



Healthy
**Dún Laoghaire
- Rathdown**



Healthy County Plan 2019-2022

*Supporting the community of Dún Laoghaire-Rathdown to
access opportunities to achieve good physical health
and positive mental health and wellbeing*



Killiney Hill



Dun Laoghaire

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Healthy Dún Laoghaire - Rathdown

Acknowledgements

The development of the Healthy Dún Laoghaire-Rathdown Plan (2019-2022) has been resourced through the Department of Health 'Healthy Ireland Fund Round 1 Local Communities for a Healthy Ireland' funding received by the Dún Laoghaire-Rathdown Local Community Development Committee (DLR LCDC) and the Dún Laoghaire-Rathdown Children and Young People's Services Committee (DLR CYPSC).

The development of this plan was led by the Healthy Dún Laoghaire-Rathdown Steering Committee which has included cross-sectoral representation from Dún Laoghaire-Rathdown County Council, Health Service Executive, Dún Laoghaire-Rathdown Children and Young People's Services Committee (CYPSC), Southside Partnership DLR, Dún Laoghaire-Rathdown Sports Partnership, University College Dublin and TUSLA Child & Family Agency.

Inclusion of the views of service users and community members was crucial to the development of this Plan. This includes hearing the voices of children, young people, older people, migrants and other vulnerable, marginalised and disadvantaged groups. Sincere thanks to the many local individuals, community and voluntary organisations who have engaged in the research process by way of their participation in stakeholder surveys, health and wellbeing questionnaires and focus groups. Particular acknowledgement is given to all the groups which co-facilitated the engagements including Dún Laoghaire-Rathdown Public Participation Network (PPN), Comhairle na nÓg, Crosscare, Marlay Park Run, Dún Laoghaire Men's Shed, Dún Laoghaire-Rathdown Children and Young People's Services Committee, Dún Laoghaire-Rathdown Sports Partnership, Dún Laoghaire-Rathdown County Council and the Southside Partnership DLR.



Rialtas na hÉireann
Government of Ireland



Foreword to the Healthy Dun Laoghaire-Rathdown County Plan 2019-2022 by An Cathaoirleach, Dún Laoghaire-Rathdown County Council, Councillor Ossian Smyth.



The Healthy Dún Laoghaire-Rathdown County Plan 2019-2022 aims to support Dún Laoghaire-Rathdown in becoming a Healthier County, by promoting and encouraging positive health and wellbeing for all the population of the county across the whole lifespan. The Plan supports the effective co-ordination and implementation of national Healthy Ireland policy objectives in the Dún Laoghaire-Rathdown county area and thereby seeks to improve the overall health and wellbeing of the population of the county.

The Dún Laoghaire-Rathdown Local Community and Development Committee, in conjunction with the Dún Laoghaire-Rathdown Children and Young People Services Committee and through collaborating with other stakeholders, developed the Plan under Healthy Ireland funding provided by the Department of Health. The development of the Plan was led in particular by the Healthy Dun Laoghaire-Rathdown Steering Committee, with representation from key partners and stakeholders.

The Plan takes into account other related plans, such as the Dún Laoghaire-Rathdown Local Economic and Community Plan 2016-2021 and a range of national plans and policies including: Healthy Ireland- A Framework for Improved Health and Wellbeing 2013-2025 and the Better Outcomes Brighter Future-National Framework Children and Young People 2014-2020.

The Dún Laoghaire-Rathdown plan has been developed within the national policy context and following on from local research and consultation with representatives of key stakeholder groups in this area. The Healthy County Plan builds on the Dún Laoghaire-Rathdown Local Economic and Community Plan in its aims and priorities to support the health and wellbeing of the county.

A Healthy County is a county that continually works collaboratively to support the health of the population. It is envisaged that the Healthy Dún Laoghaire-Rathdown County Plan 2019-2022, together with a range of national and local policies, programmes and plans, will support Dun Laoghaire-Rathdown's vision to achieve a Healthy County.

The overall vision is for Dún Laoghaire-Rathdown to become a Healthy County which supports the health and wellbeing of all of its community and encourages lifelong health and wellbeing in this county. This Plan, by promoting working in collaboration with statutory, community, voluntary and private partners across the County, aims to support the best possible outcome and level of health and wellbeing for all.

This focus supports the overall vision of the Dún Laoghaire-Rathdown Local Economic and Community Plan (LECP) 2016-2021, which includes the following two key high level goals which are to be achieved:

- Promote a healthy county, where everyone can enjoy physical and mental health and well-being
- Increase social inclusion and reduce disadvantage in the county

The Healthy Dún Laoghaire-Rathdown Plan aims to foster an environment in which the health of all in our communities is promoted and improved across the entire life cycle. This plan sets out a number of priorities through which healthy choices can easily be accessed by all the community, regardless of age, location or socio-economic background.

There are many examples of Healthy Ireland funded projects in Dún Laoghaire-Rathdown, and since 2017, a total of 20 health and wellbeing programmes have taken place across the county with Healthy Ireland funding. A total of 1,063 adults and 2,280 children have participated in Dún Laoghaire-Rathdown's wide ranging activities for health and well-being in the county's Healthy Ireland programmes.

This plan provides a basis for supporting and promoting initiatives that support positive health outcomes locally through the Healthy Ireland Programme and other interagency work.

Finally, I wish to commend the work that has gone into the development of this plan by all involved, including all the inter-agency partners who developed the Plan, and the key stakeholders, who informed the plan through their engagement in local consultations across Dún Laoghaire-Rathdown.

An Cathaoirleach Dún Laoghaire-Rathdown County Council, Cllr Ossian Smyth.

SECTION A

Executive Summary



Executive Summary

Healthy Ireland is Ireland's national framework for action to improve and support the health of the people of Ireland. Funding towards the implementation of the Healthy Ireland programme is resourced through the Department of Health, the Department's of Children and Youth Affairs and the Department of Community and Rural Development 'Healthy Ireland Funding Local Communities for a Healthy Ireland' which is awarded to the Local Community Development Committee and Children and Young People's Services Committee.

The Healthy Dún Laoghaire-Rathdown Plan aims to support the implementation of Healthy Ireland locally in Dún Laoghaire-Rathdown with resources from the Department's Healthy Ireland fund to support the overall wellbeing of the population. Dún Laoghaire-Rathdown will aim to become a healthy County by working to achieve our vision for a healthy county:

Where the community of Dún Laoghaire-Rathdown is supported to access opportunities to achieve good physical health and positive mental health and wellbeing.

Health is a state of complete physical, mental and social wellbeing
and not merely the absence of disease or infirmity.

(World Health Organisation, 1948)

Social Determinants of Health

There are multiple factors that can impact a person's health and quality of life. The social determinants of health (Dahlgreen & Whitehead, 1991ⁱⁱ) demonstrate how factors such as local environment, living and working conditions, education, services and amenities and lifestyle all contribute to a person's health and wellbeing (Figure 1). The World Health Organisationⁱⁱⁱ indicates that numerous factors combine together to affect the health of individuals and the wider community. A person's wellbeing is determined by their circumstances and environment. Factors such as where we live, our environment, genetics, our income and education level, and our relationships with friends and family all have significant impacts on an individual. Healthy Dún Laoghaire-Rathdown will aim to support a county that provides a supportive environment for the health and wellbeing of the whole population of Dún Laoghaire-Rathdown.

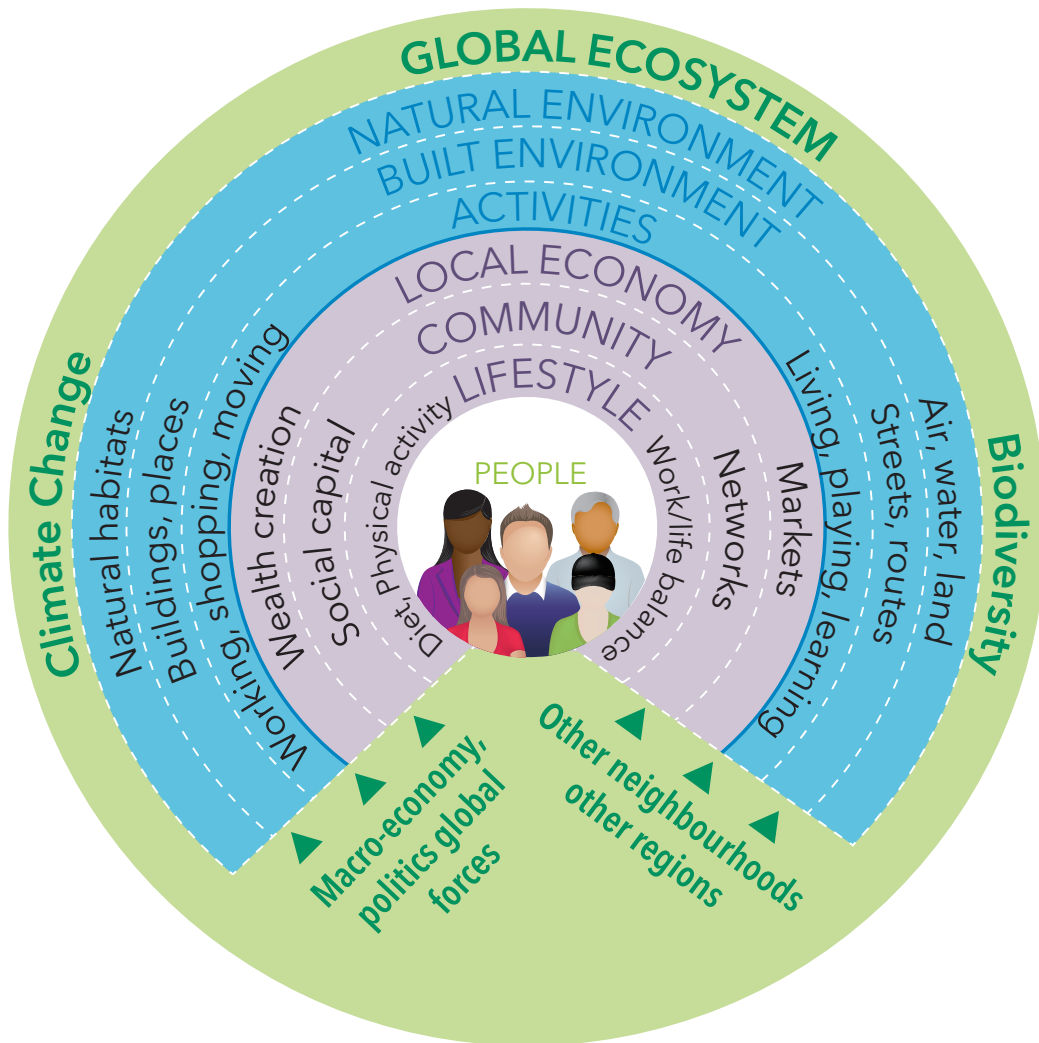


Fig. 1: Social Determinants of Health, Dahlgren-Whitehead (1991)

Health & Wellbeing Needs

Following a series of consultations a number of key health and wellbeing needs in Dún Laoghaire-Rathdown have been identified. A series of stakeholder consultations comprising of an online stakeholder survey, wellbeing questionnaires and focus groups took place across Dún Laoghaire-Rathdown including the following activities:

- Stakeholder Survey
- Marlay Junior Parkrun
- Active Retirement Older People
- Buggy Brigade Focus Group
- Men's Shed Focus Group
- Migrant Women's Focus Group
- DLR Comhairle na nÓg Questionnaire

DLR Children and Young People's Services Committee

- Mental Health Focus Groups
- Early Education & Care Services Focus Group
- Adverse Life Experience Focus Group

The key health and wellbeing needs of the population identified through the consultation sessions highlighted, have informed the priorities of this plan (*detailed on page 24*) to achieve a Healthy Dún Laoghaire-Rathdown County. The following are the needs identified:

1. Address Health Inequality
2. Affordable Access
3. Education
4. Interagency Collaboration
5. Communication
6. Mental Health
7. Health Promotion
8. Physical Activity
9. Healthy Eating
10. Family Support

Healthy Dún Laoghaire-Rathdown

This *Healthy Dún Laoghaire-Rathdown Plan* draws influence from multiple national and local policies and strategies, with a particular focus on *Healthy Ireland; The Framework for Improved Health and Wellbeing 2013- 2025*¹.

This plan identifies eight priorities that will support Dún Laoghaire-Rathdown in becoming a **Healthy County** (Figure 2). These priorities have been determined by the health and wellbeing needs of the County identified via a consultation process.

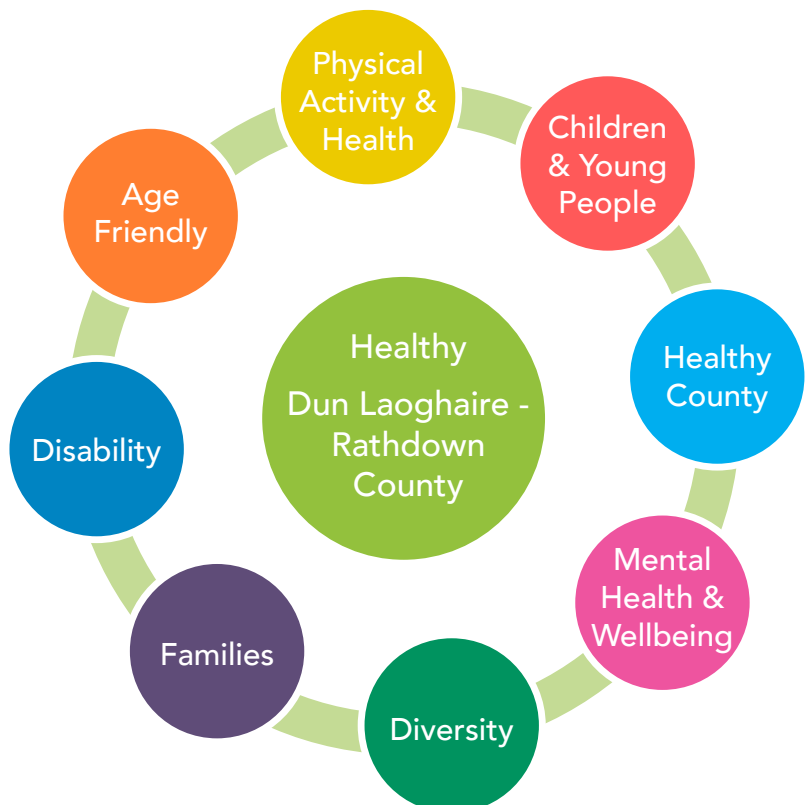


Fig. 2: Healthy DLR County – Strategic Priorities

Healthy Ireland Framework

Healthy Ireland takes a whole-of-society approach to improving health and wellbeing and quality of life for every individual. The Healthy Ireland Framework proposes a partnership approach with four goals and sixty-four actions set out. These goals and actions are designed to support the population and community in their health and wellbeing. All sectors of society are encouraged to get involved in making Ireland a healthier place to live, work and play. Dún Laoghaire-Rathdown has adopted the 4 Healthy Ireland goals which are:

- Increase the proportion of people who are healthy at all stages of life
- Reduce health inequalities
- Protect the public from threats to health and wellbeing
- Create an environment where every individual and sector of society can play their part in achieving a healthy Ireland.

Healthy Cities and Counties Network

The Healthy Cities and Counties^{iv} approach to health and wellbeing identifies the need to work in collaboration across public, private, voluntary and community sector organisations. Many factors affect our health - where we live, our environment, our genetics, our income and education level, our relationship with friends and family. This approach enables the ability to identify and support the health and wellbeing needs of the County's population.

A healthy county is a county that continually works to support the health of the population. It identifies this as a priority and works to improve and support it through creating and continually improving its physical and social environments while working to developing community resources and initiatives that support the population to achieve their health and wellbeing potential.



Fig 3. Healthy Ireland

SECTION B

Healthy Dún Laoghaire-Rathdown Vision

Where the community of Dún Laoghaire-Rathdown is supported to access opportunities to achieve good physical health and positive mental health and wellbeing.

This vision will be realised through the collaboration of statutory, community, voluntary and private partners across the County and will be subject to funding being made available from Healthy Ireland to support on-going implementation of the plan.

The focus of work to achieve this vision will be on early intervention, prevention and promotion of services and supports to achieve the best status for our population health and wellbeing. This focus also supports the overall vision of the Local Economic and Community Plan for Dún Laoghaire-Rathdown which includes the two high level goals below which are to be achieved by 2021.

- Promote a healthy county, where everyone can enjoy physical and mental health and well-being.
- Increase social inclusion and reduce disadvantage in the county.



Kayaking near Dalkey Island

*Outdoor Sports Camp,
funded by Healthy Ireland
Strand 1, Round 2*



SECTION C


Dun Laoghaire-Rathdown County Profile



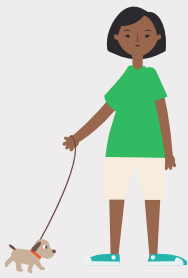
This population profile of the County identifies characteristics relating to the social determinants of healthⁱⁱ which affects the health and wellbeing of the population of Dún Laoghaire-Rathdown, which inform the priorities of this plan to achieve improved health status for the population of the County.

Dún Laoghaire-Rathdown (DLR) County is located between the outer suburbs of Dublin City and the Dublin/Wicklow Mountains on the east coast of Ireland. It covers the electoral areas of Dundrum, Glencullen, Stillorgan, Blackrock, Dún Laoghaire, Killiney-Shankill and Glencullen-Sandyford. The County boasts many key features and activities along the coast and across the urban, rural and upland areas. Dún Laoghaire-Rathdown's situation on the east coast provides a range of coastal landscapes including Dún Laoghaire Pier, Sandycove beach, the Forty Foot and more. A wide range of parks, coastal and rural landscapes provide a supportive environment for health and wellbeing.

The key findings from a health and wellbeing perspective of the Dún Laoghaire-Rathdown population from 2016 Census¹ data include the following points of interest:




The total population of Dún Laoghaire-Rathdown is **218,018** (males 48%; females 52%)



The population of Dún Laoghaire-Rathdown are more likely to be in better health than the State average with those persons reporting their health as being 'Good' or 'Very Good' at **89.9%** (Central Statistics Office, 2016).



The figure for children and young people (aged 0-24 years) is **69,851** **32% of the population**



DLR has a high older population, with **34,669 people aged over 65 representing 15.9%** Dún Laoghaire-Rathdown's older profile is higher than the national average, which is 13.4% and the Dublin average, which is 12%.



Sport and physical activity are important to the people of Dún Laoghaire-Rathdown. The County has one of the **highest rates of participation of any local authority in Ireland** (Irish Sports Monitor, 2017²).

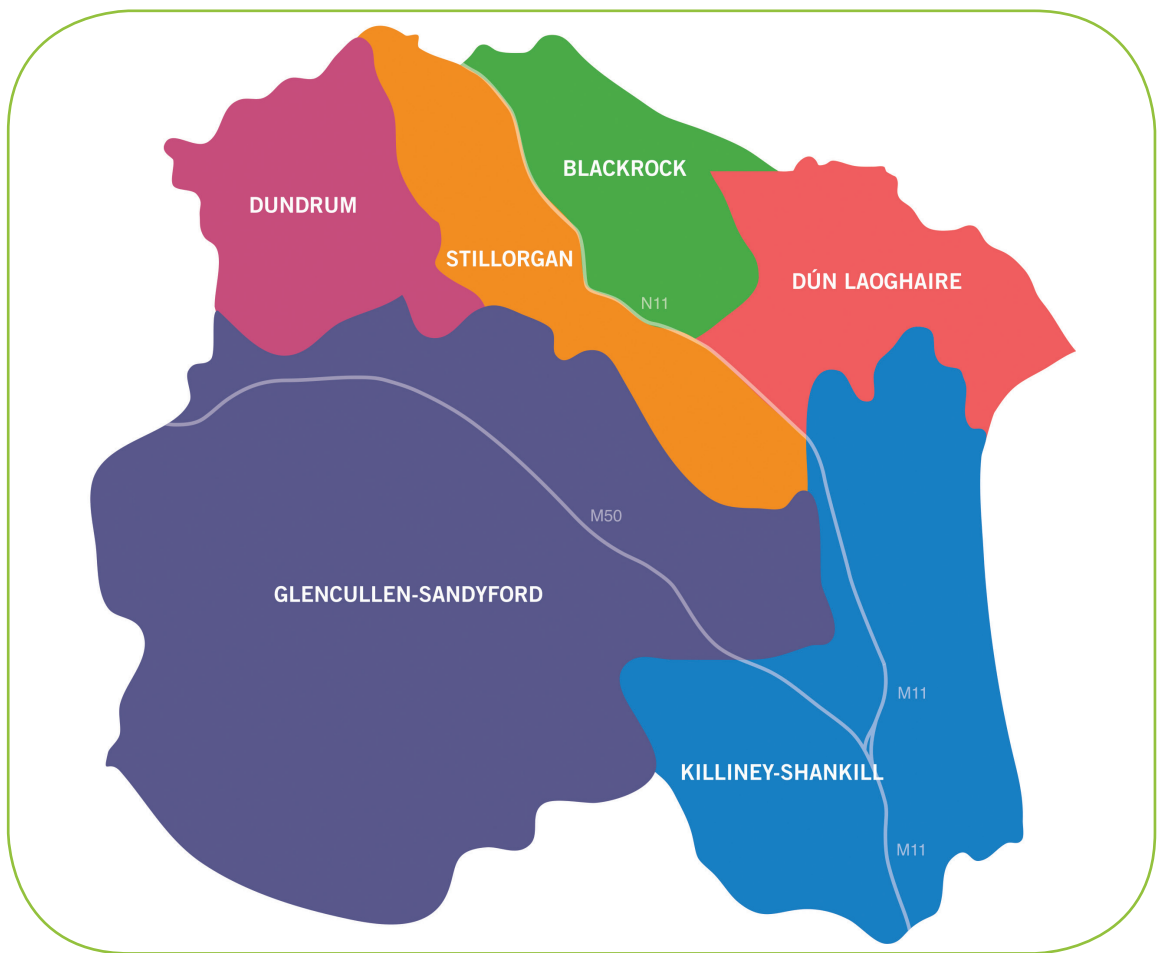


Fig. 4: Dún Laoghaire-Rathdown County

Population Profile

The 2016 Census^v recorded that the total population of DLR is 218,018. The population is broken down as follows:

Table 1: Population of Dún Laoghaire-Rathdown (CSO, 2016^v)

Population 2016	DLR
Population	218,018
0-24 years	69,851
25-64 years	113,498
Over 65 years	34,669

Dún Laoghaire-Rathdown Small Areas

Dún Laoghaire-Rathdown is a county of contrasts with both small areas of affluence and of disadvantage. It is notable that the pocket areas of disadvantage are largely concentrated around the current and former local authority housing estates. Many of these are surrounded by more affluent estates resulting in a more dispersed picture of poverty and disadvantage.

- Small Areas (SA)^{vii} are areas generally comprising between 80-120 households within Electoral Division (ED) boundaries.
- It can be noted that there is a high percentage of young people (aged 15- 24 years) living in SAs, with 17% of the population of SAs aged between 15 - 24 years in contrast to 6% of the total population of Dún Laoghaire-Rathdown.
- Of the 760 SAs in Dún Laoghaire-Rathdown 33 SAs were classified as disadvantaged or very disadvantaged according to the HP Index with a population of 10,289 or 4.7% of the total population^{viii}.

Dún Laoghaire-Rathdown Demographic Profile

The following is a summary of the key indicators relating to the socio-economic profile of Dún Laoghaire-Rathdown (*Table 2*) from the Census of Population Ireland (2016).

Indicator	DLR	DUBLIN	STATE
Population Indicator			
Population	218,018	1,347,359	4,757,976
% of Males	48%	48.9%	49.4%
% of Females	52%	51.1%	50.6%
% Population Change 2011-2016	5.7%	5.8%	3.7%
Age Dependency (Population aged 0-15 years and 65 years plus as a percentage of the total population)	34.4%	31.3%	35.4%
% of population aged 0-14 years	18%	19.3%	21%
% of population aged 65 years and over	15.9%	12%	13.4%
Labour Force Indicators			
Total Population at Work	95,925	614,776	2,006,641
Labour Force Participation	58%	64%	61%
Education Indicators			
% of Population aged 15+ with Education to Primary Level only	6.6%	11.5%	13.3%
% of Population aged 15+ with Education to Upper Secondary	32.4%	42.6%	48.6%
% of Population aged 15+ with Education to Third Level	57.7%	40.7%	33.4%
Social Inclusion Indicators			
Lone Parent Ratio	15.4%	23.5%	20.0%
% Local Authority Housing 2016	5.9%	9.3%	8.4%
% of Resident population that are from the Traveller Community	0.2%	0.4%	0.7%
% of population from New Communities	11.6%	15.1%	11.6%
% of population with a Disability	12.5%	13.1%	13.5%
Deprivation Index Score 2011	10.6	3.7	0.3
Deprivation Index Score 2016	10.0	4.1	0.6

Table 2: DLR Key Socio-Economic Indicators

(Source: Southside Partnership DLR, A Socio-Economic Profile of Dún Laoghaire-Rathdown^{ix})

Labour Force Indicator	DLR	STATE
Unemployment rate*	5,767	135,100

*CSO, 2019. The above information is accurate in relation to those signing on in the Nutgrove and Dún Laoghaire Offices.

Housing

According to Census figures (CSO, 2016^v) there are a total of 78,601 households in Dún Laoghaire-Rathdown. 54,289 of these households are owner occupied. Dún Laoghaire-Rathdown has 6% of total households classified as living in social housing. There are currently 4,524 persons on the *social housing waiting list* (2018) compared to 4,749 (2017) and 4,991 (2016). There are 92 families and 179 individuals registered as homeless in Dún Laoghaire-Rathdown (at 31st December 2018^x).

Traveller and New Communities

It is notable that Travellers have poorer health than the rest of the population (*All Ireland Traveller Health Study, 2010^{xi}*). They face barriers in accessing education, training, employment and health services. In 2016, there were 411 Irish Travellers living in the Dún Laoghaire-Rathdown area - a figure that shows this population to be largely stable over the last 5 years.

The 2016 Census^v also recorded 24,462 people in DLR as “non-Irish nationals” representing 11.6% of the population of the county.

Parks, Open Spaces and Amenities in Dún Laoghaire-Rathdown

Dún Laoghaire-Rathdown boasts a significant number of amenities that support health and wellbeing and encourage participation in physical activity. It is estimated that 80% of households in Dún Laoghaire-Rathdown are within 600 metres of a park. Some of these amenities include:

- 344 outdoor sports facilities
- 240 allotments
- 191 Pitches including Soccer, GAA, Rugby and Cricket
- 63 Parks including 13 major/flagship Parks
- 30 outdoor play areas for children & young people including 2 regional playgrounds
- 11 tennis courts
- 2 golf courses
- 1 athletics track

Full details on these amenities in Dún Laoghaire-Rathdown can be accessed at www.dlrcoco.ie/en/parks-outdoors



Cabinteely Park, Dún Laoghaire-Rathdown

Dún Laoghaire-Rathdown Health Profile

This profile gives facts on health in the Dún Laoghaire-Rathdown area. The data, alongside the demographic data which provides information about some of the determinants of health in Dún Laoghaire-Rathdown, is intended to inform the priorities of this plan.

Health

89.9% of people living in Dún Laoghaire-Rathdown reported their health to be “Good” or “Very Good” accounting for 196,089 of the population. This makes Dún Laoghaire-Rathdown the healthiest county in Ireland according to Census¹, 2016 self-report figures.

16,495 of people living in Dún Laoghaire-Rathdown reported their health as “Fair”, “Bad” or “Very Bad”. Small Areas (SAs) report higher figures of poorer health - the highest being Ballybrack at 12.8%.

Disability

In 2016, the number of people with a disability stood at 27,086 in Dún Laoghaire-Rathdown which accounted for 11.9% of men, and 13.1% of women within the total population. This is slightly lower than Dublin region (12.6% for men, 13.7% for women) and State (13.2% men, 13.8% women)¹.



Mental Health

Some statistics on mental health and wellbeing show:

- Mental health has been identified as an area of priority in achieving a healthy Dún Laoghaire-Rathdown.
- 52% of those surveyed by Healthy Ireland (2016^{xiii}) nationally reported that they have experience of a mental health problem, either personally or through someone they know.
- Community Healthcare Organisation (CHO) area 6, which covers Dún Laoghaire, Dublin South East and Wicklow, has high levels of referrals to Children and Adolescents Mental Health Services (CAMHS)^{xiv}.
- Additionally, it is notable that the need to support child and youth mental health was identified as the top priority concern for stakeholder services and for young people themselves in the consultation conducted by the Dún Laoghaire-Rathdown Children & Young People's Services Committee in 2017-2018.

Physical Activity

Figures from Irish Sports Monitor (2017^{vi}) on participation in physical activity in DLR indicate there is a good level of physical activity in the county but highlights some room for improvement:

- Over a third of respondents are highly active (36.6%) while 5.5% are sedentary, indicating there is a large percentage of the population that could be encouraged to engage in more physical activity.
- Men (59.9%) are more likely to take part in sport and exercise, participation among women is also high with slightly over half (50.9%) taking part.
- Younger age groups are more likely to take part in sport and exercise, 73% of those aged 16- 24 compared to over a third of those aged 65 years or more (37.8%) indicating a need for increased participation of older people in physical activity.
- Those with an illness/disability are less likely to take part in sport and exercise (48.5% and 56.2% respectively).
- Nationally, teenage girls are less likely to engage in frequent physical activity with 37% of boys engaging in regular physical activity versus 18% of girls (*Growing Up in Ireland, 2018^{xv}*).
- Growing up in Ireland (2018) figures indicate the strong link between low levels of physical activity and obesity with data showing that one in four teenagers is overweight or obese.

Substance Misuse

Ireland has one of the highest alcohol consumption rates in Europe. Evidence shows the negative impact alcohol consumption can have on health including cancer, mental health and heart disease (*Reducing Harm, Supporting Recovery Strategy, 2017^{xvii}*).

The national Healthy Ireland Survey 2018 shows a positive decline of 2% in smokers, down from 22% (2017^{xviii}) to 20% (2018^{xix}). However there is a smoking rate of 28% amongst people aged 25 to 34 indicating a need for interventions and supports for this age group.

The DLR Drug and Alcohol Task Force (DATF) reports a reduction in opiate misuse in the Dún Laoghaire-Rathdown area, although disadvantaged communities continue to report high levels of substance misuse including the use of cannabis, cocaine and alcohol^{xvi}.

Perinatal/Postnatal

The average age of first-time mothers at 33.1 years is higher than the Dublin region (31.3) and state (30.9). Teen mothers per 10,000 is also lower at 1.4% versus State of 3.8% and Dublin region of 4.6%^v.

Breastfeeding rates in Dún Laoghaire-Rathdown show a rate of 57.9%, the national rate is 46.6% on discharge from maternity hospital. Dublin South East Local Health Office (LHO) report the highest rates of breastfeeding at 3 months at 70.4%, versus the state average of 54.2% However Dún Laoghaire LHO report a much lower rate at 28.1% at 3 months.^{xiv} This indicates a need for greater awareness of the health benefits of breastfeeding in Dún Laoghaire-Rathdown.

Older People

Dún Laoghaire-Rathdown has a larger older population, with 15.9% of the population aged over 65. Nationally, the number of people over 65 is expected to double over the next twenty five years^v.

With more people living longer and experiencing older age differently from previous generations, opportunities for keeping mentally, socially and physically active are of great importance to quality of life, both in terms of maintaining good health and combatting loneliness. Access to local services and amenities as well as opportunities for people to be physically active and engaged in their local community will be increasingly important.





*Outdoor Sports Camp,
funded under Healthy Ireland
Strand 1 funding*

SECTION D

Strategic Priorities & Connections



Over the past few years significant work has been undertaken, in consultation with the public, to develop national policies and plans. These include, but are not limited to Tobacco Free Ireland (2013), National Sexual Health Strategy (2015), National Physical Activity Plan (2016), A Healthy Weight for Ireland Obesity Policy (2016), Reducing Harm, Supporting Recovery- A Health led Response to Drug and Alcohol use in Ireland (2017), Connecting for Life (2017) and the National Get Ireland Walking Strategy (2017).

Priority Areas	National and Local Policies, Programmes & Plans
<p>1. Health & Wellbeing</p>	<ul style="list-style-type: none"> • Healthy Ireland (HI) – A Framework for Improved Health and Wellbeing (2013-2025)ⁱ • Better Outcomes Brighter Future (BOBF) – National Framework^{xx} Children & Young People (2014-2020) • National Disability Inclusion Strategy 2017-2021 • HSE Making Every Contact Count Programme^{xxi} • Healthy Cities and Counties of Ireland Network^{iv} • Living Well with a Chronic Condition (HSE)^{xxii} • LGBTI+ National Youth Strategy 2018-2020^{xxiii} • First 5- A Whole of Government Strategy for Babies, Young Children and their Families 2019- 2028^{xxiv} • DLR Local Economic and Community Plan 2016-2021^{xxv} • Southside Partnership Strategic Plan 2019-2022 • DLR CYPSC Strategic Plan 2019-2022
<p>2. Healthy Eating & Active Living (HEAL)</p>	<ul style="list-style-type: none"> • Healthy Ireland at Your Library • Get Ireland Active National Physical Activity Plan^{xxvi} • National Sports Policy 2018-2027^{xxvii} • Get Ireland Walking Strategy & Action Plan (2020-2017)^{xxviii} • Dún Laoghaire-Rathdown County Sports Participation Strategy 2018-2022^{xxix} • Healthy Eating Active Living Programme (HSE)^{xxx} • A Healthy Weight for Ireland: Obesity Policy and Action Plan 2016-2025^{xxxi}

Priority Areas	National and Local Policies, Programmes & Plans
3. Mental Health	<ul style="list-style-type: none"> • National Recovery Framework for Mental Health Services (2018-2020)^{xxxii} • Connecting For Life - CH East Strategy to Reduce Suicide (2015-2020)^{xxxiii} • A Vision for Change - Report of The Expert Group on Mental Health Policy^{xxxiv}
4. Tobacco Free	<ul style="list-style-type: none"> • Tobacco Free Ireland^{xxxv}
5. Sexual Health	<ul style="list-style-type: none"> • Sexual Health - National Sexual Health Strategy (2015-2020) ^{xxxvi}
6. Prevention & Reduction of Alcohol & Drugs	<ul style="list-style-type: none"> • Reducing Harm, Supporting Recovery - Drug & Alcohol use in Ireland (2017-2025)^{xvii}

Table 3: List of Healthy Ireland Priority Areas and associated National Polices

These policies, plans and strategies alongside local policies and strategies are of great benefit and guide to assist Dún Laoghaire-Rathdown’s vision to achieve a Healthy County.

The Dún Laoghaire-Rathdown Local Community Development Committee (LCDC) through its collaborative engagement with its stakeholders/members which include DLR County Council Children and Young People’s Services Committee, Public Participation Network, the Health Service Executive, Southside Partnership DLR and others are best placed to know and understand the local needs and issues of the County. The work of the LCDC is ideal to promote and improve the health and wellbeing of the people of Dún Laoghaire-Rathdown. Building on the enhanced levels of collaboration established with the support of Healthy Ireland funding, there is increased awareness amongst stakeholders of the LCDC regarding the determinants of health, the importance of sharing information on their respective strategies, learning alongside each other, and collaborating and sharing resources to address gaps.

An illustration of the collaborative working that has been achieved through Healthy Ireland’s ‘Local Communities for a Healthy Ireland’ funding throughout 2018/2019 is outlined below. A number of agencies have worked collaboratively to support the health of a number of groups across Dún Laoghaire-Rathdown through identifying health needs, information and resource sharing and supporting programme delivery. Healthy Dún Laoghaire-Rathdown will continue to support ongoing collaborative working to support the needs of the county through continued Healthy Ireland funding.

Examples of Healthy Ireland Funded Projects in Dún Laoghaire-Rathdown

Well Now Health Literacy and Wellbeing Courses (Lead-Southside Partnership DLR)

'Well Now' is a health literacy and wellbeing course designed by the National Adult Literacy Agency. Under Healthy Ireland funding, Southside Partnership DLR ran this course in Dún Laoghaire-Rathdown throughout 2018. 'Well Now' aims to support people's wellbeing by providing them with the opportunity to access information on all areas of health. The programme was run for 6 weeks in Ballybrack, Sallynoggin, Furryhill and Dún Laoghaire-Rathdown Outreach Project (DROP).



Physical Activity at the Well Now Classes.

The 'Well Now' courses involved numerous organisations in the County coming together to provide information on health and wellbeing to participants. The topics covered range from mental health, nutrition to communicating with your doctor. The courses are run by Southside Partnership DLR and involved input from various organisations. This included the National Adult Literacy Agency for information on how to communicate effectively with health services. Input was provided from Healthy Food Made Easy on healthy eating and nutrition, while DLR Sports Partnership provided insight in to physical activity in DLR. Participants were encouraged to input into the course topics based on their own interest. Participants in one group requested information on medications and supplements which was provided by the Irish Union of Pharmacists. Other groups requested the input of an Occupational Therapist which was facilitated by the HSE. The courses provided were very successful and continue to be rolled out under Healthy Ireland round 2 funding, demonstrating the effectiveness of interagency working in support of the health and wellbeing of the population.

Outdoor Sportsability Summer Camp (Lead-DLR Sports Partnership)

In August 2018, DLR Sports Partnership ran a two-day summer camp aimed at children aged 13- 16 years on the Autism Spectrum with funding from Healthy Ireland. The summer camps were held in Larch Hill Centre, Tibradden. This summer camp provided an opportunity for children on the Autism Spectrum to participate in a summer camp in a supportive and safe environment. A total of 15 participants took part with an additional 19 volunteers on site. Activities included rock climbing, archery and team building challenges.

DLR Sports Partnership partnered with Cara Sports Inclusion and Larch Hill Centre to devise the summer camps. Cara Sports Inclusion provided training for all volunteers on engaging people on the Autism Spectrum prior to the commencement of the camps. Foroige and Prism dlr were also consulted and promoted the camp amongst its participants. This two-day Outdoor Sportsability Summer Camp enabled children with Autism aged 13- 16 years to engage in an inclusive summer camp that supported their health and wellbeing and provided fond summer memories.



Outdoor Sportsability Camp

Developmental Play and Nutrition for Toddlers & Pre-schoolers in Homeless Accommodation (Lead- DLR CYPSC)

DLR Children and Young People's Services (DLR CYPSC) identified the need for nutritional and physical activity support for children aged between 3 to 5 years in homeless accommodation in the County. In early 2018 DLR CYPSC ran a "Fun, Food and Fit Families" programme for children and families living in homeless accommodation with the support of Healthy Ireland funding. The initial planning programme saw DLR CYPSC, DLR County Council, the Peter Mc Verry Trust, Focus Ireland and Sophia Housing come together to devise a healthy eating and physical programme suitable for these children and families.

The healthy eating component was provided by Healthy Food Made Easy while DLR Leisure Services provided "Mini Movers" a physical activity programme for children aged 3 to 6 years. Over the course of 9 weeks, children and their families engaged in a blended programme that consisted of cooking classes and fun exercise classes. The programme ran in the Crosscare Boylan Centre before moving to the Peter McVerry Hub to allow ease of access for families. In addition, swimming sessions were provided to children in DLR Leisure Centre, Monkstown to support their ongoing physical activity. A unique 'Imagination Playground' was provided through Healthy Ireland funding to support the children of families to have access to play equipment that will support their physical and social development. This programme involved collaborative interagency working in support of the health and wellbeing needs of children and their families in homeless accommodation.



Launch of the Imagination Playground funded by Healthy Ireland.

SECTION E

Consultation & Collaboration



The success of *Healthy Dún Laoghaire-Rathdown* is dependent on engagement and fostering long term innovative partnerships with the community and stakeholders. Supporting and growing these relationships and collaborating on new and innovative endeavours are key in order to promote and improve the health and wellbeing of the population of DLR. The formulation of the *Healthy Dún Laoghaire-Rathdown Plan* comprised a mixed-methods methodology combining quantitative and qualitative analysis of secondary and primary datasets, including:

- Policy Review
- Desktop Research
- Consultations Stakeholder Survey
- Health & Wellbeing Questionnaire
- Focus Groups

As part of the consultation and research methodology designed to develop this plan a half day consultation event took place in December 2017. A half-day workshop hosted by DLR LCDC and *URBACT Change Project* facilitated discussions on the opportunities for collaboration between service providers on the topic of “Collaboration for a Healthy County”. This event provided insight into the awareness of initiatives and activities that are ongoing in Dún Laoghaire-Rathdown to support health and wellbeing. Themes emerging from the event identified mental health, community engagement, engaging communities and effective collaboration as priority areas.

An interagency stakeholder event held in April 2017 by DLR CYPSC identified the health of children and young people as a key priority and in particular the need to support social-emotional wellbeing and mental health were of great concern to agencies working directly with this young population.

Survey and Focus Groups

To provide an opportunity for all groups to give input in to the plan an online stakeholder survey was devised, which was made available on the Dún Laoghaire-Rathdown County Council Consultation hub. A number of focus groups were also held to invite representation from numerous priority groups. The aims of the survey and focus groups were to:

- Promote the Healthy Ireland Framework and Healthy Dún Laoghaire-Rathdown
- Raise awareness of the determinants of health- i.e the preconditions for good health
- Engage with local groups and communities on what are the key barriers for achieving good health in Dún Laoghaire-Rathdown

These focus groups and surveys indicated challenges, barriers and information on health in Dún Laoghaire-Rathdown. However it should be noted that this was not a representative survey but a convenience sample and so these findings are only indicative of the opinion of the respondents who answered the survey.

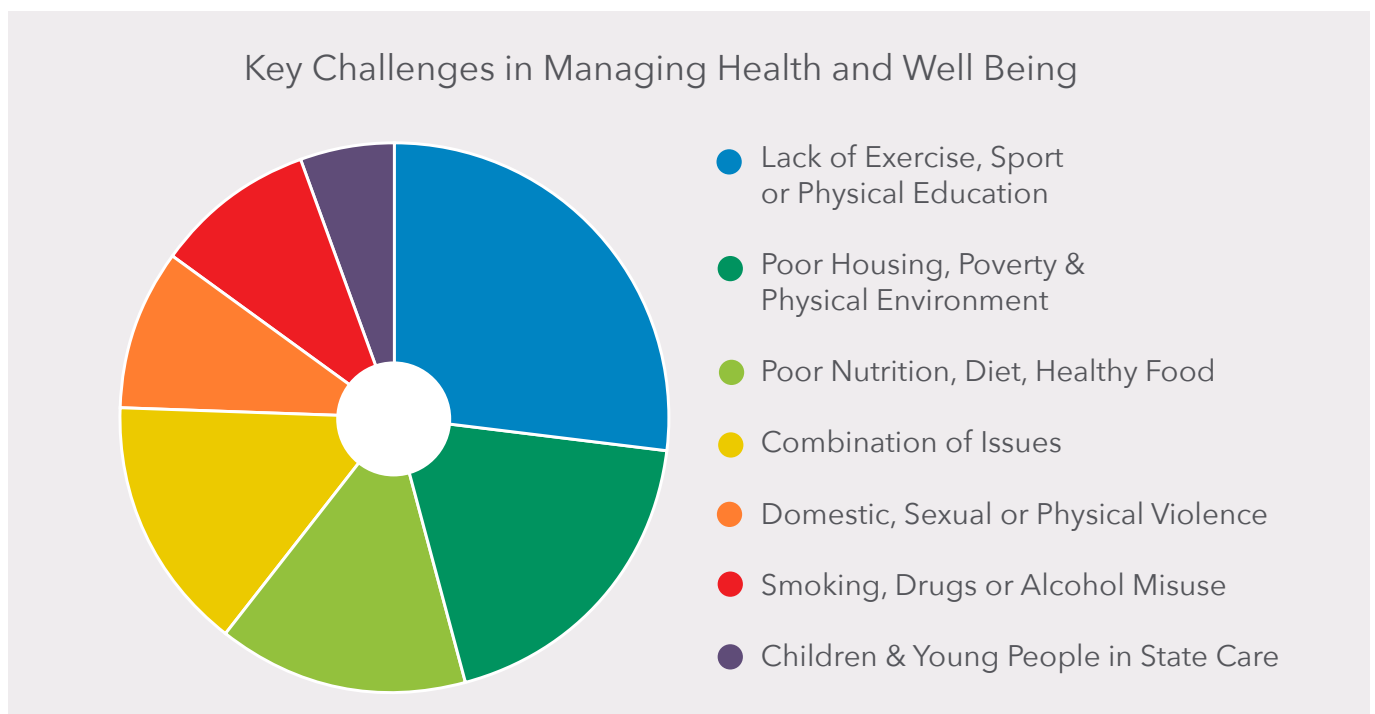


Figure 5. Key Challenges in Managing Health and Wellbeing

Participants reported a satisfaction with amenities in Dún Laoghaire-Rathdown that support physical health and wellbeing including parks and playgrounds.

Other stakeholder consultations that fed into this plan were carried out by:

- DLR Sports Partnership
- DLR CYPSC
- Southside Partnership DLR
- DLR Comhairle na nÓg
- DLR Public Participation Network (PPN)
- Health Education and Libraries Group DLR

Community Consultations

The inclusion of the views of service users is crucial to the development of effective programmes and responses. This should include hearing the voices of children, young people, older people, migrants and other vulnerable, marginalised and disadvantaged groups. The participation of service users in this consultation has been an essential part of the planning process. Additional community engagements were conducted with a range of youth, older persons, community and voluntary organisations, men's and women's groups from across Dún Laoghaire-Rathdown including:

- DLR Comhairle na nÓg
- Dún Laoghaire Men's Shed
- Older people
- Parents/Families
- Parents/New Mums
- Migrant Women
- DLR Music Generation

Following the series of consultations a number of key health and wellbeing needs of the population of Dún Laoghaire-Rathdown were identified. These key needs have directly informed the priorities of this plan to achieve a Healthy Dún Laoghaire-Rathdown County. The following are the needs identified:

1. **Address Health Inequality:** The need for services to take account of characteristics of specific groups in the wider community to ensure any existing health inequalities are not further amplified e.g. lone parents, lower income families, persons with disabilities, Travellers or migrants.
2. **Affordable Access:** The need to reduce financial barriers for accessing all health and support services.
3. **Education:** The need for services working with children, young people and their families to proactively develop, educate and encourage positive attitudes towards mental health, healthy relationships, diet and lifestyle choices.
4. **Interagency Collaboration:** To improve collaborative working between statutory, community and voluntary service providers for health initiatives / programmes aiming to achieve a healthy Dún Laoghaire-Rathdown County
5. **Communication:** The need to enhance communication to the population of Dún Laoghaire-Rathdown of existing services and supports that are available to achieve improved access to services and local supports.
6. **Mental Health:** The need to achieve improved mental health wellbeing for the population.

7. **Health Promotion:** The need to encourage all population groups in Dún Laoghaire-Rathdown to adopt and maintain a healthy lifestyle by making more informed choices to optimise health and wellbeing and to prevent future poor health and illness where possible.
8. **Physical Activity:** The need to encourage all population groups in Dún Laoghaire-Rathdown to participate regularly in physical activity, sport and to provide facilities that are accessible to all.
9. **Healthy Eating:** The need to provide more support for healthy eating programmes to build the nutritional wellbeing and physical health of the population, particularly those more vulnerable to poor nutrition and obesity.
10. **Family Support:** The need to provide greater support to enable all families to encourage and strengthen healthy relationships and to engage in healthy lifestyles at all ages.



Dún Laoghaire Pier



Junior Park Run Marlay Park

SECTION F

Strategic Priorities for Healthy Dún Laoghaire-Rathdown



The focus of the priorities in this plan and related issues has been identified through research and consultation with key stakeholders and community members in Dún Laoghaire-Rathdown in addition to national policy and strategies as detailed in Section D. The priorities detailed in this section will be achieved through collaborative working with appropriate partners in the community and are dependent on continued funding and resources.

Priority 1: Dún Laoghaire-Rathdown Healthy County

Healthy Dún Laoghaire-Rathdown will aim to support and improve the County's population health and wellbeing by supporting and fostering an inclusive physical and social environment and developing its assets to positively impact on the social determinants of health.

- 1.1 Support, promote and communicate programmes for health and wellbeing in Dún Laoghaire-Rathdown.
- 1.2 Promote and build awareness of Healthy Ireland in Dún Laoghaire-Rathdown.
- 1.3 Support and where appropriate initiate cross-sectoral and interagency collaboration to address local and county level population health issues.
- 1.4 Support and where appropriate initiate existing interagency county action plans including DLR County Council LCDC, DLR CYPSC, DLR Sports Partnership, Southside Partnership DLR, HSE CHO6 among others to address national issues on health.

Priority 2: Physical Health & Activity

Healthy Dún Laoghaire-Rathdown will aim to support and promote Dún Laoghaire-Rathdown as a physically active and healthy community.

- 2.1 Improve information provision, raise awareness and advocate for greater access to existing facilities for the whole population.
- 2.2 Support enhanced participation of the county's population in physical activity and sport.
- 2.3 Develop and promote advice, supports and services on physical activity amenities in the county.
- 2.4 Promote awareness, education, opportunities and services focused on healthy weight and nutrition guidelines and the associated risks with obesity in the county.
- 2.5 Promote and support the delivery of initiatives that inform the population of the harmful effects of substance misuse (drugs, alcohol and tobacco) on health across all groups in Dún Laoghaire-Rathdown.
- 2.6 Promote awareness on safe and healthy sexual relationship advice and support for the county's population.

Priority 3: Mental Health and Wellbeing

Healthy Dún Laoghaire-Rathdown aims to achieve a supportive environment which promotes the positive mental health and wellbeing of the community of the County.

- 3.1 Support and improve the mental health and wellbeing of those living in Dún Laoghaire-Rathdown through promoting mental health and wellbeing initiatives and campaigns throughout the whole population of the county.
- 3.2 Work in collaboration with a range of service providers to support the mental health and wellbeing of the population of the County.
- 3.3 Build awareness of the importance of physical activity and its positive impact on mental health.
- 3.4 Support early intervention programmes and initiatives that address mental health difficulties.

Priority 4: Children and Young People

Healthy Dún Laoghaire-Rathdown will support the population of children and young people (0-24years) in Dún Laoghaire-Rathdown to be healthy and active.

- 4.1 Improve information provision and raise awareness of services working with the health and wellbeing of children and young people.
- 4.2 Advocate for and progress effective early intervention and evidence informed actions to address the needs of children and young people facing particular health and wellbeing challenges.
- 4.3 Increase the participation of children and young people in physical activity and sport.
- 4.4 Develop and promote initiatives that support the social-emotional wellbeing and the mental health of children and young people.
- 4.5 Support physical and mental health interventions in a range of statutory, community and voluntary settings in Dún Laoghaire-Rathdown.
- 4.6 Support programmes that address the particular health and wellbeing needs of the perinatal and early years' population in Dún Laoghaire-Rathdown.

Priority 5: Families

Healthy Dún Laoghaire-Rathdown will strive to support families to enjoy the best possible standard of health and wellbeing and have access to appropriate facilities and amenities in their local communities.

- 5.1 Support and improve information provision and awareness raising and a range of parental amenities and supports.
- 5.2 Support a range of stakeholders to implement evidence informed programmes and initiatives that support the health and wellbeing needs of families in Dún Laoghaire-Rathdown.
- 5.3 Support improvement in access to early years education and affordable childcare places.
- 5.4 Support programmes and initiatives that build parental skills.

Priority 6: Disability

Healthy Dún Laoghaire-Rathdown aims to support people living with disabilities in Dún Laoghaire-Rathdown to lead active healthy lives.

- 6.1 Improve information provision and awareness-raising to enhance services and supports for people with disabilities in Dún Laoghaire-Rathdown.
- 6.2 Support an environment that is accessible to all persons with a disability in Dún Laoghaire-Rathdown.
- 6.3 Develop and support opportunities to increase the participation of persons with disabilities in physical activity and sport.
- 6.4 Include the needs of people with disabilities in developing new programmes and initiatives.

Priority 7: Age Friendly

Healthy Dún Laoghaire-Rathdown aims to support older people living healthy active lives, having opportunities to be socially engaged and active within their communities.

- 7.1 Improve information provision with advice on healthy lifestyle options for older people, and in particular the benefits of physical activity and social engagement.
- 7.2 Support and promote opportunities for physical activity and social engagement in local neighbourhoods.
- 7.3 Foster and promote opportunities for older people to contribute to their local communities through community engagement, volunteering and participation.
- 7.4 Encourage inter-generational activities in Dún Laoghaire-Rathdown.
- 7.5 Raise awareness and promote healthy eating and nutrition for older people.

Priority 8: Diversity

Healthy Dún Laoghaire-Rathdown will promote greater integration and social inclusion in the county.

- 8.1 Address health inequalities by supporting new and existing services and initiatives that address the identified needs.
- 8.2 Support and promote equal access for all, and in particular seek to develop opportunities for those experiencing poverty, isolation and social exclusion.
- 8.3 Promote information awareness of services and programmes for groups/communities experiencing health and wellbeing challenges.
- 8.4 Support greater integration and social inclusion in the County by targeting services to groups/communities who experience health and wellbeing challenges.

SECTION H

Implementation

The overarching aim of this plan is for Dún Laoghaire-Rathdown to become a 'Healthy County', by promoting positive health and wellbeing for the entire population across the whole lifespan. Dún Laoghaire-Rathdown will become a member of the National Healthy Cities and Counties Network of Ireland and join a number of counties and cities in Ireland in implementing Healthy Ireland at a local level in the county. A healthy County or City is one that continually strives to support health and wellbeing of the population.

The objectives and principles, upon which the Healthy Dún Laoghaire-Rathdown plan will be implemented, are based on identified local needs, plans and policies, as previously outlined.

Healthy Dún Laoghaire-Rathdown will:

- Support the effective co-ordination and implementation of the Healthy Dún Laoghaire-Rathdown plan.
- Through continued Healthy Ireland funding a series of actions will be devised to support the implementation of the Healthy Dún Laoghaire-Rathdown plan.
- Support and complement the health and wellbeing change to elements of the plans of LCDC, TUSLA, HSE, CYPSC, DLR Southside Partnership, DLR County Council, the DLR LCDC, Southside Partnership DLR, UCD and other relevant partners as they impact on the health and wellbeing of all the community working, living and studying within the County.
- Support comprehensive, integrated and responsive health and wellbeing services in appropriate settings.
- Support health and wellbeing promotion and early intervention and prevention strategies.
- Use evidence and indicators to monitor progress of the plan.

Healthy Dún Laoghaire-Rathdown Operating Principles

- The plan will build on what is in place and will be integrated and linked to existing wider plans and strategies across Dún Laoghaire-Rathdown.
- Healthy activities for all and maximising participation in communities will be actively promoted and supported.
- Use of evidence informed approaches and evidence- based interventions will be encouraged.

- Appropriate evaluation methods will be used.
 - Harnessing informal support networks is seen as vital and will be promoted through appropriate interventions.
 - All of the actions will be proofed to ensure that social inclusion is at the heart of the Healthy Dún Laoghaire-Rathdown plan, addressing issues of equality, access, ethnicity, disability and disadvantage.
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Funding

It is important to note the continued provision of Healthy Ireland funding is crucial to sustain current Healthy Ireland initiatives in place and there is a requirement for additional funding to implement initiatives to improve and maintain the health and wellbeing of our community.

Monitoring & Review

A Healthy Dún Laoghaire-Rathdown Steering Committee comprising of lead agencies and delivery partners was established to oversee implementation and management of actions funded under Healthy Ireland. This Steering Committee has met on a regular basis to oversee the development and completion of the *Healthy DLR Plan*, which was one of the actions funded under Healthy Ireland Strand 1, Round 1 and 2.

The Dún Laoghaire-Rathdown LCDC has an oversight role in relation to the implementation, evaluation, and review of the *Healthy Dún Laoghaire-Rathdown Plan*. An action plan will be developed by the Healthy Dún Laoghaire-Rathdown Steering Committee to support the implementation of the plan across Dún Laoghaire-Rathdown through Healthy Ireland funding. This action plan will build on the key health and wellbeing needs and priorities identified in this plan. Arrangements will be put in place for lead partners to provide regular reporting to the Steering Committee with a view to submitting a co-ordinated report to the LCDC on a six-monthly basis.

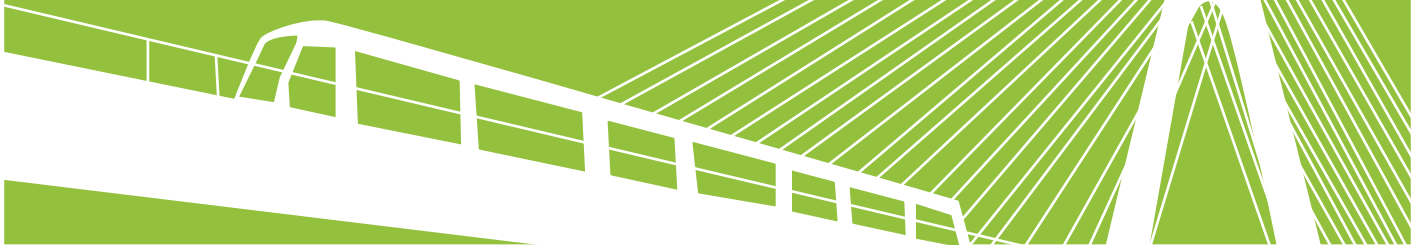
The Healthy Dún Laoghaire-Rathdown Plan will be implemented in a way that is responsive to the identified population health and wellbeing needs in the County. Data will be developed to enable measurement of progress and accountability to produce required outcomes. This process will enable the effective implementation of cross sectoral, co-ordinated and collaborative programmes as set out in the Healthy Dún Laoghaire-Rathdown Plan.

In summary, the following key outputs will ensure effective evaluation and monitoring during the plan's implementation period.

- Establish new and/or access existing monitoring mechanisms for all appropriate health and wellbeing indicators.
- Preparation of annual monitoring reports by programme implementers to the DLR LCDC and DLR CYPSC.
- Regular Reports from DLR LCDC to Healthy Ireland

SECTION G

Healthy Dún Laoghaire-Rathdown Steering Committee



A partnership approach to the implementation of the Healthy Dún Laoghaire-Rathdown Plan at a local level is key to the achievement of the plan's priorities and outcomes. Actions will be based around implementing a range of initiatives, programmes and interventions that aim to support health and wellbeing outcomes for the population groups within the County. This Healthy Dún Laoghaire-Rathdown Steering Committee is a subgroup of the Dún Laoghaire-Rathdown Local Community Development Committee. The interagency partners tasked with leading and implementing the plan include the following:

Dún Laoghaire-Rathdown Local Community Development Committee	<p>The LCDC is a committee of the Dún Laoghaire-Rathdown County Council and its primary role is to develop, co-ordinate and implement a coherent and integrated approach to local and community development.</p> <p>www.dlrcoco.ie/en/community/dlr-local-community-development-committee</p>
Dún Laoghaire-Rathdown Children and Young People's Services Committee	<p>The remit of DLR CYPSC under the auspices of TUSLA Child and Family Agency is to act as the key vehicle for interagency work to improve outcomes for children and young people, aged between 0-24 years.</p> <p>www.cypsc.ie/your-county-cypsc/d%C3%BAAn-laoghaire-rathdown.232.html</p>
Dún Laoghaire-Rathdown County Council	<p>The DLR County Council develop and deliver a number of wide-ranging policies and plans across the County including sports programmes, health and wellbeing initiatives, arts and cultural events, play and recreation activities plus general public services and amenities of housing, libraries and parks. Delivery of support for Healthy DLR-related health or wellbeing services is implemented with interagency partners through the LCDC structures.</p> <p>www.dlrcoco.ie</p>

Health Service Executive	<p>The Health Service Executive provides health and social services to everyone living in Ireland. Services are delivered to young and old, in hospitals, health facilities and in communities across the country. This is delivered through Community Health Organisations, Divisions and Hospital Groups. Community Health Organisation 6 covers Dun Laoghaire, Dublin South East and Wicklow including hospitals St Vincent’s University Hospital, St Columcille’s Loughlinstown and St Michaels Hospital, Dún Laoghaire.</p> <p>www.hse.ie</p>
Dún Laoghaire-Rathdown Sports Partnership	<p>The Dún Laoghaire-Rathdown Sports Partnership delivers a range of targeted sports and activity programmes for all ages and abilities as well as supports and training programmes for volunteers and coaches.</p> <p>www.dlrsportpartnership.ie</p>
Southside Partnership DLR	<p>Southside Partnership DLR is the local development company operating in Dún Laoghaire-Rathdown. Southside Partnership DLR works with a variety of agencies and organisations in the county so that individuals, groups and communities can find ways to bring about positive change and create more hopeful prospects for people who experience unemployment, poverty and social exclusion.</p> <p>www.southsidepartnership.ie</p>
University College Dublin	<p>As Ireland’s largest university, with its great strength and diversity of disciplines, UCD embraces its role to contribute to the flourishing of Ireland through the study of people, society, business, economy, culture, languages and the creative arts, as well as through research and innovation. The University’s Strategy 2015-2020^{xxvii} outlines the objectives and major strategic initiatives set in place in order to accomplish UCD’s vision. A subsequent ‘Healthy UCD’ strategy was developed, that promotes a culture in which students, faculty, staff and local community work together to ensure the holistic health and wellbeing of every member of the UCD community. The initiative is aligned to the Healthy Ireland framework and to HSE’s efforts to promote the World Health Organisation (WHO) ‘Healthy Campus’ concept.</p> <p>www.ucd.ie</p>
Tusla Child and Family Agency	<p>TUSLA Child and Family Agency is the dedicated State agency responsible for improving wellbeing and outcomes for children. The Agency operates under the Child and Family Agency Act 2013, a progressive piece of legislation with children at its heart and families viewed as the foundation of a strong healthy community where children can flourish. Partnership and co-operation in the delivery of seamless services to children and families are also central to the Act. TUSLA supports and promotes the development, welfare and protection of children, and the effective functioning of families</p> <p>www.tusla.ie</p>

Table 4. Healthy DLR Steering Committee



Older adults engaging in activities at Larchill Centre, funded by Healthy Ireland

Table of Abbreviations

CAMHS	Children and Adolescent Mental Health Services
CHO	Community Healthcare Organisation
CSO	Central Statistics Office
CYPSC	Children and Young People Services Committee
DATF	Drug and Alcohol Task Force
DLR	Dún Laoghaire-Rathdown
DLR COCO	Dún Laoghaire-Rathdown County Council
HSE	Health Service Executive
LCDC	Local Community Development Committee
LECP	Local Economic and Community Plan
LHO	Local Health Office
PPN	Public Participation Network
UCD	University College Dublin

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Healthy
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Rialtas na hÉireann
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government supporting communities



Coiste um Fhorbairt Pobail Aitiúil
Dhún Laoghaire-Rath an Duin
Dún Laoghaire Rathdown Local Community
Development Committee



Comhairle Contae County Council



Feidhmeannas Seirbhíse Sáinte
Health Service Executive



SUPPORTING PEOPLE. SUPPORTING COMMUNITIES.



An Ghníomhaireacht um
Leanaí agus an Teaghlach
Child and Family Agency