



Why you should join the Healthy Ireland Network?

You should join the Healthy Ireland Network to:

- contribute to achieving the goals of the Health Ireland Framework 2013 – 2025 which, in turn, means you contribute to the common good of Ireland;
- be a part of a new and growing national movement;
- raise the national and local profile of the Network;
- be more visibly associated with Healthy Ireland;
- use Healthy Ireland resources; and
- participate in networking opportunities with other member organisations.

What our values are:

- We are inclusive. We commit to reaching and representing all groups in society.
- We are empowering. We commit to working to empower individuals and communities to achieve and maintain their optimal health and wellbeing.
- We are collaborative. We commit to engaging in and promoting partnerships that will work to achieve the Healthy Ireland vision and goals.
- We are evidence-based. We commit to using evidence-based approaches to help us achieve and sustain a healthy Ireland.
- We are transparent. We commit to operating the Network in an accountable and transparent manner.

The criteria to be part of the Network

Initially, any organisation, national or local, that wants to be part of the network must be:

- committed and passionate about improving their understanding of the goals of Healthy Ireland;
- actively pursuing opportunities to achieve the Healthy Ireland goals within their community;
- using recommended resources to spread the Healthy Ireland message; and
- fundamentally supportive of health and wellbeing promotion through their primary purpose, activities, or products/services.

What Network members will do:

- Champion and advocate for the Healthy Ireland goals and vision
- Champion the Network values
- Promote Healthy Ireland to internal, external and international stakeholders
- Identify and follow up opportunities to partner with other Network members
- Communicate with the Healthy Ireland Council or team to provide evaluation, feedback and other information
- Contribute to actively bringing Healthy Ireland to life for everyone using Healthy Ireland resources
- Become involved in Healthy Ireland initiatives
- Support the objectives and outcomes of Healthy Ireland policies and initiatives, including:
 - Tobacco-free Ireland
 - Wellbeing and mental health
 - Healthy workplaces
 - Alcohol harm reduction
 - Sexual health and wellbeing
 - Positive ageing
 - Child health and wellbeing

How Network members can make a difference:

There are many ways Network members can help create a healthy Ireland. Here are just a few.

- Sign up to a tobacco-free campus
- Promote healthy eating by, for example, posting the calories in foods
- Set up or participate in local park runs or walking groups
- Help communicate why alcohol is a public health issue
- Volunteer in your community



What you get when you join the Network

- Your Healthy Ireland Charter
- A welcome pack with resources to help you actively support the Healthy Ireland vision
- A newsletter four times a year
- Updates on plans and developments within the Healthy Ireland Network
- Details of events that other members are organising
- Ideas and developments other member groups are working on

What to do before you join

- 1 Familiarise yourself with the Healthy Ireland website and Healthy Ireland Framework by visiting:
 - www.healthyireland.ie
 - <http://health.gov.ie/wp-content/uploads/2014/03/HealthyIrelandBrochureWA2.pdf>
- 2 Consider how your organisation would be able to contribute.
- 3 Decide if you would like your organisation to play its part in achieving the Healthy Ireland vision.
- 4 Make sure you have an officer at the most senior level who will be responsible for Healthy Ireland initiatives.
- 5 Get your board of directors or board of management to approve your application.

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