

## Our partner organisations

Western Health and Social Care Trust  
 Health Service Executive  
 Public Health Agency  
 Southern Health and Social Care Trust  
 NHS Dumfries and Galloway  
 Health and Social Care Board

## Partners helping us to deliver the project

Donegal Local Development CLG  
 Bogside and Brandwell Health Forum  
 ARC Healthy Living Centre  
 NHS Dumfries and Galloway  
 Connected Health



## Local community health & well-being hub Contact details

**Ballyshannon and South Donegal  
Donegal Local Development CLG  
Public Service Centre, Donegal Town,  
Co. Donegal, F94 DK6C.  
Phone: 074 97 23368  
Email: info@dldc.org**

**Enniskillen and West Fermanagh  
The ARC Healthy Living Centre  
116-122 Sallyswood, Irvinestown,  
Co. Fermanagh, BT94 1HQ.  
Phone: 028 6862 8741  
Email: info@archlc.com**

**Oak Healthy Living Centre  
LITE House, Cross Street,  
Lisnaska, BT92 1JE.  
Phone: 028 6772 3843  
Email: oakproject1@btconnect.com**

**Fermanagh Rural Community Network  
3 Queen Street, Enniskillen,  
Co. Fermanagh, BT74 7JR.  
Phone: 028 6632 7006  
Email: info@fermanaghrcn.org**

**Lakeland Community Care  
1 Latone Road, Belcoo,  
Co. Fermanagh, BT93 5AQ.  
Phone: 028 6638 6934  
Email: mail@lakelandcare.org.uk**




Supporting cross-border health and well-being

## General information leaflet



DONEGAL LOCAL DEVELOPMENT CLG  
FORBAIRT ATUILL DHIUN NA RIGAIL



A project supported by the European Union's INTERREG VA Programme, managed by the Special EU Programmes Body.



# A new cross-border area project to support positive health and well-being and prevent ill health

## Co-operation and Working Together (CAWT) CoH-Sync Project

### What does CoH-Sync mean?

CoH-Sync is short for 'community health synchronisation'. By 'synchronisation' we mean getting everyone to work better together for you in your community.

### What is the aim of CoH-Sync?

The aim of the project is to have a positive effect on the health and well-being of adults and communities in the border region of the Republic of Ireland, Northern Ireland and South West Scotland.

### What do you want to do?

We want to help you live a healthier lifestyle by providing you with the following.

- A free, confidential and personal health and well-being plan
- One-to-one support from a community health facilitator
- A pathway to a healthier you
- A local-community approach to health and well-being
- A connection to your local community
- Encouragement and support to help you stay on track with your health goals

'Starting to watch more carefully what I am eating and trying to keep active'

John, 39

## CoH-Sync is a cross-border community health project that focuses on:



### Who is CoH-Sync for?

- Ballyshannon and South Donegal (Donegal Local Development CLG) is open to anyone aged 18 and over.
- Enniskillen and West Fermanagh (ARC Healthy Living Centre and Lakeland Community Care) is open to anyone aged 18 and over.
- Lisnaskea (Oak Healthy Living Centre) is open to anyone aged 18 and over.

### How can CoH-Sync benefit me?

CoH-Sync can help you to:

- feel better about yourself
- increase your confidence
- be more active and healthier
- set realistic goals
- eat more healthily
- connect with your community, and
- build new relationships.

### Your next step. You decide!

- You can access the project directly (self-referral) by contacting a community health and well-being hub in your community or you can ask a health or social-care professional (such as a community worker) for more information or a referral.
- Start your health journey with us. It could not be easier, so take the next step and get in touch.

'First time I found time to exercise, I love it. I have got fitter and lost weight'

Patricia, 5

It couldn't be easier, so take the next step and get in touch!

