRAP®: WRAP® is an evidence-based practice, consisting of a personalised wellness and crisis plan development programme. WRAP® undertakes a strengths-based approach to recovery. Participants are encouraged to manage their own wellness and recovery in a manner that is comfortable to them and within their means. The key recovery concepts of WRAP® are hope, education, personal responsibility, support and self-advocacy.

Wellbeing: Having meaning in life, fulfilling potential and feeling that one's life is worthwhile.

Wellness: Can be defined as a dynamic process of taking charge of one's health and oneself to attain optimal health and wellbeing (Newport, 2005).

