



Galway City Early Years
Health and Wellbeing Plan
2016-2020



Working together to help give every child the best start



Galway Healthy Cities Project
Gaillimh Tionscnamh na gCathracha Sláintiúla



Galway City Partnership
Compartáisteacht Chathair na Gaillimhe







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Introduction

A photograph of a man with short, curly hair, wearing a light blue button-down shirt, smiling broadly while holding a young child. The child is wearing a grey sleeveless top and is looking towards the man with a joyful expression. The background is softly blurred, suggesting an indoor setting with natural light.

Welcome to the first Early Years Health and Wellbeing Plan for Galway City. This plan sets out the goals and related actions that together create a framework for enhancing and supporting the health and wellbeing of children in Galway City during their early years. For the purpose of this plan we are defining early years as 0 to 3 years.

Our ambition is to help give every child in Galway City the best start in life. A good foundation in the early years makes a difference through adulthood and even gives the next generation a better start. Investment in early years sets the foundation for lifelong learning, behaviour and health. The experiences in early childhood shape the brain and a child's capacity to learn, get along with others, and to respond to daily stresses and challenges.

The origins of this Early Years Plan stem from Galway City's participation in the World Health Organization Healthy Cities movement. Galway Healthy Cities, led by HSE Health Promotion and Improvement and Galway Healthy Cities Forum has committed to improving health for all and reducing health inequalities. As part of Galway Healthy Cities work plan for 2015/2016, the Healthy Cities Forum identified a need to focus on early years as one of its priorities. A commitment was given to develop an Early Years Plan for Galway City focusing on children 0 to 3 years.

HSE Health Promotion and Improvement in collaboration with Galway City Partnership subsequently led the development of this Early Years Health and Wellbeing Plan for Galway City. An Early Years Multi-Agency Sub-Committee was established to oversee the development of the plan under the auspices of Galway Children and Young Peoples Services Committee.

This plan sets out the direction for the next four years in bringing a more joined up and coordinated approach to supporting the health and wellbeing of children and families during the early years. The following pages describe the context, the process and the key actions that will be undertaken between 2016 and 2020.

Delivering on this plan requires all of us to work more closely together with a common purpose to help give every child the best possible start in life. We look forward to working with you to make this a reality.

Policy Context

There is a growing body of evidence which demonstrates that early intervention can reduce health inequalities and promote health in adulthood. A number of national strategies, policy documents and initiatives have been developed which confirm a cross governmental and partnership approach across all sectors for improved health and wellbeing and an increased focus on prevention which provides the background for the development of this Early Years Health and Wellbeing Plan for Galway City.

- **Healthy Ireland** A Framework for Improved Health and Wellbeing (2013-2025) acknowledges that “Child health, wellbeing, learning and development are inextricably linked, and the most effective time to intervene in terms of reducing inequalities and improving health and wellbeing outcomes is before birth and in early childhood. Giving every child the best start in life involves providing for their emotional and physical development, the acquisition of cognitive, linguistic and social skills and building their resilience which will support them through life. Intervention in the early years has been shown to be a good investment, as it provides a greater rate of return than that for later intervention”.
- **Better Outcomes Brighter Futures** the National Policy Framework for Children and Young People (2014-2020) states that “investment in early years care and education reaps significant dividends throughout a child’s life and to society as a result of better outcomes”. Furthermore, this framework promotes a shift in policy toward earlier intervention and aims to ensure the provision of quality Early Years services and interventions, aimed at promoting best outcomes for children and disrupting the emergence of poor outcomes.
- **HSE Healthy Ireland in the Health Services National Implementation Plan (2015-2017)** identifies Healthy Childhood as one of the health and wellbeing priority policy programmes.
- **The Nurture Programme** Infant Health and Wellbeing (2015-2018) is designed to improve the information and professional supports that we provide to parents during pregnancy and the first three years of their baby’s life.
- **Creating a Better Future Together** National Maternity Strategy (2016-2026) - identifies health and wellbeing as one of its priorities to ensure that babies get the best start in life and families are empowered and supported to improve their own health and wellbeing.



- **Siolta**, the National Quality Framework for Early Childhood Education (2006) and **Aistear**, the Early Childhood Curriculum Framework (2009) identify health and wellbeing as one of its standards and themes. The Aistear Siolta Practice Guide (2015) provides support for practitioners in implementing these frameworks (National Council for Curriculum and Assessment (NCCA), 2015).
- **The Area-Based Childhood Programme (2013-2017)** has been developed to address the impact of child poverty and improve child outcomes in 13 areas of disadvantage and to mainstream the learning from the programme to services throughout the country. The focus of the ABC programme includes child health and development, children’s learning, parenting and integrated service delivery.

Demographic Profile - Galway City

The 2011 Census shows that Galway City had a population of 75,529 which represents an increase of 4.3% on the 2006 figures. The fastest growing electoral divisions (ED) in the city were Ballybane (24.6%) and Ballybrit (24%) with Wellpark (17%) and Castlegar (14.83%) two additional EDs with sizeable population growth.

Like any other part of the country, Galway City has been massively affected by the economic downturn since 2008, reflected in the drop in the absolute deprivation score for the city from 3.0 in 2006 to -1.9 in 2011. While none of Galway City's electoral divisions (EDs) fall within the Pobal HP Deprivation Bands of Disadvantaged, Very Disadvantaged or Extremely Disadvantaged, a number of EDs are below the national average including Newcastle (-7.0) Mervue (-5.4), Shantalla (-4.6) and Lough Atalia (-0.4).

However, when we move beyond ED level to Small Area level (up to 72 houses) there are a large number of areas that do fall within the Disadvantaged band with Deprivation Scores between -10 and -20. In total there are 28 Small Areas that are classified as Disadvantaged in Galway City, with 10 of these being in the Ballybane ED.



Child Health Profile - Galway City

A HSE Child Health Profiles Working Group has developed a Child Health Profile – Galway City¹ (2016) which has identified the following:

- The age structure for 0-3 year olds accounts for 5.3% of Galway City's overall population and this is the fourth lowest nationally (National rate is 6.3%)
- The birth rate per 1,000 in 2014 of 15.6 per 1000 is eighth highest nationally (National rate is 14.6).
- In 2014 the infant mortality rate for Galway City was 4.5 per 1,000 live births which was similar to CHO Area 2 (Galway, Mayo and Roscommon) and higher than the national rate of 3.7. For the five year trend from 2010-2014, Galway City was similar to CHO2 and Ireland until 2012, where there was an increase. It should be noted that infant mortality rates are based on very small numbers which means that they are subject to considerable fluctuation and caution should be exercised in their interpretation.
- Galway City has a lower percentage of Births where birth rates are <2,500g at 5% (National rate is 5.5%).
- Birth rates per 1,000 to teenage mothers (aged 13-19 years) was higher than average at 7.3 (National rate is 5.7).
- Galway City and County have higher than average rates for MMR vaccination of 96% and for 6 in 1 vaccination of 98% (National rate 93% and 95% respectively).
- Emergency Hospital Admissions rates for 0-3 year olds were either similar or slightly higher than the national rates for all admissions, respiratory and injury and poisoning.
- Galway City and County have the fifth highest breast feeding rate of 58% (National rate is 55.7%).



Process of Developing Galway City Early Years Health and Wellbeing Plan

Galway City Early Years Sub-Committee

HSE Health Promotion and Improvement in collaboration with Galway City Partnership developed a proposal for the development of an Early Years plan for Galway City. This included the creation of a multiagency structure to oversee the development of the plan.

An Early Years Sub-Committee was established as part of Galway Children and Young Peoples Services Committee (CYPSC) in September, 2015. Nine meetings of the Sub-Committee took place between October 2015 and June 2016. The Sub-Committee was led by HSE Health Promotion and Improvement and Galway City Partnership. Members of the Sub-Committee came from the following services:

- Ard Doughiska Family Resource Centre
- Galway City and County Childcare Committee
- Galway City Council
- HSE Services:
 - Community Medical Department
 - Community Nutrition and Dietetic Service
 - Psychology
 - Public Health
 - Public Health Nursing
 - University Hospital Galway Paediatrics
- Springtime Early Intervention Service
- NUI Galway – Health Promotion Research Centre
- TUSLA Children and Young Peoples Services Committee
- TUSLA Family Support Services

Consultative Process

A multi faceted consultation process was undertaken to inform the development of the action plan which included the following elements:

- Online Surveys – Early Education and Care Sector, Parents, Service Providers
- Focus Groups with Parents
- Consultation Day with Service Providers
- Public Consultation on draft plan

The consultative process mapped current service provision for 0-3 year olds and their parents in Galway City, examined gaps in services provision for 0-3 year olds and their parents in Galway City and identified actions which could be developed to improve the health and wellbeing of 0-3 year olds and their parents in Galway City.



Consultation Process – Findings

The following section outlines the findings from the consultation process undertaken:

1. Survey of Early Education and Care Services

A total of 24 service providers from early years education and childcare participated in the online mapping of services survey. The findings from this survey indicated the following:

- The three main programmes/ strategies being implemented within Early Years Services are Aistear (92%), Siolta (94%) and Buntus Start (54%).
- 'Poor lifestyles and lack of information among parents' was identified as the key barrier to children being healthy, followed by 'Financial issues in the home' and 'Inadequate support for parents'.
- 'Healthy Eating Initiatives' were identified as the most important initiative required to meet the needs of this age group followed by 'Emotional Health Initiatives' and 'Physical Health Initiatives'.
- Actions aimed at addressing the health and wellbeing of children need to be aimed at both parents and children.

2. Survey of Parents of children attending Early Education and Care Services

A total of 57 parents/guardians (female 86%, male 14%) participated in an online survey to identify their views in relation to promoting health and wellbeing of their children in early years. The findings from this indicated:

- Parents/guardians rated time, lack of local community based activities, personal finances and lack of information as the biggest challenges in relation to promoting the health and wellbeing of their children.
- Parents identified within the survey what was required to help promote the health and wellbeing of their child or children. Four key themes emerged from the data:
 - Parent programmes/groups
 - Safe play areas and walkways
 - Provision of affordable childcare
 - Events/ opportunities to meet other parents.

3. Focus groups with Parents/Guardians

Ten focus groups were completed with 58 parents (54 female, 4 male) of children under three years of age in Galway City. The focus groups were completed in the following locations Ballybane, Westside, Doughiska, Bohermore, Knocknacarra and Salthill. A cross section of parents were involved including Travellers, Parents of children with Down syndrome, Asylum Seekers, Lone Parents and Breastfeeding Mothers.



Key Themes emerging from the Focus Groups

- **Social support needs of parents**

The data from the focus groups identifies the need for social support for parents. There is evidence that becoming a parent can result in isolation. One of the key social supports identified was from fellow parents through such structures as parent and toddler groups (or equivalent). These groups act as a source of information and support for parents through their 'parenting journey'. There is evidence that parenting support groups/ networks are playing a key role in how parents in Galway City are parenting.
- **Accessibility and issues affecting participation**

Across the ten focus groups it became apparent that there were varying levels of information and knowledge amongst parents in relation to services and supports available across the city. It was also clear that parents' own ability and capacity impacted on their ability to access support services outside of their own geographical area. As one parent noted "I was in groups before with my first child and I found it very beneficial so I'm not even in the area so I just asked. It would definitely benefit if it was rolled out to other areas".
- **Communication and Empathy**

The process of sourcing information is creating 'dilemmas' for parents. Professionals are viewed as an important source of information. However the view was expressed within the focus groups that 'they don't know what it is like for me' and that not all professionals are 'fully informed'. The language and approach used by professionals when communicating information to parents was highlighted as particularly important. Other parents are viewed as being key sources of information, as they 'know where we are coming from' and they 'are going through the same thing'.
- **Childcare**

The need for more flexible and affordable childcare was identified in the focus groups. As identified by one parent "I'm currently on parental leave until October and then we will see what we will do because €300 a week for the crèche eats up my salary, it's that simple". The Free Pre-School Year in Early Childhood Care and Education (ECCE) was also commented on "It's three hours a day. It's not free childcare. It's three hours a day and they are only in school terms so it's 38 weeks a year".
- **Information Sources and Tools**

The focus groups identified the internet as a key source of information, in particular search engines such as 'Google'. The types of information accessed included: diagnosis of illness, information on how to deal with specific health and safety scenarios and information on local services, supports, play areas, classes and events. Furthermore, there is evidence that social networking sites are being used by parents to maintain supports, create social events and arrange meetings with other parents.
- **Waiting Lists - Availability of timely services**

Parents identified delays in accessing services as an issue. There was a general consensus that initial post-natal services/supports were available but this reduced over time as the child got older. Parents identified a need to be able to access services/ supports when they had concerns, particularly in relation to developmental milestones.



4. Survey of Service Providers

A total of 40 service providers (comprising of Medical/ GPs, Nursing, Dietetics, Allied Health Professionals, Early Intervention Services, Family Support Services, Childcare and Health Promotion and Improvement) participated in a mapping of services survey which indicated the following:

- There are many services and supports operating within Galway City working with both parents and children. However, there are inconsistencies across the city as to where services are available.
- Local services are following and reporting under, a myriad of national policy guidelines and strategies.
- Each service working with parents and children is gathering and recording significant amounts of data which relates to indicators of the health and wellbeing of the child. It would appear that there is a significant level of overlap in the data being gathered across local services.
- While there are a significant amount of services operating within Galway City, the research indicates a need for services to work together to a greater extent to support the needs of parents and children under the age of 3.
- The key themes which emerged from this mapping exercise were Health and Wellbeing, Supporting Parents and Early Childcare and Education. These subsequently became the key themes for a consultation workshop with professionals working with 0-3 year olds in Galway City.

5. Consultation Workshop

Over 90 participants attended the information and consultation event in relation to the development of an early years plan for Galway City. Representatives came from a wide variety of organisations and services including HSE, TUSLA, NUI Galway, Family Resource Centres, Galway City Partnership, Galway City Council, GPs, Paediatrics, Galway City and County Childcare, Disability Sector, and Community and Voluntary Sector.

The key findings that emerged from the consultation day were as follows:

- The large attendance and energy at the consultation day indicates the interest and the importance of early years to professionals involved with this cohort.
- The need for this type of forum to facilitate discussions and debates among professionals in relation to best practice, service provision and development of professional networks.
- A number of key actions were identified and prioritised which formed the basis for the action plan outlined in this document.

6. Public Consultation on draft plan

A draft plan was prepared and communication was issued inviting feedback on the draft plan. A total of 20 submissions were received all of which were taken into consideration in preparing the final document.



Principles underpinning Galway City Early Years Health and Wellbeing Action Plan

This five year plan has been developed to maximise health and wellbeing during early years. It is informed by the consultation process and current policy and practice and is underpinned by the World Health Organization Principles of Health Promotion:

- **Empowerment** - a way of working to enable people to gain greater control over decisions and actions affecting their health.
- **Participative** - where people take an active part in planning, implementation and evaluation.
- **Holistic** - taking account of the separate influences on health and the interaction of these dimensions.
- **Equitable** - ensuring fairness of outcomes for service users.
- **Intersectoral** - working in partnership with other relevant agencies/organisations.
- **Sustainable** - ensuring that the outcomes of health promotion activities are sustainable in the long term.
- **Multi Strategy** - working on a number of approaches in combination with one another, e.g. programmes, policy, organisational change, community development, advocacy, communication and education.

Outcomes

The anticipated effect of implementing this action plan over 2016-2020 is as follows:

- Improved health and wellbeing for parents and children under 3 in Galway City
- Improved support for parents/guardians of children under 3
- Increased engagement and active participation of parents/families
- Increased early development and education within early years
- Enhanced collaboration and integration across services in early years





Galway City Early Years Health and Wellbeing Plan - Goals and Actions

This Early Years plan reflects what the community has told us and the evidence available on how best to support the health, wellbeing and development of children under 3 in Galway City. The plan sets out six goals and related actions. The six goals reflect the goals of Ireland's Better Outcomes Brighter Futures (2014) the national policy framework for children and young people. Whilst actions are grouped under each of these goals, there is an appreciation that many of the actions can have a positive impact on a number of goals and themes.

Key stakeholders to implement these actions have also been identified. However this list is by no means exhaustive and we welcome others to join with us in implementation of this action plan.

Goal 1 - Support Parents

1. Map and promote parent support groups and parent programmes in Galway City.
2. Develop the 'Networking Mothers' structures across the City.
3. Map, promote and assess the need for development of 'drop in' centres/services to support parents of 0-3s e.g. venues for parents to have a coffee/ tea and children have an area to play, a 'space' for social support.
4. Develop and deliver community based workshops addressing various topics of relevance to parents.
5. Explore the option of developing parents as peer support leaders for programmes which promote health and wellbeing.
6. Highlight the challenges of parenting and resources available through media and other sources.
7. Support the development of an accessible 'online space' for the dissemination of evidence based material to support parents through the key stages of perinatal health and wellbeing.
8. Deliver reflective antenatal classes in communities for expectant parents (particularly first time parents) with particular emphasis on psychological preparation for parenthood (including Public Health Nurse, Physiotherapist; Psychologist).
9. Encourage and support parents to look after their own health and wellbeing e.g. stress management, healthy lifestyle.

Key Stakeholders

Tusla, HSE - Public Health Nurses, Psychology, Health Promotion and Improvement, Community Nutrition and Dietetic Service (CNDS), Midwives, CAMHS, GPs, Community Medical Dept., University Hospital Galway, NUI Galway, Springtime Early Intervention Service, Early Childhood Ireland, Subgroups of the Children and Young People's Services Committee and relevant Non-Governmental Organisations.

Goal 2 - Early Intervention and Prevention

A. Breastfeeding

1. Sustain current Breastfeeding Support Groups and explore the potential for the development of further support groups.
2. Implement HSE Breastfeeding Policies and other initiatives to promote and support breastfeeding across all settings.

Key Stakeholders

HSE - Public Health Nursing, Health Promotion and Improvement, Community Nutrition and Dietetics, University Hospital Galway, GPs, Midwives and relevant Non-Governmental Organisations e.g. La Leche, Cuidiu.

B. Infant and Child Nutrition

1. Develop and provide workshops for parents and professionals on evidence-based practice in infant and child feeding for 0-3s.
2. Review and improve antenatal and pre pregnancy education regarding diet and nutrition.

Key Stakeholders

HSE - Public Health Nurses, University Hospital Galway, Community Nutrition and Dietetic Service (CNDS), GPs, Midwives, Health Promotion and Improvement, Community Medical Dept., NUI Galway, Springtime Early Intervention Services and relevant Non-Governmental Organisations, Early Childhood Ireland, Galway City and County Childcare Committee.

C. Physical Activity and Play

1. Develop and deliver evidence-based community Physical Activity programmes and initiatives for Parents and Children aged 0-3.
2. Complete a Walkability Audit and develop accessible and safe walkways and cycle pathways.
3. Map, and increase the availability of, safe play areas and civic space for children aged 0-3 years and their families.
4. Provide training for staff in childcare services on free play, outdoor play and physical activity as part of their programmes for children in the service aged 0-3 years.

Key Stakeholders

Galway City Council, HSE - Health Promotion and Improvement, GPs, Galway Sports Partnership, NUI Galway, Early Childhood Ireland, Galway City and County Childcare Committee and relevant Non-Governmental Organisations.

D. Tobacco, Alcohol and Drugs

1. Provide training for health professionals to enable them to develop knowledge and skills to address issues relating to tobacco, alcohol and drug use with parents of 0-3s.
2. Develop and promote a clear message in relation to the impact of smoking, alcohol and drug use pre- and post- pregnancy.
3. Support the implementation of the Galway City Strategy to Prevent and Reduce Alcohol-Related Harm.

Key Stakeholders

HSE - Health Promotion and Improvement, GPs, NUI Galway, Western Region Drugs and Alcohol Task Force, Galway Alcohol Forum and relevant Non-Governmental Organisations.

Goal 2 - Early Intervention and Prevention (Continued)

E. Mental Health and Wellbeing

1. Promote and deliver training in relation to current best practice and evidence on Infant Mental Health.
2. Organise public awareness initiatives for the general public, professionals and community workers on “Perinatal and Infant Mental Health and Wellbeing”.
3. Develop a Community Perinatal Mental Health Care Pathway, which will form the basis for identifying training needs for staff, gaps in service provision, and will inform the development of an information leaflet for the public.
4. Agree on the use of an attachment screening tool which will inform the development of a therapeutic support service to improve the attachment relationship between baby and parent (e.g. the Parent-Child Psychological Support Programme, Infant Mental Health Therapeutic Support Service, Sue Gerhardt OXPIP programme).

Key Stakeholders

HSE - Public Health Nurses, Psychology, Relevant sub groups of Galway Children and Young Peoples Services Committee, Midwives, CAMHS, GPs, Community Medical Dept., Health Promotion and Improvement, Primary Care, HSE Resource Officer for Suicide Prevention, Tusla, NUI Galway, Springtime Early Intervention Services and relevant Non-Governmental Organisations.

F. Safety and Accident Prevention

1. Compile and communicate information on safety in the home and the wider environment through online and local media campaigns.
2. Promote Paediatric First Aid Training to first-time parents.
3. Support local campaigns aimed at addressing Domestic Violence.

Key Stakeholders

HSE - Primary Care Teams, Public Health, Galway University Hospital and relevant Non-Governmental Organisations.

G. Early Learning and Development

1. Promote the benefits of attendance by both partners (or family member) at post-natal appointments, particularly developmental checks.
2. Foster a love of learning via play through the provision of information packs and workshops in local libraries e.g. appropriate toys and books to enhance play, interaction, listening, and attention and to build foundations for literacy skills.
3. Develop, distribute and promote information packs to include specific information in relation to developmental checks and immunisations e.g. HSE Caring for Your Baby/Child booklets.
4. Highlight the issues associated with excessive screen time for children aged 0-3 and the linked impacts on early learning and development.
5. Promote and support implementation of Síolta and Aistear in early childhood education settings.
6. Promote Creative Arts programmes and events aimed at children aged 0-3.

Key Stakeholders

Galway City and County Childcare Committee, HSE -Public Health Nurses, NUI Galway, Health Promotion and Improvement, Tusla, Community Medical Dept., Springtime Early Intervention Services, Local Library Services, Early Childhood Ireland, Galway and Roscommon Education and Training Board and relevant Non-Governmental Organisations.



Goal 3 - Listen to and Involve Children and Parents

1. Develop and promote service user involvement as part of the implementation of Galway City Early Years plan including a focus on groups experiencing inequalities.

Key Stakeholders

Children and Young People's Services Committee, Galway City Community Network, Galway Traveller Movement and other relevant Non-Governmental Organisations.

Goal 4 - Ensure Quality Services

1. Promote the implementation of quality standards and the development of improvement plans for services working in early years e.g. HIQA, Síolta, Aistear.
2. Support the development of a community midwifery service
3. Support the implementation of the new child health and immunisation system.
4. Develop an acknowledgement system for restaurants/cafes as baby /child friendly places e.g. accessible for buggies, breastfeeding friendly, healthy food options.
5. Undertake initiatives to promote health literacy for parents of 0-3s.

Key Stakeholders

Springtime Early Intervention Teams, Primary Care Teams, University Hospital Galway, Midwives, Galway City and County Childcare Committee, Public Health Nursing, Public Health, Pre-School Services, Health Promotion and Improvement, Galway Chamber and relevant Non-Governmental Organisations.

Goal 5 - Support Effective Transitions

1. Communicate best practice in supporting transition from home to other settings.
2. Develop an information guide for parents on what to look for when choosing childcare for their baby or toddler in Galway City.

Key Stakeholders

Galway City and County Childcare, Early Childhood Ireland, Galway Children and Young Peoples Services Committee and relevant Non-Governmental Organisations.

Goal 6 - Cross Government and Interagency Collaboration and Coordination

1. Develop an Early Years Implementation Group as part of Galway Children and Young People's Services Committee to oversee the implementation of this action plan.
2. Create mechanisms for information sharing, training and promoting best practice and evidence based approaches in working with parents and children aged 0-3 years.
3. Map and promote community based programmes and services with GPs, Primary Care teams and other health professionals.
4. Utilise data, research and evidence to inform the development and implementation of actions to promote the health and wellbeing of 0-3s in Galway City.
5. Ensure that the needs of groups experiencing inequalities are highlighted and included in implementing this plan e.g. Travellers, Roma, minority and ethnic groups, migrants, refugees, asylum seekers, people with disabilities, people experiencing poverty.

Key Stakeholders

Galway Children and Young People's Services Committee, GPs, Primary Care Teams, Galway University Hospital, Public Health, Tusla, Health Promotion and Improvement and relevant Non-Governmental Organisations.



Implementation of Galway City Early Years Health and Wellbeing Plan

The actions outlined in this plan will be implemented between 2016 and 2020. This will be overseen by a Galway City Early Years Implementation Group who will:

- Act as a forum to drive forward the priorities within Galway Early Years Plan
- Facilitate the development of an integrated and coordinated approach to the implementation of the plan
- Offer advice, information, and recommendations in relation to the implementation of actions within the Early Years Plan

Membership of the Early Years Implementation Group will be representative of the different sectors who have a key role in implementing actions within the plan. Proposed membership to include the following:

HSE

- Health Promotion and Improvement
- Public Health
- Psychology
- Public Health Nursing
- Community Medical Department
- Community Nutrition and Dietetics
- Galway University Hospital – Paediatrics

TUSLA

- Galway Children and Young People Services Committee
- Family Support Services

Other

- Springtime Early Intervention Service
- Galway City Partnership
- Galway City and County Childcare Committee
- NUI Galway Health Promotion Research Centre
- Galway City Council
- Ard Doughiska Family Resource Centre
- Parents / Guardians
- Community and Voluntary sector

The implementation of this action plan will be monitored and evaluated on an annual basis by the Early Years Implementation Group. Annual action plans will be developed and reviewed to ensure that the actions remain relevant and implementable. Annual progress reports will be compiled and communicated.

We are confident that by working together we can make a real difference to enhancing and supporting the health and wellbeing of all children 0-3 years in Galway City. We look forward to working with you to enable this to happen.



Acknowledgements

Galway City Early Years Sub-Committee wish to acknowledge all those that contributed to the development of Galway City Early Years Plan. The group would particularly like to thank the HSE, Galway Healthy Cities, Galway City Partnership and Galway Children and Young People's Services Committee for their contribution.

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- All of the parents/guardians who took part in the focus groups and online survey
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- All of those who provided feedback on draft strategy
- All of those that we spoke to along the way, gave input, ideas and support

We would particularly like to thank members of the Galway City Early Years Sub-Committee who guided the development of this plan

Evelyn Fanning	HSE Health Promotion and Improvement (Chair)
Dr. Seamus Morrissey	Galway City Partnership (Co-ordinator)
Dr. Malie Coyne & Dr. Ruth Melia	HSE Primary Care Psychology
Dr. Aine Mc Namara	HSE Department of Public Health
Lisa Corbett & Marie Mulkerrin	HSE Community Nutrition and Dietetics
Aisling Harrington, Saintuya Dashdondog	Students of NUI Galway (Health Promotion)
Dr. Colette Kelly	NUI Galway Health Promotion Research Centre
Stacey Forde	Galway City and County Childcare Committee
Caroline Duignan & Marie Gibbons	Galway Children and Young People Services Committee
Elaine Walsh	TUSLA Family Support Services
Dr. Catherine Kinsella	HSE Community Medical Department
Mary Derrig	Springtime Early Intervention Service
Anne Matthews	HSE SAOLTA University Hospital Galway
Mairead Feeney & Sarah Carew	HSE Public Health Nursing
Paul Frecklington	Ard Doughiska Family Resource Centre
Liam Hanrahan	Galway City Council



A copy of this plan can be downloaded
from www.galwayhealthycities.ie

Telephone 091 737262

