

Oct. 2020

HEADSUP KILDARE



supporting U and
your mental health



The Community Mental Health Fund, supported by the Department of Health.



12 week Heads Up Programme begins in Kildare Town

We are delighted to say that **thirteen men** have been offered a place on our latest 12-week programme, which begins in the week of 12th October. It is hugely important for us to be able to offer the full programme which is a significant support to men especially in these times when all are facing greater mental health challenges. A key skill in the current situation is the ability to flexibly respond to the changing context, and to be determined in developing creative ways to support participants, in as safe a way as is possible.

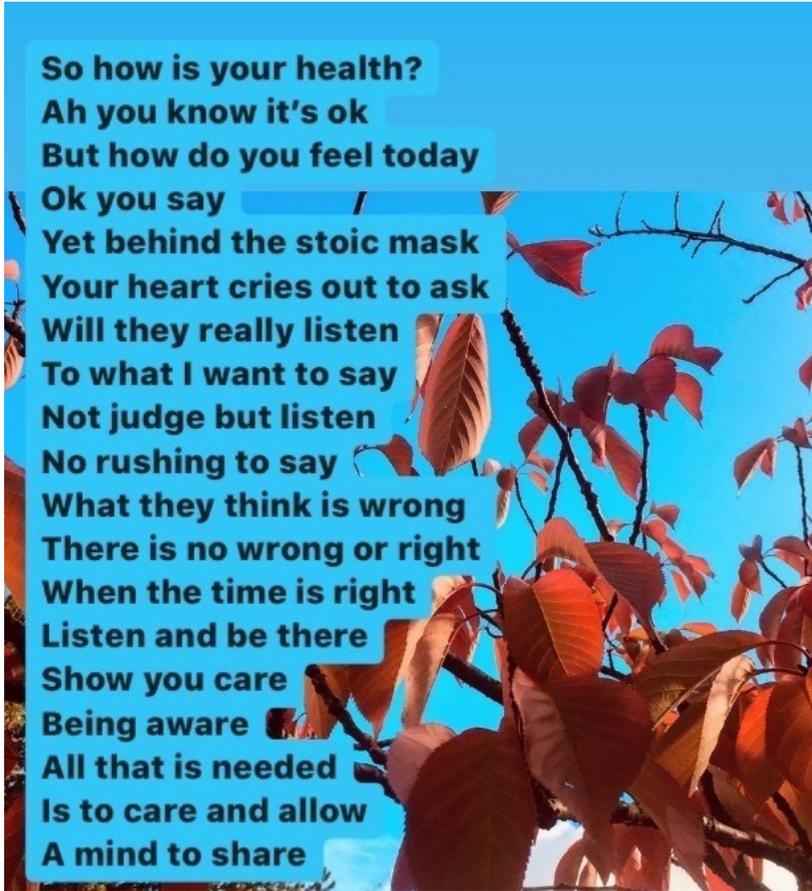


Latest News

Full Course in Kildare Town starts

New Mental Health, Wellbeing and Resilience Coordinator takes up her post

The programme will run every Monday and Thursday morning and we also hope to offer outdoor walking in small groups for all participants. It was initially intended as a normal face-to-face group programme in Kildare Town but the move to Level 3 has meant that we will commence online initially until restrictions ease. Because of this, we received a significant support to our work in the form of **funding from Kildare County Council to purchase tablets for participants**. However, even with this boost, the online delivery of the Programme presents significant challenges, especially as one of the key reasons for many men to engage in Heads Up is to improve their social connections and mental health. Some are not comfortable with participating online, and they will be supported individually by telephone.



Poem for World Mental Health Day

Mental Health Programmes delivered in Newbridge and Kildare

Niamh Keaveney, Manager

As we mentioned in the last Newsletter, the virus has had a dramatic effect on the delivery of support programmes, and has created significant challenges for initiatives which are trying to support the persons most affected by the isolated it causes. So we are delighted to have delivered four mini programmes in Newbridge and Kildare town during September, and to be able to do them through small group work.

These brief interventions gave participants an experience of being part of a male space, exploring themes related to mental health. Areas explored included concepts of wellness and recovery, what it is like when my head is wrecked, meditation, wellness tools for night and day and goal setting.

New Outreach initiative in the North West Kildare.

Having delivered a brief intervention in this part of the county during 2019 we are very aware of the particular isolation and significant challenges for men with limited access to supports and services locally. There is now increased awareness of the damage that isolation and loneliness can do to body, mind and spirit, with higher rates of suicide and destructive behaviours linked to isolation, financial pressures, lack of sufficient out-reach supports and a reluctance particularly among men about reaching out for help. We are therefore very happy that we have received funding from Healthy Ireland to deliver a rural outreach to men living in the north west of the county. This will involve a variety of approaches particularly as we live with Covid.

Welcome to our new Mental health, Wellbeing and Resilience Coordinator.

We are very happy to welcome Sinead O'Kane to her new role commencing mid-October. Sinead comes from a psychiatric health background and has considerable experience working with individuals facing mental health challenges in institutional and community care settings. She will work on the 12 week programme, the NW Kildare outreach and with men in the Family Resource Centre in Newbridge. We are delighted to have her on board, and she can be contacted at 086 7702907 for further details.