



Wellbeing Links for Website

Find below some useful links to online resources dealing with all areas of health and wellbeing. Many offer information and supports for children, young people and adults.

General Health and Wellbeing

Healthy Ireland: Healthy eating, mental wellbeing and physical activity advice for all ages from children to adults

<https://www.gov.ie/en/campaigns/healthy-ireland/>

Health Promotion: A broad range of resources covering a wide number of topics for both adults and children

<https://www.healthpromotion.ie/>

HSE's National Healthy Childhood Programme with links to further websites

<https://www.hse.ie/eng/about/who/healthwellbeing/our-priority-programmes/child-health-and-wellbeing/national-healthy-childhood-programmenew.html>

Library Resources: Find Healthy Ireland information, supports and services in your local library

<https://www.librariesireland.ie/services/healthy-ireland-at-your-library>

Health Conditions at School: A resource to help manage students with conditions such as asthma, epilepsy, diabetes and anaphylaxis

<http://www.diabetes.ie/wp-content/uploads/2011/07/Managing-Chronic-Health-Conditions-at-School.pdf>

Physical Activity:

Get Ireland Active: Find out how regular physical exercise can improve your life

<https://www.getirelandactive.ie/>

Eat Smart Move More: Booklet and reward chart for parents

<https://www.healthpromotion.ie/hp-files/docs/HPM00835.pdf>

Get Ireland Walking: Walking is the easiest way to get moving, get active and get happy

<https://www.getirelandwalking.ie/>

Bike Week: A celebration and promotion of all that is good about bikes and cycling

<http://www.bikeweek.ie/>

Cycle Right: Provides practical cycle safety and skills training to promote confident cyclists

<http://www.cycleright.ie/>

The Irish Heart Foundation: <https://irishheart.ie/>

Healthy Eating

Makeastart (START Campaign): Expert advice about how to reduce treats and introduce healthy snacks and meals for your children

<https://www.safefood.eu/START/Welcome.aspx>

The food pyramid explained: <https://www.gov.ie/en/publication/70a2e4-the-food-pyramid/>

Safe Food: Food safety, healthy eating, recipes and education about eating well

<https://www.safefood.eu/Home.aspx>

HSE Healthy Eating and Active Living Programme:

<https://www.hse.ie/eng/about/who/healthwellbeing/our-priority-programmes/health/>

Bord Bia: Recipes for a healthy lifestyle

<https://www.bordbia.ie/lifestyle/recipes/>

The Irish Food Allergy Network: <http://ifan.ie/>

Irish Nutrition and Dietetic Network: <https://www.indi.ie/>

The National Dairy Council: <https://ndc.ie/>

The Dental Health Foundation: Advice on healthy eating and caring for children's teeth

<https://www.dentalhealth.ie/>

Mental Health

Weaving Wellbeing: The first Irish positive mental health programme, designed for children aged 8-12 years, and followed by students in St. Christopher's.

<http://weavingwellbeing.com/>

Mental Health Ireland: Promoting positive mental health and wellbeing among children and young people

<https://www.mentalhealthireland.ie/children/>

A Lust for Life: A resource to support, inspire and empower people to take care of their own minds

<https://www.alustforlife.com/>

Cyber Safety:

Esafety Website: Provides education and awareness for parents, teachers & students on issues surrounding the internet and available technologies

<http://esafety.ie/>

Webwise: Information, advice and resources addressing a range of internet safety issues and concerns

<https://www.webwise.ie/>

Cyber Safe Ireland: Resources for children, parents and teachers to navigate the online world in a smarter, safer way

<https://cybersafeireland.org/>

Parenting

One Family: Ireland's national organisation to support one parent families

<https://onefamily.ie/>

Parents Plus: An Irish charity that develops practical, evidence-based parenting and mental-health programmes

<https://www.parentsplus.ie/>

National Parents Council: Information leaflets to support your child's wellbeing, learning and transitions in school

<http://www.npc.ie/helpline-information/information-leaflets>

Mother Tongues: An organisation that works with families, schools and community groups, aimed at promoting multilingualism in Ireland

<https://mothertongues.ie/>

Rainbows Ireland: Free service to support children affected by bereavement, parental separation or divorce.

<https://www.rainbowsireland.ie/>

Dublin City Childcare Committee: Offers advice, information or support in relation to early childhood care and education within Dublin City.

<http://www.childcareonline.ie/>