



THEME:

Cross-Border Health & Social Care

FUNDING(ERDF+Match)

€7,614,750.66

MATCH FUNDERS:

Department's of Health;
Northern Ireland and Ireland

LEAD PARTNER:

Health Service Executive

PROJECT PARTNERS

Western Health and Social Care Trust, Southern Health and Social Care Trust, Health and Social Care Board, the Public Health Agency

PROJECT CONTACT:

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SPECIAL EU PROGRAMMES BODY

Project Case Study: Delivering the Innovation Recovery (iRecovery) Project During COVID - 19

The Innovation Recovery project has established a cross-border Mental Health Recovery College Network between Ireland and Northern Ireland to support people recovering from mental health issues. The colleges provide educational courses which have been devised and delivered by people with their own experience of mental illness, alongside mental health professionals.

To improve access during COVID-19 lockdown restrictions the project developed an online training programme of 45 courses. Delivered via Zoom, the courses addressed topics such as Mindfulness and Relaxation, the Covid Toolbox and Life after Lockdown. Having personal experience in mental health, the trainers were able to emphasise with beneficiaries and incorporate appropriate tips and strategies within the courses.

"I am amazed at the reach the Innovation Recovery project has extended into the online world. In early May, we had over 150 participants taking part. We increased our social media presence to help promote the courses, which in turn, generated the interest of a number of new organisations who expressed their interest in future training."

Ted Kelly, Peer Educator Sligo

Meeting the Needs of Local Fermanagh Beneficiaries

Erne East Partnership, based in Fermanagh, worked on behalf of the project to ensure people stay connected throughout the pandemic. They offered a weekly telephone and social media be-friending service to over 100 people, and made referrals for those in need of mental health support to appropriate services. Erne East also provided a food and medicine delivery service to people who were self-isolating.



Peer Educators Margaret, Wendy and Ted discussed their roles in delivering the iRecovery project as part of Mental Health Awareness Week