

Best Mental Health Promoting Event

Application Form

1. Answer the questions in the application. Maximum of three A4 pages of writing, (longer applications will not be accepted).
2. Add a copy of your poster/brochure/timetable if applicable plus at least 4 photos from your event and links to any videos and websites and save as one PDF file.
3. Upload your completed application to bics.ie

Rules:

1. The initiative must be organised by at least one society in a member college.
2. The initiative must empower students to reduce the stigma around mental health and open the conversation about mental health and well-being. *Check out some ideas on our sponsors website pleasetalk.org and on yourmentalhealth.ie the #littlethings campaign.*
3. The initiative may be open to the public
4. A short application form must be completed by **March 19th 2019 at 2pm.**
5. There are no restrictions on the number of initiatives per college which are submitted
6. The initiative must take place between **March 14th 2018 and March 18th 2019.**

The winning entry will be chosen as follows:

- A panel of adjudicators will short list to 3 nominees who will be notified on March 29th and must book the Awards tickets by April 5th.
- The Winner will be announced at the BICS Awards. The judges' decision is final.



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Application

Name of Event
National Traveller Mental Health Launch
Name of Society
Minceir Whiden Society
College
NUI Galway

Please provide a brief description of the event.

The Minceir Whiden Society, (Cant for Travellers) in partnership with Galway Traveller Movement hosted the launch of the strategic plan of The National Traveller Mental Health Network at NUI Galway. The Minceir Whiden Society, which is the first Traveller society in Ireland, was co-founded by Jason Sherlock, Owen Ward, and the Galway Traveller Movement and aims to provide a safe and welcoming space for Irish Travellers on campus at NUI Galway. This is the first Traveller society in Ireland. The new network aims to create awareness and promote improved mental health services for Travellers. The National Traveller Mental Health Network will advocate for improved services and seek recognition as a consulting body by policy makers and service providers. This event was open to staff and students of NUI Galway and all members of the public. It took place on March 15th as a one day event.

1. Describe how your event promoted positive mental health on your campus and any positive outcomes.

This launch of the strategic plan aimed to create awareness and to improve the mental health of Travellers, including Traveller students who are studying at NUI Galway. Figures show that over 80 percent of Travellers have been affected by suicide, while 90 percent agree that mental health issues are common within the community. The suicide rate within the Traveller community is also six times higher than the figure for the general population – accounting for 11 percent of all deaths. This was the first major event that has taken place on any University that was co-hosted by the first Traveller society in Ireland. This event creates a space that both welcomed and assisted to build a sense of belonging on campus at NUI Galway for members of the travelling community.

Likewise, the outcomes of this launch intends to empower members of the travelling community to seek professional assistance for mental health issues and assist to remove the stigma surrounding mental health in the community. In addition, the event highlighted that NUI Galway has a very strong network of supports that are available to all students, including Traveller students on campus. The supports include: a professional counselling service, numerous wellbeing supports and other initiatives. This event will has also created awareness of Traveller related issues on campus and emphasised the commitment of NUI Galway to ensure that all students are supported through an academic and wellbeing model while at University. The main outcome is to empower those effected by poor mental health to seek help and support which will enable them to improve their overall mental health.

2. How many were involved in the event

The Launch of the strategic plan was co-hosted by the Minceir Whiden Society and Galway Traveller Movement. The Launch of the network had a large audience of over 100 people from various Mental Health and Traveller organisations across Ireland, including members of the public, students and staff of NUI Galway. In addition, the seven committee members of the Minceir Whiden society and four members of staff from the Galway Traveller Movement set up the venue at NUI Galway. The event was attended by all members of the Minceir Whiden society committee and the staff from the Galway Traveller movement.

3 How did you fare financially?

The Minceir Whiden Society booked the venue, offered support with planning and setting up the venue while the Galway Traveller Movement covered the cost of light refreshments for the attendees of the launch.

The Launch of this initiative received €1,000 funding from the Galway Traveller Movement and Healthy Galway Funding. The €1,000 was spent on resources, promotional material and on-site catering for the event.

4 Please give details of the methods used to promote the event?

The Launch was covered in both local, regional and national media. It was covered on all current news programmes such as RTE news and Virgin Media news. The Minceir Whiden Society actively promoted the launch both on and off campus through NUI Galway societies page and other media forums.

- Press Release
- Radio Interviews
- TV Interviews
- Social Media
- Traveller Networks
- Word of Mouth
- Posters
- Emails
- Invitations
- Facebook
- NUI Galway Societies Event Page
- NUI Galway Media Mediums.
- NUIG Student App
- NUIG Staff and Student Calendars

5 What would it mean to the society to win this award and why do you feel the society merits the award?

As the first Irish Traveller society in Ireland, the Minceir Whiden Society aims to create a safe and welcoming space on campus at NUI Galway for Traveller students. There are approximately 40,000 Irish Travellers in Ireland, are the most marginalised minority group in Ireland and face multiple forms of racism and discrimination on a daily basis.

At present, there are less the 1% of Travellers with a third level qualification and the Minceir Whiden Society aims to offer social support to any Traveller at NUI Galway. In addition, the society aims to build alliances and form relationships that are built on mutual respect and understanding between Travellers and the majority of the student/staff body at NUI Galway.

To win this award, it would highlight the commitment of how diverse, welcoming and supportive all societies are within Ireland. In addition, the society aims to build alliances and form relationships that are built on mutual respect and understanding between Travellers and the majority of the student/staff body throughout Ireland. While working towards creating awareness of the need for positive initiatives for the mental health of every citizen in Ireland. This award would be one of the cornerstones for the foundation

for successful solidarity between the Traveller students and the majority student body in Ireland. As this is a new society with a new committee it would establish help establish us and hopefully encourage other students in the other colleges to form Traveller Societies.

Include poster, brochure and at least FOUR photos of your event plus links to any videos and websites.



The poster features a teal background. At the top, a white box contains the logo for the National Traveller Mental Health Network, which includes a stylized umbrella with yellow, red, and green segments and the text 'National Traveller Mental Health Network' in green, red, and yellow. Below this, the text 'Hosted by' is centered. To the left is the logo for Mincéir Whiden Society, NUI Galway, and to the right is the logo for Galway Traveller Movement. The main title 'Launch Event' is in large white font. Below it, the text 'Join us for the launch of the National Traveller Mental Health Network!' is centered. A red box contains the event details: 'MARCH 15TH, 2019 | 12.30PM- 3 P.M. THE CUBE, ÁRAS AN MACLÉINN, NUI GALWAY'. At the bottom, the text 'Supported by:' is followed by logos for 'hi' (Healthcare Improvement), 'pobal' (government supporting communities), the Galway Traveller Movement logo, 'An Roinn Síainte DEPARTMENT OF HEALTH', and 'LCDC' (Local Community Development Centre).







Media Coverage

<https://www.breakingnews.ie/ireland/traveller-suicide-rate-six-times-higher-than-rest-of-irishsociety-911138.html>

<https://galwaybayfm.ie/galway-bay-fm-news-desk/new-national-traveller-mental-healthnetwork-launched-at-nuig/>

<https://www.rte.ie/news/connacht/2019/0315/1036634-nui-galway-travellers/>

<https://galwaybayfm.ie/galway-bay-fm-news-desk/new-national-traveller-mental-healthnetwork-launched-at-nuig/>

Societies Webpage

<https://socs.nuigalway.ie/societies.php?id=NTk0>