active disability ireland

active healthy me

Skills for Practice Training Workshop Information

In partnership with HSE hi Healthy Ireland New Directions

Supported by SPÓRT ÉIREANN SPORT IRELAND

active healthy me

Active Healthy Me is a health and wellbeing programme that is delivered directly to people with disabilities in adult day service locations. The programme was developed in partnership with the HSE to support the adoption of a positive culture and capacity among people with disabilities and adult day services towards the awareness and understanding of the health benefits of physical activity.

The Active Healthy Me programme consists of six modules, which highlights the benefits, impact and importance of exercise, being active, good nutrition, hydration alongside educating participants on where they can be active in their local community.

Developed in partnership with the HSE and supported by Sport Ireland, the aim of the programme is to increase the knowledge and understanding of people with disabilities on the importance and benefits of being physically active, living a healthy lifestyle and the opportunities that are available to participate within their local community. The programme also aims to enhance the engagement between service locations and service users and their local sports partnership connecting them to the local participation opportunities and supports that are available.

What is the purpose of the 'Skills for Practice' Workshop

This 2.5 hour in-person workshop is specifically designed for disability day service staff delivering Active Healthy Me within their day service hub.

By completing this workshop you will be able to:

- Have the confidence to deliver the content covered in Active Healthy Me
- Increase your knowledge in the key health & wellbeing areas identified in Active Healthy Me
- Network and share experiences to date with other Active Healthy Me users

Prior to attending this workshop, participants must attend a 30-minute online introduction session. Dates are advertised on our website.

Who facilitates these workshops?

Workshops are facilitated by a local Health Promotion & Improvement Officer – responsible for the delivery of various HSE Health Promotion programmes across their designated CHO region

A list of upcoming workshops is available on our website (www.activedisability.ie) under the Active Healthy Me Programme heading. If there is not a date set for your CHO area, please contact programme coordinator Lauren Watters (lwatters@activedisability.ie)

What Workshop Participants Had to Say …

"very informative, great for highlighting programme resources and great for creating a network"

"The course was educating and it has equipped me to be better and to be able to support the physical activity needs of my service users at work."

"Gained confidence to deliver the course to people with varied abilities."

"I enjoyed the workshop, it gave me a better idea of how to move forward with the course. "

"I gained knowledge about the benefits of exercise and healthy eating for people with disabilities and about how the programme can be adapted to suit all participants."

For more information about booking or registering for a workshop please contact:

Lauren Watters

Health and Wellbeing Coordinator

Email:
lwatters@activedisability.ie
Tel: 086 013 9493

Jeraldeen Erraught

Health and Wellbeing Officer

Email:
jerraught@activedisability.ie
Tel: 086 021 2318

active disability ireland

Head Office:
Kerry Sports Academy,
Munster Technological University,
North Campus, Tralee, Co. Kerry
Phone: +353 (0) 66 7145646

Dublin Office:
Irish Sport HQ, National Sports Campus,
Snugborough Road, Blanchardstown, Dublin 15
Phone: +353 (0) 1 6251160
Email: info@activedisability.ie

RCN: 2020654

www.activedisability.ie