



Fermoy Community Health Project

A Community Based Health Initiative
Supporting the Fermoy Community



Connecting for Life



Our Vision

A COMMUNITY IN FERMOY AND ITS ENVIRONS
WHERE PEOPLE ARE INSPIRED AND ENABLED TO IMPROVE
THEIR HEALTH AND WELL-BEING.

Our Mission

- To improve the health and lifestyle of the community through a series of health focused initiatives that build on existing services and facilities.
- To be a local link within the community in relation to community health and signpost to relevant health services where appropriate.
- To collaborate with existing health initiatives and organisations and support the emergence of new groups around identified needs.
- To listen to the ideas, concerns and suggestions of individuals and organisations within the community, and ensure that the project responds appropriately and effectively to identified needs.

Community Health Worker Role

To act as a resource for the local community and other professionals in relation to health focused initiatives; and provide increased and enhanced sharing of information within our community.

To develop and implement the delivery of short, medium and long term initiatives within the local community.

To work in partnership with other local voluntary, statutory and community organisations to support the delivery of health programmes and initiatives within our local community.



Jacinta McCormack | Phone: **085 8742320**

Supports and Services

FITNESS

The Fermoy Walkie Talkies are a social walking group. They meet on Monday mornings at 10.30am (except bank holidays) in the courtyard at Fermoy Resource Centre. This group is suitable for all ages and abilities and new members are always welcome. Members of the group have participated in a number of planned national events such as Operation Transformation and Darkness Into Light. The group also host and travel out to 'Meet & Mingle' events; these are planned walks with other community health project walking groups in their respective areas.

HEALTH INFORMATION & ADVOCACY

Our community health worker is based in the community and is available to provide information, advice and support to individuals, families and other professionals in relation to community health and health services in the area.

In 2018 our community health worker commenced hosting a series of monthly Health & Well-Being Information Talks. This talks will cover a wide and varied range of topics and will focus on informing and supporting people to protect and improve their health and well-being.

COMMUNITY INITIATIVES

The project aims to hold a number of events during the year to encourage and highlight the importance of a healthy lifestyle. Some of these events are connected to planned National Health Initiatives such as Mental Health Awareness, Mens Health Awareness & Cancer Awareness. Community initiatives which are currently running include; Singing for the Brain, Friendship Week, Hokey Cokey Ladies group, development of a community garden, One Million Steps Fermoy School Challenge and the Lights of Love Remembrance Tree.

WORKSHOP AND TRAINING

Our community health worker is trained to deliver the safeTALK programme to persons aged over 18. SafeTALK is a FREE 3 hour workshop where participants learn four basic steps to recognise persons with thoughts of suicide and connect them with suicide helping resources. Other workshops can be delivered in relation to specific health topics based on identified community needs.

For more information and updates on supports and services, please check out our facebook page; Fermoy Community Health Project.

Email: jacinta.mccormack@hse.ie

Suicide Awareness Friendship Week
 Ethnic Groups Mindfulness Mental Health
 Support Health Happiness Local Personal Development
 Empowerment Community Growing Partnership Inclusive Walking
 Social Inclusive Partnership Inclusive Walking
 Family Lifestyle Infant Mental Health
 Young People Physical Health
 Jacinta Prevention Information Well-Being older Adults Fun
 Quality of Life Healthy Choices Holistic Accessible
 Local Link collaboration Identified Needs
 Fermoyn Community Health Project



Fermoy Community Health Project

c/o Fermoy Resource Centre
 42 McCurtain Street
 Fermoy
 Co Cork

Fermoy Community Health Worker
Jacinta McCormack

085 8742320

jacinta.mccormack@hse.ie

www.fermoyresourcecentre.com

facebook page: Fermoy Community Health Project