



Healthy Limerick

Where everyone enjoys positive wellbeing supported by every level of society and by working together



### Purpose of Healthy Limerick

To improve health, positive wellbeing and quality of life by ensuring that all sectors are aware of and collaborate to achieve a Healthy Limerick working with the social determinants approach to health.

### Principles of Healthy Limerick

- Informed by the WHO definition of health, “a state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity”
- Actively promote dignity, equality and partnership, and ensure due regard for human rights in everything we do
- A system to understand and address wellbeing factors, issues and needs in a collaborative manner that makes the best use of resources.
- Locally driven, making national strategies relevant to local context
- Committed to evidence-informed practice which includes measuring and evaluating what we do
- Supporting our stakeholders to identify and achieve their wellbeing goals
- Integrating health into the work of the stakeholders from planning to implementation and beyond



### About Healthy Limerick

- Jointly-funded by Limerick City and County Council and the HSE
- Accredited to the National Healthy Cities and Counties Network
- Member of the Healthy Ireland Network
- As a subcommittee of the Local Community Development Committee (LCDC), Healthy Limerick is supporting and linking actions in the **Local Economic and Community Plan (LECP)**
- Informed by two key national policies, **Healthy Ireland: A National Framework for Improved Health and Wellbeing 2013-2025** and **Putting People First: Action Programme for Effective Local Government**



Find Healthy Limerick on [www.limerick.ie](http://www.limerick.ie)

We are a member of the Healthy Ireland Network

[healthyireland.ie](http://healthyireland.ie)

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## Social Connectedness in Limerick

The factors that build social connectedness in Limerick are physical environment, accessibility of services and opportunities, active participation and a culture of connectedness.

### Cultivating places and spaces for social connectedness

- Transport and travel options that connect people to opportunities, services and amenities across the life course
- Physical accessibility of services, shops, amenities, healthcare
- Safe, clean and attractive communities
- Shared spaces to connect, play and be active

### Encouraging active participation in the community

- Employment and employment conditions
- Learning
- Volunteering and active community participation
- Hobbies
- Culture and the arts
- Sport
- Civic and political engagement
- Private sector: Corporate Social Responsibility

## Cultivating places and spaces for connectedness

## Facilitating social connectedness during life transitions

Social Connectedness is the theme of Healthy Limerick. It is a theme that cuts across actions in the LECP and associated plans. It focuses on what makes our lives go well.

There is a good body of evidence indicating a strong relationship between health and social connectedness.

### Facilitating social connectedness during life transitions

- Access to health, social and community care services
- Access to supportive formal and informal social networks
- Information about what is happening or available in a format that suits people's needs

## Encouraging active participation in the community

## Fostering a culture of connectedness

### Fostering a positive culture of connectedness

- Social connectedness a priority in local actions, events and plans
- Working together
- Digital access
- Integrated plans
- Affordability of amenities, facilities and services

