



South Dublin
County Partnership
Páirtíocht Chontae
Átha Cliath Theas



Slaintecare.
Healthy
Communities

ACTIVE FAMILIES

ACTIVE FAMILIES IS AN ACCESS PROGRAMME THAT SUPPORTS FAMILIES TO IMPROVE THEIR COOKING SKILLS BY PREPARING HEALTHY MEALS AND INCREASING MOVEMENT. THE PROGRAMME WILL RUN FOR 12 WEEKS, WHICH INCLUDES 6 WEEKS FOCUSED ON COOKING HEALTHY MEALS AND 6 WEEKS INTRODUCING NEW ACTIVITIES.

EACH WEEK A TOPIC WILL BE COVERED, AND ACTIVITIES COMPLETED IN ORDER FOR ALL MEMBERS OF THE FAMILY TO UNDERSTAND HOW TO FOLLOW A HEALTHY LIFESTYLE.

- SKILLS THAT WILL BE EXPLORED INCLUDE
- FOOD PREPARATION AND COOKING SKILLS
- FUN FAMILY ACTIVITIES
- FAMILY WALKS

For Referral



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ACTIVE FAMILIES IS A FREE ACCESS PROGRAMME THAT SUPPORTS FAMILIES TO IMPROVE THEIR COOKING SKILLS BY PREPARING HEALTHY MEALS AND INCREASING THEIR MOVEMENT.

THE AIM IS TO IMPROVE HEALTH AND WELLBEING THROUGH AN INTERACTIVE 1:1 SERVICE OVER A PERIOD OF 12 WEEKS.

EACH WEEK A TOPIC WILL BE COVERED AND ACTIVITIES COMPLETED IN ORDER FOR ALL MEMBERS OF THE FAMILY TO UNDERSTAND HOW TO FOLLOW A HEALTHY LIFESTYLE.

THE FAMILY WILL EXPLORE SKILLS SUCH AS FOOD PREPARATION, COOKING SKILLS, AND FAMILY ACTIVITIES AND WALKS.

ACTIVE FAMILIES IS A NON-CLINICAL SERVICE AND PARTICIPATION IS VOLUNTARY.

* ANYONE LIVING IN THE CLONDALKIN OR TALLAGHT HEALTHY COMMUNITY CATCHMENT AREA CAN PARTICIPATE IN ACTIVE FAMILIES.