



Healthy Wicklow

Strategy 2018 - 2021



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Abbreviations

BLDATF Bray Local Drugs and Alcohol Task Force

BAP Bray Area Partnership

BOBF Better Outcomes Brighter Futures (National Policy Framework Children/Young People)

CAMHS Child and Adolescent Mental Health Services

CHO Community Healthcare Organisations

CWP County Wicklow Partnership

DCYA Department of Children and Youth Affairs

ECRDATF East Coast Regional Drugs and Alcohol Task Force

HCCNI Healthy Cities and Counties Network Ireland

HI Healthy Ireland (National Framework for Improved Health and Wellbeing)

HSE Health Service Executive

KWETB Kildare and Wicklow Education and Training Board

LEO Local Enterprise Office (County Wicklow LEO)

SWRDATF South Western Regional Drugs and Alcohol Task Force

TUSLA Child and Family Agency

WCC Wicklow County Council

WCYPSC Wicklow Children and Young People's Services Committee

WLCDC Wicklow Local Community Development Committee

WLSP Wicklow Local Sports Partnership

WCT Wicklow County Tourism

WSTN Wicklow Sustainable Trails Network

WUC Wicklow Uplands Council

WORC Wicklow Outdoor Recreation Committee

Foreword

I am delighted to introduce the Healthy Ireland Plan for County Wicklow, on behalf of County Wicklow Local Community Development Committee (LCDC). This plan provides the framework for the delivery of a suite of actions that will have a positive impact on the health and wellbeing of the residents of the county.

Healthy Ireland is a government led initiative which aims to create a society where everyone can enjoy good health, both physical and mental, and where wellbeing is valued and supported. The determinants of health are complex and cross all levels of society. They are influenced by national policy, individual actions and social conditions. This means that a cross sectoral and partnership approach is necessary to achieve our goals. The interagency nature of this plan is one of the factors that gives it its strength. I want to thank all of the agencies involved, especially the County Wicklow Children & Young People's Services Committee (CYPSC).

The plan is very much based on an extensive consultation process across the county, involving groups and individuals of all ages and from varied backgrounds. This gives a sound evidence base to the actions, grounded in the recommendations and contributions of our community.

I would like to thank everyone that was involved in the development of this plan, including Cruinn Associates, all of the agencies and everyone who took part in the consultations. I would like to assure you all that the LCDC is committed to working with all the key stakeholders to achieving the implementation of this plan.

Cllr. Grainne McLoughlin, Chairperson

County Wicklow LCDC

Executive Summary

Healthy Ireland¹ is Ireland's national framework for action to improve the health and wellbeing of the people of Ireland. Its main focus is on prevention and keeping people healthier for longer. Whilst Healthy Ireland is a key policy lever, other relevant policies have been borne in mind. These principally include a *Healthy Wicklow* - where everyone can enjoy physical and mental health and wellbeing to their full potential, where wellbeing is valued and supported at every level within the County and is everyone's responsibility.

Wicklow County's outdoor and recreational attractions are important assets, which form the basis of the County's infrastructure and environment and which are fundamental to the enjoyment of the County by both local residents and visitors alike. Tourism and recreation make a positive contribution to the social wellbeing of all citizens in the County and economically over €100m is derived from domestic and international visitors.

Attractions range from areas of scenic beauty, which provide attractive natural bases for outdoor pursuits, such as the Wicklow mountains, comprising mountain peaks, valleys, rivers and lakes, the coastline with long stretches of sandy beaches and dunes and the numerous woodlands. The County has a rich heritage of archaeological and historical sites, manor homes and gardens, and attractive towns and villages.

In light of research drawing on Census 2016 on health and wellbeing and datasets of County Wicklow, statistics of note include:

- Wicklow has a population of 142,425 people with above average growth (4.2% versus State 3.8%), although this population is unevenly distributed with 65% of people living within 5km of the East coast.
- Although its older population (65+ years) is in line with State levels (13%), County Wicklow has a higher proportion of young people with 0-17 making up 26.7% of the population (versus State average of 25%).
- The age profile means that County Wicklow has a higher dependency ratio than the State average.
- The general health of people in County Wicklow is better than State average (88.7% versus 87%) and for those reporting health as bad/very bad was 1.4% versus 1.6%

In addition, feedback was captured through a range of stakeholder consultations and community engagement activities, to further provide a lens to local key issues arising and most likely to impact upon the future health and wellbeing in the County, as follows:

- *Social Inclusion* – the need to establish a socially inclusive County for a range of population groups and in particular for those with disabilities was a recurring theme throughout. Further support for marginalised/disadvantaged groups needs to be borne in mind.

¹ Healthy Ireland www.healthyireland.ie

- *Older Persons* – who may be socially isolated or live in remote or rural areas was also an issue to consider in relation to their health and wellbeing including dementia.
- *Travellers* – coupled with the issues of social inclusion is the need to be able to easily access services for the Traveller community who are at significant risk of health inequalities worsening unless they can be proactively engaged and encouraged to uptake wellbeing services offered by statutory, community or voluntary groups.
- *Mental Health* – a strong and consistent theme emerging from the consultations is a desire to see greater provision of a range of mental health supports. The health data from several sources also echoes this need. In particular, the prevalence of such issues with children and younger people is growing in the County due to a number of contributory factors as rates of suicide and self-harm increase.
- *Information & Awareness* – consultations and existing strategies all prioritise the need for greater levels of information and awareness amongst the general population around a range of wellbeing themes. This enables people to more proactively manage their own health and leads to a more sustained and transformed realisation of both Healthy Ireland and Healthy Wicklow visions.
- *Transport* – as a largely rural County and with the majority of the population being concentrated around the East coast, it is increasingly challenging for many people to be able to travel to access services. This is particularly important as services can usually tend to be situated in the locations where the majority of people are, rather than where those with the most need of support are. Access can be prohibitive for older persons, persons with disabilities or those living in rural areas.

In addressing these priorities, a series of actions against the overarching goals within the Healthy Ireland framework have been developed within *Healthy Wicklow* plan, including:

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

This *Healthy Wicklow* plan will be implemented from 2018-2021 and delivered by a lead partner in collaboration with interagency partners across the County. The plan itself has been developed with representatives from Wicklow County Local Community Development Committee (LCDC), Wicklow County Council, Wicklow Children’s and Young People’s Services Committee (CYPSC) and Wicklow Local Sports Partnership (LSP).

Healthy Ireland Priorities & Connections

The following represents a listing of national, regional and local government policy and strategy documents, which have informed the preparation of this *Healthy Wicklow* plan.

Priority Area	National Policy and Actions
Health & Wellbeing	<ul style="list-style-type: none"> • Healthy Ireland (HI) – A Framework for Improved Health and Wellbeing (2013-2025)² • Better Outcomes Brighter Future (BOBF) - National Framework for Children and Young People (2014-2020)³ • Healthy Cities and Counties of Ireland Network⁴ • County Wicklow CYPSC Plan (2016-18)⁵
Physical Activity	<ul style="list-style-type: none"> • Get Ireland Active - National Physical Activity Plan⁶ • Get Ireland Walking – Strategy & Action Plan (2020-2017)⁷ • National Cycle Policy Framework (2009-2020)⁸
Healthy Weight	<ul style="list-style-type: none"> • A Healthy Weight for Ireland – Obesity Policy & Action Plan (2016-2025)⁹
Tobacco Free	<ul style="list-style-type: none"> • Tobacco Free Ireland¹⁰
Sexual Health	<ul style="list-style-type: none"> • National Sexual Health Strategy (2015-2020)¹¹
Prevention and reduction of Drugs & Alcohol-related harm	<ul style="list-style-type: none"> • Reducing Harm, Supporting Recovery – Drug & Alcohol use in Ireland (2017-2025)¹²
Mental Health	<ul style="list-style-type: none"> • The National Recovery Framework for Mental Health Services (2018-2020)¹³ • A Vision For Change - Report Of The Expert Group On Mental Health Policy¹⁴

² <https://health.gov.ie/wp-content/uploads/2014/03/HealthyIrelandBrochureWA2.pdf>

³ https://www.dcy.gov.ie/documents/cypp_framework/BetterOutcomesBetterFutureReport.pdf

⁴ <http://www.healthyireland.ie/about/cities-and-counties>

⁵ https://www.cypsc.ie/_fileupload/Documents/Resources/CYPP/Wicklow%20Children%20and%20Young%20People%E2%80%99s%20Plan%202016%20to%202018.pdf

⁶ <http://health.gov.ie/wp-content/uploads/2016/01/Get-Ireland-Active-the-National-Physical-Activity-Plan.pdf>

⁷ <http://health.gov.ie/wp-content/uploads/2016/09/A-Healthy-Weight-for-Ireland-Obesity-Policy-and-Action-Plan-2016-2025.pdf>

⁸ www.smartertravel.ie/sites/default/files/uploads/2013_01_03_0902%2002%20EnglishNS1274%20Dept.%20of%20Transport_National_Cycle_Policy_v4%5B1%5D%5B1%5D.pdf

⁹ <http://health.gov.ie/wp-content/uploads/2016/09/A-Healthy-Weight-for-Ireland-Obesity-Policy-and-Action-Plan-2016-2025.pdf>

¹⁰ <https://health.gov.ie/wp-content/uploads/2014/03/TobaccoFreeIreland.pdf>

¹¹ <http://health.gov.ie/wp-content/uploads/2015/10/National-Sexual-Health-Strategy.pdf>

¹² <https://health.gov.ie/wp-content/uploads/2017/07/Reducing-Harm-Supporting-Recovery-2017-2025.pdf>

¹³ http://www.hse.ie/eng/services/list/4/Mental_Health_Services/advancingrecoveryireland/national-framework-for-recovery-in-mental-health

¹⁴ <https://www.hse.ie/eng/services/publications/mentalhealth/mental-health---a-vision-for-change.pdf>

Domestic, Sexual & Gender Violence	<ul style="list-style-type: none"> National Strategy on Domestic, Sexual and Gender-based Violence (2016-2021)¹⁵
Wicklow County Council Health Related Plans & Strategies	<ul style="list-style-type: none"> Wicklow Local Economic and Community Plan (2016-2022)¹⁶ Wicklow County Development Plan (2016-2022)¹⁷ Wicklow County Council Corporate Plan (2015-2019)¹⁸ Wicklow County Council Housing Strategy (2010-2016)¹⁹ Wicklow Outdoor Recreation Strategy (2009-2013)²⁰ Wicklow Local Sports Partnership Strategic Plan (2010-2013)²¹
Social Inclusion	<ul style="list-style-type: none"> Social Inclusion Community Activation Programme (SICAP) 2018-2022²² National Action Plan for Social Inclusion (2015-2017)²³ All-Ireland Traveller Health Study (2010)²⁴ The National Traveller and Roma Inclusion Strategy (2017-2021)²⁵ Traveller Accommodation Programme (2014-2018)²⁶ Rebuilding Ireland – An Action Plan for Housing and Homelessness²⁷

¹⁵ www.cosc.ie/en/COSC/Second%20National%20Strategy.pdf/Files/Second%20National%20Strategy.pdf

¹⁶ [https://www.wicklow.ie/Portals/0/Documents/Community/Community-Planning-Networks/Local-Community-Development-Committee-LCDC/Local-Economic-Community-Plan-LECP/Wicklow Local Economic and Community Plan 2016-2022.pdf](https://www.wicklow.ie/Portals/0/Documents/Community/Community-Planning-Networks/Local-Community-Development-Committee-LCDC/Local-Economic-Community-Plan-LECP/Wicklow%20Local%20Economic%20and%20Community%20Plan%202016-2022.pdf)

¹⁷ <https://www.wicklow.ie/Living/Services/Planning/Development-Plans-Strategies/National-Regional-County-Plans/Wicklow-County-Development-Plan/Wicklow-County-Development-Plan-2016-2022>

¹⁸ <https://www.wicklow.ie/Portals/0/Documents/Corporate-Plan/Wicklow%20County%20Council%20Corporate%20Plan%202015%20-%202019.pdf>

¹⁹ [https://www.wicklow.ie/Portals/0/Documents/Planning/Development-Plans-Strategies/National-Regional-County-Plans/Wicklow%20County%20Development%20Plan/Wicklow-County-Development-Plan-2010-2016/Housing Strategy.pdf](https://www.wicklow.ie/Portals/0/Documents/Planning/Development-Plans-Strategies/National-Regional-County-Plans/Wicklow%20County%20Development%20Plan/Wicklow-County-Development-Plan-2010-2016/Housing%20Strategy.pdf)

²⁰ <https://www.yumpu.com/en/document/view/24477552/the-co-wicklow-outdoor-recreation-strategy-2009-wicklowie>

²¹ <http://www.wicklowlsp.ie/about-us/#strategic-plans>

²² <https://www.wicklow.ie/Living/Services/Community/Community-Planning-Networks/Local-Community-Development-Committee-LCDC/Social-Inclusion-Community-Activation-Programme-SICAP>

²³ www.welfare.ie/en/downloads/Updated%20National%20Action%20Plan%20For%20Social%20Inclusion%202015-2017.pdf

²⁴ https://www.ucd.ie/t4cms/AITHS_SUMMARY.pdf

²⁵ <http://www.justice.ie/en/JELR/National%20Traveller%20and%20Roma%20Inclusion%20Strategy,%202017-2021.pdf/Files/National%20Traveller%20and%20Roma%20Inclusion%20Strategy,%202017-2021.pdf>

²⁶ [www.wicklow.ie/Portals/0/Documents/Housing/Forms/Draft Traveller Accommodation Programme 2014 - 2018.pdf](http://www.wicklow.ie/Portals/0/Documents/Housing/Forms/Draft%20Traveller%20Accommodation%20Programme%202014-2018.pdf)

²⁷ [http://rebuildingireland.ie/Rebuilding%20Ireland Action%20Plan.pdf](http://rebuildingireland.ie/Rebuilding%20Ireland%20Action%20Plan.pdf)

Healthy Wicklow – Implementation, Objectives & Actions

In light of the research into existing datasets on health and wellbeing of the population and socio-economic circumstances of County Wicklow, existing strategic priorities highlight the range of priorities and plans. The feedback captured through a range of stakeholder consultations and community engagement activities, further provide a local lens to the key issues arising and most likely to impact upon the future health and wellbeing of the County.

- **Transport** – as a largely rural County and with the majority of the population being concentrated around the East coast, it is increasingly challenging for many people to be able to travel to access services. Understandably, services will be centred in the concentrations where they can reach the most people to enjoy economic efficiencies in the delivery of their activities. However, this does not always mean that they are in the locations where the majority of people are most in need of support and access can be prohibitive for older persons, persons with disabilities or those in rural areas.
- **Social Inclusion** – the need to a socially inclusive County for a range of population groups and in particular for those with disabilities was a recurring theme throughout. Support for older persons who may be socially isolated or live in remote or rural areas was also an issue to consider. In addition, further supports for marginalised or disadvantaged groups e.g. Travellers, New Communities, need to be borne in mind.
- **Travellers** – Coupled with the issues of social inclusion is the need to be able to easily access services for the Traveller community whom are at significant risk of health inequalities worsening unless they can be pro-actively engaged and encouraged to uptake wellbeing services offered by statutory, community or voluntary groups.
- **Mental Health** – a strong and consistent theme emerging from the consultations is a desire to see greater provision of a range of mental health supports. The health data from several sources also echoes this need. In particular, the prevalence of such issues with children and younger people is growing in the County due to a number of contributory factors
- **Information & Awareness** – consultations and existing strategies all prioritise the need for greater levels of information and awareness amongst the general population around a range of wellbeing themes. This would enable people to more proactively manage their own health, and lead to a more sustained and transformational realisation of both the Healthy Ireland and County Wicklow visions.

In addressing these priority areas, the matrix below sets out a series of actions against the priority themes determined within the Healthy Ireland framework.

Healthy Wicklow – Goals & Actions

Healthy Ireland Goals	Relevance to County Wicklow	Actions to address	Lead/Collaboration Partners	Year
Increase the proportion of people who are healthy at all stages of life	Promote greener transport options to improve health & wellbeing	Incentivise the use of cycleways, walkways or waterways as new alternative options to travel that generate multiple benefits (health and financial) using existing natural resources in County.	Wicklow LCDC (Lead) Wicklow COCO	1,2,3
	Increase knowledge and awareness of existing services	Information points or awareness campaigns using social media, and links to schools, to better inform people of the extent of existing offers to support health and wellbeing.	Wicklow LCDC (Lead) Wicklow COCO Wicklow Schools	1,2,3
	Utilise County Wicklow Community Directory	Better utilisation of the directory of services and activities to be updated and made more easily available in different formats to allow all groups in community to be able to access including additional information to help professionals better signpost and support people to navigate pathways.	Wicklow LCDC (Lead) Wicklow COCO Community & Voluntary Groups	1,3
	Reduce barriers to engagement in health & wellbeing activities for all age groups	Beginners classes for health, sports, play & recreation to encourage uptake of new activities or try free 'taster' sessions.	Wicklow LSP (Lead) Wicklow COCO Wicklow Schools Community & Voluntary Groups Local Sports Clubs	1,2

		Review of services to ensure suitable disability access and where no or limited access exists seek to support people with disabilities to be able to fully engage in accessibility to public services.	Wicklow COCO (Lead) Wicklow LSP Cara	1
		Complete an Audit of all transport routes to ensure people with limited mobility or no access to a car are facilitated to travel to services if no availability in their own locality.	Wicklow COCO (Lead) Wicklow LCDC	1
	Mental Health of children and young people	Lobby for the opening of 'Jigsaw' within County Wicklow, based in Bray with appropriate satellite services across County to ensure equal access for all children/ young people's needs.	Bray Area Partnership (Lead) Wicklow CYPSC National Centre for Youth Mental Health HSE TUSLA	2
		Support the extension and introduction of youth-specific counselling models (including but not limited to drop-in counselling services). Seek locations in appropriate facilities e.g. youth/community facilities to ensure ease of access, safety and confidentiality.	HSE Psychology (Lead) Wicklow CYPSC TUSLA Youth Services KWETB	2

	Provide opportunities for children and young people for free play and adventure in our communities to build their physical health and mental well-being	Continue support for, and provision of Playgrounds, Skate/ BMX parks, Play opportunities and child friendly towns	Wicklow County Council (Lead) LEADER Community Groups Wicklow CYPSC	1,2,3
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Healthy Ireland Goals	Relevance to County Wicklow	Actions to address	Lead/Collaboration Partners	Year
Reduce health inequalities	Higher childcare & housing costs reduce available disposal income to access health and wellbeing activities	Create promotions to incentivise the use of existing sports facilities, especially for inter-generational activities to strengthen family relationships/supports	Wicklow COCO (Lead) Wicklow LSP Wicklow CYPSC	1,2,3
	Access to Public Transport	Create promotions to incentivise the use of public transport and rural link scheme for travel to locations or venues across the County (particularly East to West Wicklow)	Wicklow COCO (Lead) Wicklow LCDC	1,2,3
	Access for Older Persons	Offer beginner/taster classes for health and social activities to encourage uptake and engagement of older persons via outreach 'Age Friendly' Programmes	County Wicklow Older Persons Council (Lead) Wicklow Age Friendly Alliance Wicklow LSP	1,2,3
	Healthy Eating for Families	Contextual campaign to raise awareness amongst parents and families in County Wicklow via health promotion on the importance of healthy food/diet for families and address issues on costs of healthy eating e.g. <i>Healthy Food Made Easy</i> . Establish links with the <i>County Wicklow Food and Beverage Strategy</i> with respect	Bray & Wicklow Local Area Partnership (Lead) HSE Wicklow CYPSC Wicklow LCDC Schools Education Centres Employer Workplaces	1,2 2,3

		to reducing food poverty, facilitating community gardens and allotments and building food resilience.		
	Healthy Eating for Children & Young People	Implementation of ongoing programmes to help reduce obesity levels in schools, etc.	Wicklow CYPSC (Lead) Wicklow LCDC Schools Youth Clubs	1,2,3
	Support Small Areas of Social Disadvantage	Review locations of existing services against deprivation rankings (as nearly half of SAs are or at risk of disadvantage) to ensure services are based in areas of most need versus areas of most people.	Wicklow LCDC (Lead) Wicklow COCO Wicklow CYPSC Wicklow LSP	1,2,3
	Foster Interagency Collaboration Work	Enhance coordination and information sharing of interagency services to ensure that people can be best referred and signposted whilst being supported.	Wicklow LCDC (Lead) Wicklow COCO Wicklow CYPSC Wicklow LSP HSE TUSLA Local Area Partnerships	1,2,3
	Adoption of 'No Fry Zone' guidance ⁵¹	Keeping with planning regulations for no fast food outlets <400m of local Wicklow schools.	No Fry Zone 4 Kids Community Group (Lead) Wicklow COCO Wicklow LCDC Wicklow CYPSC	1,2,3
	Equal access for people with disabilities	Undertake review of existing sport services and health activities to ensure equality and access for disabilities.	Wicklow COCO (Lead) Wicklow LSP HSE TUSLA	1,2,3

⁵¹ <https://www.wicklow.ie/Living/Services/Planning/Development-Plans-Strategies/National-Regional-County-Plans/Wicklow-County-Development-Plan/Wicklow-County-Development-Plan-2016-2022> (Pg. 32)

	Equal access for Travellers & New Communities	Reduce any cultural barriers to navigate health and wellbeing pathways for Traveller or New Communities to better support all.	Wicklow LCDC (Lead) Wicklow & Bray Traveller Groups New Communities Community & Voluntary Groups	2,3
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Healthy Ireland Goals	Relevance to County Wicklow	Actions to address	Lead/Collaboration Partners	Year
<p>Protect the public from threats to health and wellbeing</p>	<p>Tackling Domestic & Sexual Violence</p>	<p>Create contextual and local awareness campaign on effects of domestic violence to help break stigma in support of health & wellbeing of women and their families in County Wicklow.</p>	<p>TUSLA (Lead) Wicklow COCO Wicklow LCDC</p>	<p>1</p>
		<p>Support the existing refuge in Bray via the Local Authority for those fleeing from domestic or sexual violence situations.</p>	<p>Wicklow COCO (Lead) Wicklow LCDC TUSLA HSE</p>	<p>2,3</p>
		<p>Support for transition housing for victims of domestic or sexual violence in County.</p>	<p>Wicklow COCO (Lead) Wicklow LCDC TUSLA HSE</p>	<p>2,3</p>
	<p>Reducing Social Isolation/Loneliness</p>	<p>Awareness campaign to promote the local Support Groups which exist to tackle social isolation or loneliness being pertinent at all ages (not just older people).</p>	<p>Wicklow LCDC (Lead) HSE</p>	<p>1,2</p>
		<p>To encourage people to seek out options or join existing support groups within County.</p>	<p>Wicklow COCO (Lead) Wicklow LCDC</p>	<p>1</p>
		<p>Review public transport links in rural areas to ensure that people with no or limited car access are able to travel to other areas where activities or services are based.</p>	<p>HSE (Lead) Wicklow LCDC</p>	<p>1,2</p>

	Supporting older persons living with Dementia in County	Review and develop further collaboration between health and community services to signpost and refer people living with Dementia to support families/carers to cope with condition. e.g. Extend 'Meet & Eat' pilot programme.	Wicklow LSP (Lead) Wicklow CYPSC Wicklow LCDC KWETB SPU	1,2,3
	Promoting options for female participation in physical activities	Develop programmes to encourage physical activity amongst females (young girls) that focuses on non-traditional sports to sustain engagement in healthier lifestyles.	HSE (Lead) Foróige Wicklow CYPSC Wicklow LCDC Schools Youth Services KWETB	1,2,3
	Foster safe, healthy relationships for all	Promote safe and healthy relationships for all and particularly for younger people via existing sexual health programmes e.g. 'Real U', SPHE, RSE, etc.		1,2,3

Healthy Ireland Goals	Relevance to County Wicklow	Actions to address	Lead/Collaboration Partners	Year
<p>Create an environment where every individual and sector of society can play their part in achieving a Healthy Ireland</p>	<p>Address prevalence of Mental Health of children and young people</p>	<p>Deliver training programmes for all front-line services to better identify early intervention mental health measures so that preventative care can be offered to reduce any escalation or need for additional care e.g. CAMHS.</p>	<p>HSE (Lead) TUSLA Wicklow CYPSC</p>	<p>1,2</p>
		<p>Strengthen co-ordination between mental health services to ensure there can be integrated wrap-around care for the child and wider family to better facilitate their recovery and adaptation to new circumstances.</p>	<p>HSE (Lead) TUSLA Wicklow CYPSC</p>	<p>1,2,3</p>
	<p>Support for Lone Parent Families</p>	<p>Promote and increase delivery of parenting support programmes to facilitate local peer networks for parents without access to immediate wider family support.</p>	<p>TUSLA (Lead) Wicklow CYPSC</p>	<p>1,2,3</p>
	<p>Inclusive County for all citizens and communities</p>	<p>Promote social inclusion of all people including youth, older persons, people with disabilities, Travellers and New Communities to actively participate in health and wellbeing.</p>	<p>Wicklow LCDC (Lead) Wicklow CYPSC Wicklow LSP Wicklow COCO Wicklow Age Friendly Alliance Bray & Wicklow Travellers Groups Community & Voluntary Groups</p>	<p>1,2,3</p>

		Offer an introductory course designed to provide community/ voluntary groups with skills and ideas on how to adapt sport, physical activity or physical education sessions to make accessible and inclusive for people with disabilities.	Wicklow LSP (Lead) Cara	1
		Inclusive fitness training to increase the confidence and awareness of fitness managers, fitness professionals and all front line staff to work with people with disabilities in the fitness sector.	Wicklow LSP (Lead) Cara	2
		Create accessible environments in the County for those with Autism including support for families.	Wicklow COCO (Lead) Wicklow CYPSC TUSLA HSE Triple A Alliance	2,3