



Press Release

Date: Thursday 14th March

CAVAN / MONAGHAN – NEW LOCAL HEALTH AND WELL-BEING HUB LAUNCHED

A new health and well-being project currently being rolled out in the Monaghan and Cavan areas by Monaghan Integrated Development and Breffni Integrated Development (Cavan) was launched in Carrickmacross recently as part of an annual health fair. The project is called ‘CoH-Sync’ which is short for Community Health Synchronisation.

The CoH-Sync project is a cross border EU INTERREG VA funded programme and is now available to anyone aged 18 years and over who wants to begin their journey to getting healthier but doesn't know where to start. Whether it is help to quit smoking, adopt healthier eating habits, make new connections in your community or just generally feel better about life, CoH-Sync can help.

Funding for the CoH-Sync project was secured by the cross border health services partnership, Co-operation and Working Together (CAWT) from the European Union's INTERREG VA programme, managed by the Special EU Programmes Body. The HSE is one of the CAWT partner organisations. Match-funding has also been provided by the Departments of Health in Ireland and Northern Ireland.

Monaghan Integrated Development and Breffni Integrated Development (Cavan) were part of a successful bid, led by Donegal Local Development Company, which succeeded in winning the contract, valued at €407,000, to establish a CoH-Sync health and wellbeing hub in the Monaghan and Cavan area. Both health and well-being hubs are facilitating people to improve their health and wellbeing in areas such as physical activity, mental health, nutrition, smoking and alcohol consumption.

Speaking on behalf of both organisations, Gabriel O'Connell, Chief Executive Officer at Monaghan Integrated Development said: **“Both Monaghan Integrated Development and Breffni Integrated Development (Cavan) are working to improve opportunities for people and communities in our own areas. The aims of the CoH-Sync project fit with our focus on being a bridge between our local community, the public sector and the**



private sector. We are delighted to be delivering this new project across Cavan and Monaghan and ensuring that the CoH-Sync service is accessible in as many areas and to a wide range of people as possible.” He added: “I would encourage everyone to sign up to an initial consultation with one of our CoH-Sync Health Facilitators. It is a free service and could open the way to new activities and networks in your area.”

A CoH Sync client commented: “I was so grateful for the opportunity to speak with a Health Facilitator. She seemed to genuinely care and it made me aware of my own health needs. I felt important and empowered when I left with an action plan”. Another participant said: “My Health Facilitator was very supportive, he was the first person to take an interest in my concerns and help me make some small changes to improve my health”

Speaking on behalf of the CAWT cross border health and social care Partnership, which secured the EU funding for the border region, Anne McAteer, Senior Health Promotion Officer, Health Service Executive said: “It is fantastic that a CoH-Sync health and wellbeing hub has been established in the Monaghan / Cavan area. The HSE, along with the Northern Ireland statutory health services played a significant part in securing the overall funding for the CAWT CoH-Sync project which is establishing a network of 8 health and well-being hubs in the border region of Ireland, Northern Ireland and SW Scotland. This project will enable people to improve their health in a supportive community-based environment. I wish to congratulate Monaghan Integrated Development and Breffni Integrated Development (Cavan) for being part of the bid and wish them every success as the project rolls out across both counties. She added: “In undertaking this work the partnerships are making a very significant contribution to the wellbeing of the population and delivering on the goals of Healthy Ireland in the Hub catchment areas.”

Gina McIntyre, CEO of the Special EU Programmes Body congratulated all involved, saying: “Our ever-growing and aging population is placing an increasing demand on an already stretched healthcare system. Projects such as this will empower citizens, on both sides of the border, to manage their own health needs so that they can be fitter and healthier for longer. It is one of the core objectives of the EU’s INTERREG VA Programme which funds projects that support more joined-up, cost effective and efficient cross-border healthcare delivery.” She continued: “This preventative approach to personal health will pay real dividends for the future of our health and social care services,”



If you want to take that first step to leading a healthier life then the CoH-Sync service could be for you. For more information on the CoH-Sync project locally or to find out how you can book the services of a Health Facilitator contact: Kevin Curran, Telephone: 042 9749500, Email: kcurran@midl.ie

- **ENDS**

Notes to editors:

- Monaghan Integrated Development CLG and Breffni Integrated Development CLG (Cavan) are implementing the CoH-Sync Project in the Cavan / Monaghan area.
- Overall, the CAWT Community Health Sync Project has received grant funding totalling €5.01 million and is funded through the European Union's INTERREG VA Programme, managed by the Special EU Programmes Body, and match funded by the Northern Ireland Executive and the Irish Government with support from the Scottish Government.
- The CAWT Community Health Sync project partners are the HSE, Western Health and Social Care Trust; Southern Health and Social Care Trust; Public Health Agency, Health and Social Care Board and NHS Dumfries and Galloway.
- The Special EU Programmes Body (SEUPB) is a North/South Implementation Body sponsored by the Department of Finance in Northern Ireland and the Department of Public Expenditure and Reform in Ireland. It is responsible for managing two EU Structural Funds Programmes, PEACE IV and INTERREG VA which are designed to enhance cross-border cooperation, promote reconciliation and create a more peaceful and prosperous society. The Programmes operate within a clearly defined area including Northern Ireland, the Border Region of Ireland and in the case of INTERREG VA, Western Scotland.
- The INTERREG VA Programme has a European Regional Development Fund (ERDF) contribution of €240 million and aims to address the economic and social problems which result from the existence of borders.
- For more information on the SEUPB please visit www.seupb.eu



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