

Healthy Ireland Round 3 Actions				
	Initiative	Lead	Outputs	Strategic Priority
1	Sport for All	MSP	Sports Programme to increase physical activity opportunities for people with a disability, older Adults and Women in Sport	Physical Activity
2	Healthy Food Made Easy	MNELP	Training for Trainers Programme who will share their learnings within their communities through workshops	Nutrition
3	Activity Friendly Environment & Healthy Placemaking Claremorris	MCC Tourism	Provision of information/distance markers and occasional seating on walking and running routes. Development of strategies to enhance social connectedness and to support improvements of social infrastructures.	Spaces and Places for Health and Wellbeing
4	Social Farming	SWMDC	Offering activity on family farms as a form of social support services to increase self-esteem and improve health and wellbeing	Mental Health
5	Farmers On The Move	Croí	Initiative focused on empowering farmers to increase their exercise participation in a way that will positively affect their health and wellbeing.	Physical Activity
6	Health and Wellbeing for 0-6-year olds	Mayo County Childcare Committee	Project implemented through Tusla in registered early years settings delivering Soundworlds and preschool yoga programmes	Mental Health
7	Outdoor Play	GMIT	Capturing the learning form earlier HIF work through creation of resources for parents, schools and communities to embed a culture of outdoor play.	Physical Activity
8	Planet Youth	SWMDC	Support the implementation of the recommendations identified in the Co Mayo Planet Youth Report	Tobacco and Alcohol
9	Sexual Health	Foróige	Resource the implementation of actions identified in the Mayo CYPSC Sexual Health and Wellbeing plan	Sexual Health
10	We're Breastfeeding Friendly	MNELP	Increase numbers of mothers breastfeeding by developing a breastfeeding supportive environment.	Nutrition
11	Community Engagement	MCC	Activities planned to promote community engagement and Healthy Ireland message through media campaigns, seminars, website development	Not Applicable

**Community Mental Health Fund
Actions**

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1	Social Prescribing & Connecting for Life	The Family Life Centre, Castlebar	Expand and develop the Flourish social prescribing programme in Castlebar and surrounding areas.	Mental Health
2	Building Resilience' Programme	MNELP	Psycho-educational component delivered to TY students over a 6-week period, followed by an assessment of their current level of resilience and follow up assessments.	Mental Health
3	Small Grant Scheme	MCC	Small Grant Scheme to support actions by local not for profit voluntary, community and sporting organisations delivering actions with Mental Health Theme	Mental Health