



## Foreword

Welcome to the first EVE Healthy Ireland Action Plan 2019-23. 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.

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.

The EVE Healthy Ireland (HI) Action Plan was co-produced in 2018 by a working group comprised of service users and staff across EVE services. The process involved service-wide consultation and the resulting plan reflects the priorities identified by all stakeholders for the next five years.

## Who is EVE?

EVE is a programme within the HSE which provides community-based, recovery-oriented programmes for adults who experience mental health difficulties, intellectual difficulties, Asperger's Syndrome, and Physical and Sensory disabilities. We cater for 1,400 participants/members annually through our network of Vocational, HUB and Clubhouse services in 20 locations across the HSE Community Healthcare Organisation Areas 6, 7 & 9.

To find out more about our plans for the next five years, we invite you to read our full Healthy Ireland Action Plan which is available on the EVE\* website at [www.eve.ie](http://www.eve.ie).

\* EVE, Brú Chaoimhin, Cork Street, Dublin 8. Tel: +353 (0)1 4156821.

## 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

## 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

## 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

*"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*

*"The introduction of the MBSR programme was a great addition, 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". Staff Member*

## Over the next five years:

EVE Centres will co-produce their own HI Action Plan and develop a range of policies and plans that target the health behaviours they seek to improve. This will be a community initiative involving service users, staff, families, supporters and afford opportunities to engage in a conversation about health and wellbeing.

Policies	HI Priority
<i>Eat Well</i>	Healthy Eating
<i>Let's Move</i>	Active Living
<i>Breathe Easy</i>	Tobacco Free Ireland
<i>Rediscovering Cheer</i>	Alcohol and Health
<i>Living Well</i>	Wellbeing and Mental Health
<i>Working Well</i>	Staff Health and Wellbeing
<i>Ageing Well</i>	Positive Ageing
<i>Love Yourself...Love Others</i>	Sexual Health
<i>Working Together</i>	Co-production
Plans	Hi Priority
<i>EVE Respecting our Planet</i>	Sustainability
<i>Staff Development</i>	Staff Training Needs

To support them in this work and improve outcomes:

- Staff will complete the **Making Every Contact Count (MECC)** training online
- Slánú have developed a **library of evidence-based health and wellbeing Resources** ([www.eve.ie/members/login](http://www.eve.ie/members/login)).
- EVE services will engage in **national and local initiatives** e.g. Active@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.