

Irish Health Foundation Website Portfolio

This is conceptual view of the homepage which has been based on the layout and functionality of the popular [Khan Academy](#) online learning website/app.

The goal of our website is to make it as easy as possible for visitors and members to find out about what topics and events are most relevant to them. The Irish Health Foundation website/app will be an online reflection of the events and talks that we will be hosting face-to-face. You can find out more about these face-to-face events [here](#).

Overview of irishhealthfound.com -

Note to reader – anything in italics is a note and will not be seen on the website/app.

‘Start Learning Now’ – when you click this it will immediately move the screen down to the first video on the list which is ‘Understanding Mental Health’. You can then scroll down further through all our other topics from here and watch a short introduction video on each. If you want to find out more click ***‘Learn More’*** to access the full course content, development plans and other materials.

‘Welcome’ – This is an intro to the website and the Irish Health Foundation. The journey so far and our plans for the future.

‘Find an Event’ – This page has a schedule of all our events, talks, workshops and webinars with details about each one and the ability to register your interest in attending.

‘Book a Consultation’ – This page will allow you to find a fully qualified expert on the topic you want a personal consultation on and to request a consultation either online or face to face.

‘Our Team’ – This page has a full list of our team, our board and all our experts with a short biography on each plus links to their websites and social media.

‘Subjects’ – This page lists all our topics in an easy to read list with a short description of each. From here you can click on a topic and open the main page for that topic which will include full course materials. This is the same place you will be redirected to as if you clicked the ***‘Learn More’*** icon which you can find more information about below.

‘Search’ – This will allow visitors to search by many different keywords that relate to multiple topics. Example of a search could be ‘help arthritis’ and the search will return results of all materials that would be most useful to helping arthritis so that people can find the topics most relevant to their particular problems if they wish to access material from that direction rather than by topic.

‘Donate’- Brings you to a page where you can donate directly to the Irish Health Foundation via Stripe Payments.

‘Login’- Only members can access all content. Non-members can only access limited content. To see any ***‘Learn More’*** content the user must be logged in to their personal account. You receive an account when you signup. We want to encourage membership and community as much as possible.

'Sign-Up' – For full access to all content we request people sign-up as a member (renew membership each year). The recommended donation to sign up will be €10. Minimum donation is €1. Free accounts will be given in some cases where money is an issue.



'Menu' - Will have the following extra sections:

- **Open Fundraising Projects** – what we are trying to raise funds for, estimate costings and why it is important to us.
- **About Us** – detailed information about broader IHF activities, our initiatives and future projects and visions.
- **Blog/News** – articles from our experts and news that we feel is relevant and useful to our members
- **Contact Us** – a form to fill out plus phone numbers and email address.

'Learn More' – This icon is included on the homepage beside each topic and intro video. When you click it, you are brought to the main page for that topic. This is the same page you will reach if you use the **'Subjects'** tab on the top left of the homepage. This is where you have the following content to review and learn from:

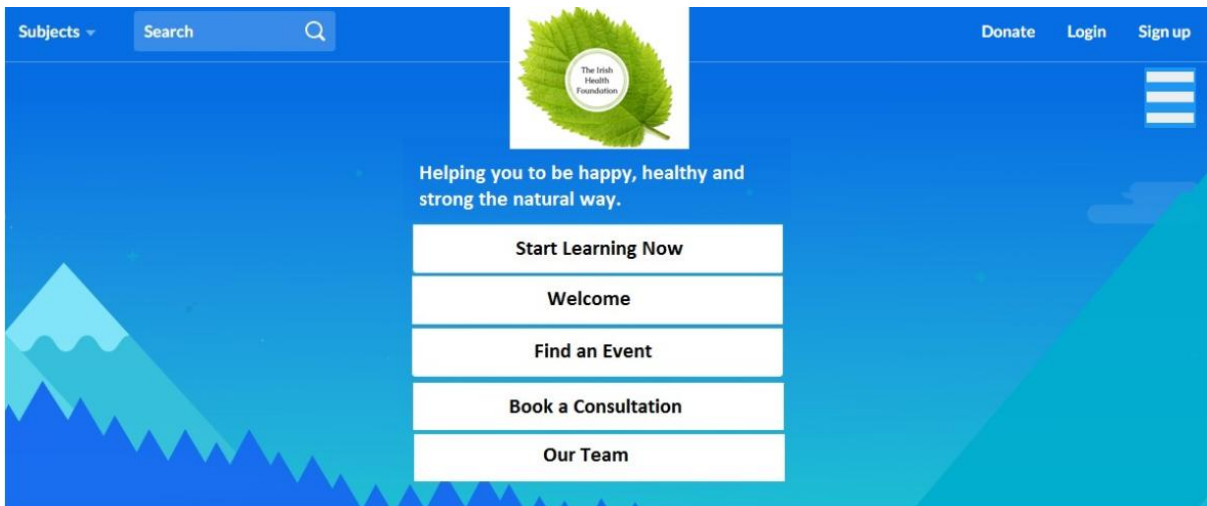
- **Intro Video** (1 – 5 minutes, same as on homepage)
- **Main Video Course** (Minimum 60 minutes of pure gold, media structure to be confirmed)
- **Development Plans** (3 plans – beginner, intermediate, pro)
- **Request a Personal Consultation** (online or face to face options – email request form)
- **Find an event** (redirected to Events page to find out about workshops, retreats, class, talks, webinars)

Additional Notes about the website –

- Sharing via social media will be easy with 'share icons' on all videos, development plans and events.
- The illustrated concept of the website below is at it's first stage before further development by the professional web designer. Colours, fonts, and images may be different and much more streamlined but the content and layout will be very similar to what is presented below.
- The website will look the same on a PC, i-phone and android devices as much as possible similar to Khan Academy.



This is what the website will look like.....



Understanding Mental Health

[LEARN MORE](#)



1 – 5 minute intro thumbnail video on the topic

Understanding The Body

[LEARN MORE](#)



1 – 5 minute intro thumbnail video on the topic

Understanding The Mind

[LEARN MORE](#)



1 – 5 minute intro thumbnail video on the topic

Lose Weight

[LEARN MORE](#)



Understanding Gut Health

[LEARN MORE](#)



Nutrition

[LEARN MORE](#)



Creating a Balanced Diet

[LEARN MORE](#)



Juicing and Smoothies

[LEARN MORE](#)



Eating Organic

[LEARN MORE](#)



About Water

LEARN MORE



Martial Arts

LEARN MORE



Movement

LEARN MORE



Exercise

LEARN MORE



Yoga & Stretching







LEARN MORE









Strength Training

LEARN MORE



<p>Growing Fruits, Veggies & Herbs</p> <p>LEARN MORE</p>	
<p>Going Vegetarian</p> <p>LEARN MORE</p>	
<p>Going Vegan</p> <p>LEARN MORE</p>	
<p>Breathing</p> <p>LEARN MORE</p>	
<p>Meditation</p> <p>LEARN MORE</p>	
<p>Mindfulness</p> <p>LEARN MORE</p>	

<p>Law of Attraction</p> <p>LEARN MORE</p>	 A video player showing two men smiling. The video title is "The Irish Health Foundation" with a subtitle "Sharing knowledge and understanding of health and wellness. Creating the infrastructure across Ireland to support health, natural living." The video is 0:01 / 1:00 long.
<p>Heat Therapy</p> <p>LEARN MORE</p>	 A video player showing two men smiling. The video title is "The Irish Health Foundation" with a subtitle "Sharing knowledge and understanding of health and wellness. Creating the infrastructure across Ireland to support health, natural living." The video is 0:01 / 1:00 long.
<p>Cold Therapy</p> <p>LEARN MORE</p>	 A video player showing two men smiling. The video title is "The Irish Health Foundation" with a subtitle "Sharing knowledge and understanding of health and wellness. Creating the infrastructure across Ireland to support health, natural living." The video is 0:01 / 1:00 long.
<p>Energy Therapy & Reiki</p> <p>LEARN MORE</p>	 A video player showing two men smiling. The video title is "The Irish Health Foundation" with a subtitle "Sharing knowledge and understanding of health and wellness. Creating the infrastructure across Ireland to support health, natural living." The video is 0:01 / 1:00 long.
<p>Homeopathy</p> <p>LEARN MORE</p>	 A video player showing two men smiling. The video title is "The Irish Health Foundation" with a subtitle "Sharing knowledge and understanding of health and wellness. Creating the infrastructure across Ireland to support health, natural living." The video is 0:01 / 1:00 long.
<p>Brehon Law</p> <p>LEARN MORE</p>	 A video player showing two men smiling. The video title is "The Irish Health Foundation" with a subtitle "Sharing knowledge and understanding of health and wellness. Creating the infrastructure across Ireland to support health, natural living." The video is 0:01 / 1:00 long.

Ogham & Traditional Irish Teachings

[LEARN MORE](#)

