

August 23, 2022

Dear Aoife Ní Chonchúir,

Abstract ID#22

We are pleased to inform you that your abstract below has been accepted for the 2022 Annual Business Meeting and Technical Conference! Your abstract will be presented during the parallel sessions as well as included in the Conference Book of Abstracts.

The 2022 Annual Business Meeting and Technical Conference will be a hybrid conference, although we encourage presenters to attend in person if possible. The registration for the conference will open on 1 September 2022 and in your registration, you can indicate how you will participate in the conference – in person in UN City or Online.

Please note that each city and national network in the Healthy Cities Network has a limit to the size of their delegation attending. If you are not a Network Coordinator, we encourage you to contact your Healthy City or National Network Coordinator to share your abstract acceptance and confirm a seat in the delegation.

As we get closer to the conference, we will contact you and ask you to re-submit your final abstract (500 words or less) to be included in the 2022 Book of Abstracts. We will also share the provisional programme, so that you know when your presentation will take place. Please note that you will have a 10 minute presentation followed by 5 minutes of question and answer with the audience.

Please contact the Healthy Cities Secretariat at [eurohealthycities@who.int](mailto:eurohealthycities@who.int) if you have any questions regarding the 2022 Annual Business Meeting and Technical Conference.

Warm regards,

WHO Healthy Cities Secretariat

**Accepted Abstract:**

(1) Title

“Reflect and Engage – Exploring Workplace Change in the context of Covid 19”

(2) Context: issue or a problem + policy and organizational context

PSYCHED (Positive Support You Can Have Every Day) is a workplace mental health promotion initiative of Cork Healthy Cities and Counties, supported by Healthy Ireland, Cork City Council, Cork County Council,

Health Service Executive, University College Cork and community workplace partners and was launched in Cork in 2017.

(3) Rationale: reasons for taking the initiative

Healthy Ireland Survey 2021 reported that 30% of respondents say their mental health worsened since the beginning of necessary public health restrictions in March 2020. This data very much correlated with the feedback received from staff of psyched workplaces where senior managers reported that their staffs mental health and wellbeing was at an all-time low.

(4) Description: of the case study including methods used, processes, politics and time-frame

The need for a professional online support programme was identified by the PSYCHED steering group as a response to workplace needs. This programme in Reflect and Engage – Exploring workplace change in the context of Covid 19” was designed and delivered by Heart of Frontline Practice. This is an innovative, free, online programme which was delivered over four sessions in two hour lengths to staff of Cork workplaces. Ten participants were offered places on each of the eight courses delivered over the last twenty months.

(5) Achievements: impact at strategic/operational level, critical success factors and challenges, lessons learnt

This programme afforded participants opportunities to reflect on what was going on for them in a safe, nurturing and confidential environment whilst also being afforded the opportunity to connect with themselves and others. Participants were also given the space to explore how we can care for and mind our mental health and well-being during this time. Feedback from participants has been extremely positive.

(6) Conclusion

The impact of these courses on participants during the pandemic is currently being evaluated by University College Cork.