

PRESS RELEASE

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Wexford County Council Receives Major Investment for Creative Health and Wellbeing Projects

The Minister for Tourism, Culture, Arts, Gaeltacht, Sport and Media, Catherine Martin, T.D. has announced grant funding for projects that support Health and Wellbeing through Creativity. Wexford County Council has received grant funding of €85,000 to invest in two major creative health and wellbeing projects in 2024.

Through the Creative Ireland and the Healthy Ireland programmes, Wexford and Waterford Local Authorities and teams from Réalta (the national resource organisation dedicated to developing arts and health in Ireland), the HSE and Wexford Mental Health Association will use creativity to support people in the second year following a bereavement. Through an exploration of different creative activities, a self-help toolbox will be developed that will aid people work through the difficult points in the grieving process.

Creative Ireland Wexford is also working with the Slaintecare and Age Friendly Teams to develop *The Rí Rá Sessions*, a Traditional Irish Music and Dance programme for HSE-managed nursing homes across the county. The Wild Turkeys will provide lively music sessions for residents, while movement expert Vivian Brodie-Hayes will assist and encourage any residents to move to their ability. Sean Nós dancer Irene Cunningham will also be a creative collaborator for this project. *The Rí Rá Sessions* will act as outreach for the concerts and sessions strand of Fleadh Ceoil na hEireann taking place in Wexford this year.

Cathaoirleach of Wexford Cllr. John Fleming said: *The positive and ongoing benefits participation in creativity has on health and wellbeing are proven. Our emotional and mental health issues can be soothed, and the effects of physical conditions can be eased. It can create a space for social connection and resilience. This grant funding*

gives us an opportunity to invest further in the health of our communities in Wexford, and explore how creativity can be positioned for the wellbeing of the county.

For more information on any of these projects please contact elizabeth.howard@wexfordcoco.ie.



Well Festival of Arts & Wellbeing, Creative Communities event. Artist Caroline Schofield presenting. Photo credit: DGM Photographic

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