

Project Title	Diocese	Brief Description
An Oasis by the Sea; A Retreat in Daily life	Cashel, Ferns & Ossory	A series of 'Oasis Days' offering clergy, diocesan readers and parishioners an opportunity to come away to a safe place to rest and recharge within a prayerful, scriptural and motivational atmosphere.
As the Page Turns	Derry & Raphoe	The initiative has two strands: <ul style="list-style-type: none"> <li>• A book club looking at Christian response to mental health</li> <li>• A 'Sing for You' community choir meeting fortnightly to sing and connect with each other</li> </ul>
Ballyholme Connect	Down & Dromore	A 10-week series of craft and chat sessions, using the Peaced Together programme. It provides a safe environment where people can talk about the difficult things they face.
Bchurch Community Coffees; Bchurch Drop-In; Bchurch Breakfast	Down & Dromore	Three new initiatives in response to a particular concern for the mental wellbeing of young people in the parish. Each will focus on creating safe spaces for conversation and community, as well as developing support networks for people of all ages throughout the whole community.
Breathe Out	Down & Dromore	This project aims to help parents of primary school children to connect with nature to nourish the stressed places and breathe life.
Building connections in the Derg Valley	Derry & Raphoe	A project with two strands: <ul style="list-style-type: none"> <li>• A weekly pop-up 'Bright &amp; Beautiful Café' for senior citizens who are living in a rural and isolated area</li> <li>• Short courses on several themes ranging from safety at home, gentle exercise, painting and crafting</li> </ul>
Chippy and Chat	Down & Dromore	Inviting local mental health agencies to an evening in the parish hall to provide information and literature on available services. Helping to raise awareness and start a conversation about mental health.
Church of Ireland Domestic Abuse Survivors Network	All-island	Establishment of a survivors group for people who have experienced domestic violence. The group will meet online to connect, share stories, build resilience, wellbeing and self-care practices, and to be a network of support to each other. Facilitators will be trained to ensure that everyone feels safe in the space.
Clogher Diocese Clergy Training	Clogher	Providing training for clergy and diocesan pastoral assistants to deal with the aftermath of covid in relation to mental health and loss of confidence by people across all age ranges.
Cloyne Connects	Cork, Cloyne & Ross	Linking good mental health with faith, and care for the environment in the liturgical season of creation.
Connect - Mindwell	Down & Dromore	Using the 'Take 5 steps to wellbeing' model to help reduce stigma and promote good mental health. The programme is aimed particularly at retired men and leaders, volunteers and parishioners.
Connecting with Others	Derry & Raphoe	Sunday school children 'adopt' an older parishioner, promoting cross-generational connections.
Creating a mental health oasis for the body, mind and soul	Tuam, Killala and Achonry	This programme has three strands: <ul style="list-style-type: none"> <li>• Creating a city oasis by installing hardwood benches in the graveyard to allow parishioners, staff and visitors to rest in quiet contemplation. One bench will be designated 'Happy to Chat' to foster connections</li> <li>• Hiking for health events to encourage people to spend social and exercise time together</li> <li>• 'Come and Sing' events designed to be fully inclusive</li> </ul>

Project Title	Diocese	Brief Description
Cregagh Crafters	Down & Dromore	Setting up a group of parishioners and other members of the community to come together and connect through a shared love of knitting, crocheting, sewing and crafting.
Doras Oscailte	Dublin & Glendalough	A series of workshops where participants can learn about mental health issues by focusing on mental wellbeing and what can interrupt it.
Ferns Mental Health Matters	Cashel, Ferns & Ossory	Encouraging people to be more open to reaching out when experiencing poor mental health. Aims to promote healthy friendships of all ages in the community.
Flush and Go: Living positively with the Menopause.	Cashel, Ferns & Ossory	Running a non-denominational Menopause Café and providing an opportunity for women to meet with other women, ask questions, explore the challenges and get some support around a difficult stage of life which has, for too long, been hidden.
Gathering Together for Well-being	Down & Dromore	Running two Kintsugi Hope courses, one aimed at young mothers and the other aimed at men. The courses are designed for people exploring ways to maintain their emotional wellbeing. They cover 12 different topics including Anxiety, Depression, Disappointment/Loss, Forgiveness and Resilience.
Glendermott Community Garden Project	Derry & Raphoe	Developing a community garden where people can come and unwind and relax. Research has shown that gardening can help promote good mental health by improving mood, boosts self-esteem, improves attention span, and provides exercise which can in turn reduce anxiety, depression and other mental health issues.
Harvest Connections Supper	Cashel, Ferns & Ossory	Promoting connections and promoting mental health awareness
Healthy Bodies, Healthy Minds	Armagh	Promoting physical and mental health through a 3-strand approach: <ul style="list-style-type: none"> <li>• A shoppers' service creating a practical, welcoming space for people to gather and chat, aimed particularly at those over 60 yrs.</li> <li>• A Grief Share course, providing connections, discussions, understanding and experienced advice</li> <li>• Men's football, aimed at men in their 20s and 30s</li> </ul>
Healthy Community - Ballincollig & Surrounds	Cork, Cloyne & Ross	Expanding a programme of open days, community barbeques and mental health training where connections are made between individuals, families and key stakeholders in the local community.
Healthy Living	Kilmore, Elphin & Ardagh	Increasing mental health awareness, signposting services, promoting exercise and fostering listening skills.
Hope in the Heat, Hope in the Dark	Down & Dromore	This project will host small group discussions for adults and youth using the 'Daring to hope: experiencing the grace of lament' resource and will also set up a menopause café.
Ignite - helping young people build their mental resilience	Derry & Raphoe	Aims to help young people face the challenges of social media, friends, exams etc. Organisations will be invited to deliver courses such as the Mood Matters course delivered by AWARE. This course explores what mental health is, common mental health problems, advice about where to turn for help and much more.
Kesh Rural Deanery Life After Lockdown	Clogher	Breaking down of barriers and facilitating open conversations around a subject that for many is still taboo. Aims to work intergenerationally and across families to encourage people to strive to improve their mental health.
Killicomaine Community Care	Down & Dromore	Launching a 'Peaced Together' course, specifically targeted to help those suffering mental illness and brokenness. The course uses five themed craft projects and encourages women to reflect on their lives and set out on a personal journey from brokenness to hope.

Project Title	Diocese	Brief Description
Kiltiernan All Minds Matter (KAMM) Programme	Dublin & Glendalough	<p>KAMM aims to develop a mental health and wellness thread that can be woven into all parish activities. The steps to achieving this are:</p> <ul style="list-style-type: none"> <li>• Employing a wellness coordinator one day per week</li> <li>• Developing a calendar of events and workshops</li> <li>• Coordinating a 'Tiny Teachers' programme</li> <li>• Develop wellness appreciation packs for teachers in the national school</li> <li>• Organise a KAMM Well-Fest</li> </ul>
Kintsugi Hope	Down & Dromore	<p>Hosting three Kintsugi Hope courses for adults (over 12 weeks) and youth (over 6 week). The course can help people through a tough journey with other like-minded people within a church context.</p>
Kintsugi Hope Awareness training for church leaders	Armagh	<p>A full day of awareness training for diocesan clergy and church leaders on the subject of mental health and faith with speakers including the founder of Kintsugi Hope.</p>
LONRACH - Outreach Initiative	Tuam, Limerick & Killaloe	<p>Provision of a hub/support network within the combined diocese. It will provide a spiritual perspective to those who come looking for help and support and will also be used as a signposting vehicle to a list of support networks, list of agencies and professional bodies.</p>
Love Seahill	Down & Dromore	<p>An initiative with five strands:</p> <ul style="list-style-type: none"> <li>• The bereavement journey</li> <li>• Stop and chat (renew wellbeing)</li> <li>• Parent-talk courses</li> <li>• Community school chaplaincy</li> <li>• Community event – 'Love Seahill'</li> </ul>
Madden Mental Health	Armagh	<p>The initiative will be undertaken to improve the mental wellbeing of two groups within the community:</p> <ul style="list-style-type: none"> <li>• Parents/guardians of pre-school children</li> <li>• Senior citizens of the area</li> </ul>
Marching to a Different Tune	Armagh	<p>The aim of the project is to reach those in marching bands, especially young men in rural areas, with mental health messaging. The project will begin by training 'Take 5 Initiative' ambassadors and trainers who can deliver the initiative to marching bands across Northern Ireland.</p>
Mental Health & Faith	Cork, Cloyne & Ross	<p>A course of talks on mental health and faith, aimed at overcoming the reluctance of individuals, families and parishioners to engage with mental health issues. Key aspects will include reducing stigma and promoting connections.</p>
Mental Health Awareness	Dublin & Glendalough	<ul style="list-style-type: none"> <li>• Linking with See Change to raise awareness of mental health</li> <li>• Series of information and awareness raising talks linking with outside agencies</li> <li>• Establishing a community garden</li> <li>• Bee-keeping course and maintaining hives</li> <li>• 'Connected at Christmas' intergenerational event</li> </ul>
Mental Health Awareness	Derry & Raphoe	<p>Helping to promote connections between parishioners and the wider community to counter the effects of covid and a vacancy period. The project will seek to raise awareness of mental health, conscious that it is often hidden and a difficult topic for many.</p>

Project Title	Diocese	Brief Description
Mind Yourself	Meath & Kildare	Aiming to restore connections between parishioners in parishes and between parishes in the diocese. The programme will include a range of activities including presentations by Aware, mental health support groups, crafts groups, walks and nature trails, and healing services.
Minding Mental Health: our role and ourselves	Cork, Cloyne & Ross	A teaching and conversation series for clergy and church workers to enhance levels of awareness and self-awareness of mental health, and to push the boundaries of empathy and engagement in order to reduce stigma, as well as to provide support and training in a faith context.
MindMatters Church of Ireland Louth (MMCOIL)	Armagh	Production of an introductory leaflet providing information on mental health. This will be followed by a series of talks in churches throughout the county, with separate strands aimed at adults, teenagers, and children.
Ministry after COVID (MAC)	Dublin & Glendalough	An in-person clergy training and support course to help clergy address mental health repercussions of covid. The aim of this course is to support clergy to develop and enhance their self-care to enable them to deliver their ministry in a post-covid environment.
Monday Club	Derry & Raphoe	A crafts and social gathering, providing a platform to develop social and community connections which can prosper within and outside the group. Promoting fellowship, communication and a sense of purpose and wellbeing. This gathering should help combat isolation and loneliness which can be a factor in developing mental health issues such as low self-esteem, anxiety and depression.
Moneyreagh "Re-connect"	Down & Dromore	The focus of the project is to provide support and training across all age groups. It will concentrate specifically on promoting connections, mental health and faith. The project will partner with other organisations in the community to deliver its programme.
Mosaic - A series of 6 Retreats	Tuam, Limerick & Killaloe	The purpose of these retreats is to promote community, tackle loneliness and isolation by bringing people together. Topics will include Trellis for the Soul – St Benedict’s Rule of Life; Gratitude; Contemplative Prayer Practices; Hope and Beauty.
Our Minds Matter	Connor	An inter-faith and cross-community series of events including: <ul style="list-style-type: none"> <li>• A guided retreat for up to 20 church leaders</li> <li>• A ‘walk and talk’ morning in nature</li> <li>• A ‘Supporting better mental health’ training event</li> </ul>
Parenting Wellness Group	Clogher	This project aims to encourage parents and children to enjoy time together with other families and will focus on the importance of talking and being aware of our mental health and how we can improve it.
Peaced Together	Down & Dromore	Using craft projects as a framework to help women reflect at some of the issues in their lives that are holding them back or causing them to struggle. Places a particular emphasis on women impacted by the legacy of the Troubles, helping them to move on from that pain.
Pepper Johns Community Centre Men's Shed	Down & Dromore	The Men’s Shed will provide a space where users can safely and easily connect with others to develop supportive relationships. It is intended that it will be a safe space to discuss mental health and, in time, to provide support and training in partnership with organisations such as <i>Suicide Down to Zero</i> to reduce stigma.
Project Restart	Connor	Reintroducing a range of activities that had been suspended due to covid. These activities will bring the parish together, provide social activity, shared positive experiences and helping to address mental health and faith.
Rathfriarland Friendship Cafe	Down & Dromore	Creating a safe, comfortable space and a friendly environment to give people a chance to meet, share conversation and build relationships.

Project Title	Diocese	Brief Description
Re-centring on Mail Coach Road	Kilmore, Elphin & Ardagh	An initiative with three strands: <ul style="list-style-type: none"> <li>Promoting connections with a family fun day</li> <li>Reducing mental health stigma for children and young adults</li> <li>Mental health and faith workshops for adults</li> </ul>
Resilient: Ardcarne	Down & Dromore	A course aimed at building resilience in the community drawing on material from Kintsugi Hope and Christians Against Poverty. Will focus on topics such as Honesty, Anxiety, Depression and Mental and Physical health Check. The course will also encourage participants to adopt the Take 5 initiative.
Rocky Tots	Derry & Raphoe	A parent/carer and toddler group, creating a point of contact where people can be signposted to other support as appropriate. A group where people can feel safe and included, as well as making new friends and connections across the community.
Senior Outreach	Cork, Cloyne & Ross	Reaching out to vulnerable and isolated individuals. Enabling people to become involved in a new activity and make new friends.
Soup and Sandwich Club	Connor	Bringing older members of the community together after protracted separation during covid, improving health and wellbeing through connections.
St Finnian's Reaching Out Project	Down & Dromore	The programme aims to reach out across all ages and to encourage involvement in new activities as a participant or a volunteer. The focus will be on social inclusion and building contacts to support good mental health in the community,
St Mary's Community Choirs Project	Cashel, Ferns & Ossory	Holding monthly 'Sing Out' events using the Community Choir model. Such events have been shown to deliver a wide range of benefits such as increased social connection, improved respiratory health, cognitive stimulation, improved mental health and transcendence from everyday worries and pain.
Strategic Planning Residential	Armagh	To develop a diocesan-wide strategic plan (2023 to 2026) with mental health actions/project developments and to draft a diocesan mental health and wellbeing policy.
Sunday School Mental Health Resource	Connor	Developing a four-session resource to help Sunday School teachers to speak to children in their parishes about mental health and how to look after their mental wellbeing.
Sunny Intervals	Connor	Provision of mental health supports to adults and young people. These will include group meetings, talks mental health professionals, training and online resources and the development of a youth and young adult mentoring programme.
Supporting the mental health of people who have experienced bereavement	Armagh	Aims to provide a secure and trusting environment where people who have been bereaved (recently or during the last several years) can come together to learn about the impact of loss and grief, to develop ways of supporting themselves and others, and through building personal resilience going forward.
Take 5	Derry & Raphoe	Providing 1,000 packs promoting the 'Take 5' initiative. The diocesan youth minister and children's ministry officer will also visit parishes explaining Take 5 and provide other examples of what can be done.
Take 5 Steps to Wellbeing	Connor	Promoting 'Take 5 Steps to Wellbeing' by holding workshops targeted at leaders, staff and men in the parish.
The Garden	Down and Dromore	Creating a community garden in an increasingly culturally diverse locality. As a safe space it will promote connections between people of all backgrounds, with an emphasis on promoting positive mental health and physical wellbeing. It will also function as an interface between people of faith and those who do not come from any faith background.

Project Title	Diocese	Brief Description
The Head Space Project	Down & Dromore	Running drop-in community days for seniors and youth groups which will focus on reducing the stigma around mental health and focus on positive mental health.
Together Again	Connor	Bringing young people together in fun and fellowship to reconnect and build relationships and friendships.
Tovertafel (Magic Table)	Dublin & Glendalough	An interactive device which stimulates interactive activities for a range of groups encouraging cognitive participation with emotional, sensory and mental health benefits.
Transforming Bangor City	Down & Dromore	<p>The project has three strands:</p> <ul style="list-style-type: none"> <li>• A weekly listening and prayer service for those seeking to talk over issues of concern</li> <li>• Development of a new communal space to tackle loneliness, hopelessness and stigma</li> <li>• Supporting those aged 18-35yrs through ministry to promote positive mental health</li> </ul>
Trekking Club	Derry & Raphoe	The club impacts on parishioners, a lot of whom are lonely, isolated and/or bereaved. A lot of them live in isolated and/or rural areas and often have little or no social contact.
Upholding faith and rebuilding our faith community	Dublin & Glendalough	Promoting connections across St Ann's, Dublin, and wider city centre community through church music. The project aims to increase the sense of wellbeing within the parish community, encourage new footfall into the church and will be used as a platform to grow congregation numbers, maintain the strong choral tradition and enhance positive mental health across the parish and wider community.
Voices of Hope : Songs of Healing	Tuam, Limerick and Killaloe	Using the Community Choir model to focus on mental health issues, including healing in relation to suicide and self-harm, building on existing relationships with a range of organisations within the wider community.
West Winds Men's Group	Down & Dromore	Establishing a men's group to promote community and foster connections. A series of short courses would be provided aimed at raising self-esteem and covering topics such as cooking on a budget, financial planning, first aid, etc.
Youth Outreach	Cork, Cloyne & Ross	Creating a relaxed atmosphere to enable youth group members to chill, relax, interact and chat.