

# Community Healthcare East

(Dublin South East, Dún Laoghaire & Wicklow)

## Directory of Services and Programmes

for Adults with Asthma, Chronic Obstructive Pulmonary Disease (COPD), Diabetes, Heart Conditions and Stroke



*Connecting people living with long term health conditions to services and services to each other*



Asthma & COPD



Diabetes



Heart Conditions



Stroke



Generic Supports

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# Foreword

The development of this first edition of Community Healthcare East's (CHO6) directory has been underpinned by the Healthy Ireland in the Health Services Implementation Plan 2015-2017, the Living Well with a Chronic Condition: Framework for Self-management Support, and key deliverables set out in our Community Healthcare East Delivery Plan 2019.

This directory provides information on services and programmes in our area to assist frontline healthcare professionals to signpost those living with one or more of the following chronic conditions: Chronic Obstructive Pulmonary Disease (COPD), Asthma, Diabetes and Cardiovascular disease to assist them to self-manage their condition (connecting people living with long-term health conditions to services and services to each other).

It provides information on how and where to access disease specific self-management programmes for chronic conditions such as pulmonary rehabilitation, cardiac rehabilitation, structured diabetes education programmes and others. It will assist staff to implement the Making Every Contact Count Framework, providing information on services available to assist persons to change lifestyle behaviours which impact on health outcomes and associated with chronic conditions that include: Healthy Eating, Active Living, Alcohol and Tobacco.

We would like to acknowledge and thank staff in Community Healthcare East, the Ireland East Hospital Group and the many other organisations who assisted in any manner in developing this directory. We look forward to working together in the future, to updating it regularly, that a valuable resource will be available to healthcare professionals to support those living with a chronic condition to live well in the community. We invite you to give feedback for future editions to cho6.selfmanagementsupport@hse.ie. This directory is available online at: [www.hse.ie/selfmanagementsupport](http://www.hse.ie/selfmanagementsupport).



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## Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke Community Healthcare East

Category	Service	What is involved?	How to access?
Asthma	Asthma Society of Ireland: Website	Provides support and information to people living with asthma.	<a href="http://www.asthma.ie">www.asthma.ie</a>
Asthma	Asthma Society of Ireland: Asthma Action Plan	<p>An Asthma Action Plan is a document that contains all the information a person with asthma requires to keep their asthma under control.</p> <p>It is a written step by step guide to help people with asthma to manage their condition and to recognise when it is getting worse.</p> <p>It is filled out by the person with asthma alongside their GP or asthma nurse.</p>	<a href="http://www.asthma.ie/about-asthma/learn-about-asthma/managing-your-asthma/asthma-action-plan">www.asthma.ie/about-asthma/learn-about-asthma/managing-your-asthma/asthma-action-plan</a>



## Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke Community Healthcare East

Category	Service	What is involved?	How to access?
Asthma	Asthma Society of Ireland: Asthma in the Pharmacy Programme	<p>The Asthma Society of Ireland run a number of 'Asthma in the Pharmacy' events across Ireland. At these events, a free asthma review is carried out by an Asthma Specialist Nurse.</p> <p>The review covers inhaler techniques, trigger management, advice for staying well with asthma and knowing when to visit a healthcare professional.</p>	<p><a href="http://www.asthma.ie/about-us/what-we-do/health-promotion/patient-programmes/asthma-pharmacy">www.asthma.ie/about-us/what-we-do/health-promotion/patient-programmes/asthma-pharmacy</a> Tel: (01) 817 8886</p>
Asthma	Asthma Society of Ireland: Advice Line	<p>The Asthma Society's adviceline is a call back service available free of charge. It provides easily accessible support, information and education to people with asthma so that they can better understand and manage their illness.</p>	<p>Tel: 1800 445 464 Email: <a href="mailto:nurse@asthma.ie">nurse@asthma.ie</a></p>



## Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke Community Healthcare East

Category	Service	What is involved?	How to access?
<b>Asthma</b>	Asthma Society of Ireland: Advice on Dealing with an Asthma Attack	Action to take during an asthma attack.	<a href="http://www.asthma.ie/about-asthma/living-well-with-asthma/asthma-for-teachers-carers/what-do-asthma-attack">www.asthma.ie/about-asthma/living-well-with-asthma/asthma-for-teachers-carers/what-do-asthma-attack</a>
<b>Asthma</b>	Asthma Society of Ireland: Publications	A variety of reliable information leaflets available including self-management, activity, gardening, allergies and pregnancy.	Download here: <a href="http://www.elearning.asthma.ie">www.elearning.asthma.ie</a> or contact the Asthma Society of Ireland on Tel: (01) 817 8886 Email: <a href="mailto:reception@asthma.ie">reception@asthma.ie</a>





## Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke Community Healthcare East

Category	Service	What is involved?	How to access?
Asthma	Asthma Education Programme	<p>This online education programme is for healthcare professionals. It covers all aspects of asthma care and will build the confidence and skills necessary to provide best practice care. There are five modules within the resource which take approximately three hours to complete.</p> <p>The content is informed by the Irish College of General Practitioners (ICGP) 'Asthma Control in General Practice'. It is category 1 Approved by the Nursing and Midwifery Board of Ireland (NMBI). This programme is supported by the HSE's National Clinical Programme for Asthma.</p>	<p>Go to My Learning on HSELand and search for 'Care of Adults and Children with Asthma-E-Learning Education Programme'.</p> <p>Non-HSE professionals can access the course via the Asthma Society of Ireland at <a href="http://www.asthma.ie/about-us/what-we-do/our-programmes/healthcare-professional-programmes/hcp-training">www.asthma.ie/about-us/what-we-do/our-programmes/healthcare-professional-programmes/hcp-training</a></p>
COPD	COPD Support Ireland: Website	Provides support, education and motivation to people living with COPD.	<a href="http://www.copd.ie">www.copd.ie</a>



## Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke Community Healthcare East

Category	Service	What is involved?	How to access?
COPD	COPD Support Groups	COPD support groups meet once or twice a week. They provide exercise classes specially designed for people with breathlessness secondary to COPD, asthma and related respiratory conditions. The groups provide information and offer support and advice on living with breathlessness.	<p>Phone Wendy at COPD Ireland on (086) 041 5128 or go to: <a href="http://www.copd.ie">www.copd.ie</a></p> <p><b>Balally COPD Peer Support &amp; Exercise Group:</b> Meet Mondays at 11.45 am in the Balally Family Resource Centre, The Scout Den, Balally. <a href="http://www.copd.ie/dublin-balally-support-group/">www.copd.ie/dublin-balally-support-group/</a></p> <p><b>Bray COPD Support Group:</b> Meet Mondays and Fridays at 12pm in Ballywaltrim Community Centre, Boghall Road, Bray. <a href="http://www.copd.ie/members/bray-support-group/">www.copd.ie/members/bray-support-group/</a></p>



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Category	Service	What is involved?	How to access?
COPD	COPD Support Ireland: Advice Line	Call the adviceline and an appointment will be made with the nurse to call you back at a time convenient to you. The service operates between 9 am and 5 pm Monday to Friday.	Tel: 1800 832 146 or send an email via <a href="http://www.copd.ie/helpline/">www.copd.ie/helpline/</a>
COPD	COPD Optimisation Clinic	<p>The COPD Optimisation Clinic is a General Practitioner (GP) referral service for full assessment (including pulmonary function tests with reversibility) for patients with new/known/suspected diagnosis of COPD or where specialist respiratory input is required.</p> <p>Patients receive education on inhaler technique, self-management strategies including breathlessness, medication management and exercise advice as well as referral to smoking cessation services if appropriate.</p>	<p>GP referral letter to Dr Emer Kelly.</p> <p><b>St Vincent's University Hospital,</b> COPD Optimisation Clinic, Dublin 4.</p> <p>For further information, contact: Jomma Mathew on (087) 195 9074 or Anne Lanigan on (087) 195 9458</p>



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Category	Service	What is involved?	How to access?
COPD	COPD Outreach	<p>COPD Outreach is a hospital at home service which has been shown to be a safe, well tolerated and economic alternative to hospital admission for COPD. The service provides supported discharge options to patients who present with an uncomplicated exacerbation of COPD as well as facilitating links between primary care and the acute hospital setting. Suitable patients are discharged home from hospital under the care of the outreach team.</p> <p>The outreach team visit them 1-3 times at home over two weeks. A home visit may include monitoring, inhaler techniques, support with new equipment (such as oxygen, nebulisers &amp; home bilevel positive airway pressure), spirometry, exercise prescription, education to people with COPD and their families, early intervention strategies and self-management techniques.</p>	<p>Any GP or hospital consultant can refer to COPD Outreach. Any inpatient with COPD or any Emergency Department patient with a known diagnosis of COPD may be eligible to participate.</p> <p><b>St Michael's Hospital</b></p> <p>For further information, contact: Kate O Sullivan or Rachel Martin, COPD Outreach Team on Tel: (01) 271 3015 or (087) 140 0205 (8 am - 5 pm Monday - Friday)</p>



## Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke Community Healthcare East

Category	Service	What is involved?	How to access?
COPD	Pulmonary Rehabilitation - Free	<p>Pulmonary Rehabilitation is a programme of exercise and education classes for adults with long term lung conditions. These classes teach about lungs, how to exercise, how to do activities with less shortness of breath and how to live better with a chronic lung condition.</p> <p>It involves a team approach with participants working closely with their doctors, respiratory physiotherapist, respiratory clinical nurse specialist, COPD outreach team and other allied health team members. The classes are supervised by a senior respiratory physiotherapist. Classes run twice a week for 8 weeks. The exercise classes last one hour and there is an option to stay for education and relaxation.</p>	<p><b>St Michael's Hospital:</b> Referral from your respiratory consultant. Contact Philip Tonge in the Pulmonary Rehabilitation Department for further information. Tel: (01) 663 9832 Email: P.Tonge@stmichaels.ie</p>



## Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke Community Healthcare East

Category	Service	What is involved?	How to access?
COPD	Pulmonary Rehabilitation - Private	<p>Pulmonary Rehabilitation is a programme of education and exercise classes. These classes teach about lungs, how to exercise, how to do activities with less shortness of breath and how to live better with chronic lung conditions.</p> <p>It involves a team approach with participants working closely with their respiratory physiotherapist and other allied health team members.</p> <p>The exercises are supervised by a senior cardio respiratory physiotherapist and run for 6 weeks with classes twice a week. Classes last between 90 minutes and 2 hours.</p>	<p><b>Beacon Hospital:</b> Contact Jane Dickson in the Physiotherapy Department for further information. Tel: (01) 293 6692 <a href="http://www.beaconhospital.ie">www.beaconhospital.ie</a> Cost €300 for 12 classes</p> <p><b>Blackrock Clinic:</b> Referrals by healthcare professionals to Physiotherapy Department. Tel: (01) 206 4364 Email: <a href="mailto:physiotherapy@blackrock-clinic.com">physiotherapy@blackrock-clinic.com</a> Cost €360 for 12 classes</p>



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Category	Service	What is involved?	How to access?
Asthma and COPD	Respiratory Nurse-led Clinic	<p>Respiratory nurse led GP referral service for adults with respiratory symptoms. Patients receive a full respiratory assessment including pulmonary function test, x-ray, bloods, electrocardiogram (ECG) and a symptom history is taken.</p> <p>Treatment is optimised and an education and self-management plan is put in place. Appropriate follow up, onward referral or further testing is arranged if needed.</p>	<p>Consultant or GP referral only. Contact Mary Ward or Peter O Toole, Respiratory Department for further information.</p> <p><b>St Michael's Hospital</b> Tel: (01) 663 9888 Email: <a href="mailto:m.ward2@stmichaels.ie">m.ward2@stmichaels.ie</a></p>



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Category	Service	What is involved?	How to access?
Asthma and COPD	Respiratory Integrated Care	<p>Respiratory Integrated Care is a specialist service in Primary Care provided by a Clinical Nurse Specialist. Wicklow Respiratory Integrated Care offers a range of services and facilitates improved links between GPs and secondary care.</p> <p>The service assists GPs in making accurate diagnoses utilising spirometry and offers advice on appropriate inhalers and management. Patients are advised on inhaler technique and assisted in preparing disease specific action plans.</p>	<p>Referral by GP or hospital consultant. Contact Patricia Davis for further information.</p> <p><b>Wicklow Primary Healthcare Centre</b>, Knockrobin, Co Wicklow Tel: (076) 695 8328 Email: <a href="mailto:patricia.davis2@hse.ie">patricia.davis2@hse.ie</a></p>





## Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke Community Healthcare East

Category	Service	What is involved?	How to access?
Asthma and COPD	Dental Services	<p>Oral health is essential to general health and well-being. Oral health shares common risk factors with other chronic conditions and studies have linked poor oral health to other systemic diseases. Oral conditions have an impact on overall health and disease. Bacteria from the mouth can cause infection in other parts of the body when the immune system has been compromised by disease or medical treatments.</p> <p>Patients with asthma and COPD have increased risk of dry mouth which increases the risks of tooth decay, gum disease and bad breath. Inhalers can further dry out the mouth. It is essential to follow instructions carefully in relation to rinsing the mouth immediately after using inhalers to reduce these risks and also to prevent fungal infection in the mouth e.g.thrush.</p>	<p><b>Adults aged 16 and over with a medical card:</b> Treatment is provided under the Dental Treatment Service Scheme (DTSS). For further information go to: <a href="http://www.hse.ie/eng/services/list/2/dental/">www.hse.ie/eng/services/list/2/dental/</a></p> <p><b>Adults aged 16 and over without a medical card:</b> The Dental Treatment Benefit Scheme is available to PRSI insured workers (including self-employed and farmers) and retired people. For further information go to: <a href="http://www.welfare.ie/en/Pages/Treatment-Benefit1.aspx">www.welfare.ie/en/Pages/Treatment-Benefit1.aspx</a></p>



## Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke Community Healthcare East

Category	Service	What is involved?	How to access?
Asthma and COPD	British Lung Foundation	UK based website that provides support and information to people living with COPD and asthma.	<a href="http://www.blf.org.uk">www.blf.org.uk</a>
Asthma and COPD	See also section on Generic Supports		



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Category	Service	What is involved?	How to access?
Type 1 Diabetes	DAFNE Dose Adjustment for Normal Eating - A Free Group Diabetes Education Programme	<p>DAFNE is a structured education programme which runs over 5 days (Monday-Friday) plus a follow-up between 6 and 12 weeks after the course.</p> <p>The DAFNE course focuses on practising skills such as carbohydrate counting and insulin adjustment and the group learning from each other's experience.</p> <p>The programme is delivered by a DAFNE trained diabetes nurse, dietitian and doctor.</p>	<p>Ask the hospital diabetes team about access to this programme.</p> <p><b>St. Columcille's Hospital</b> Tel: (01) 211 042/ 5040 Email: ddc@hse.ie</p> <p><b>St Vincent's University Hospital</b> Department of Nutrition and Dietetics Tel: (01) 221 4724</p> <p><a href="http://www.dafne.uk.com">www.dafne.uk.com</a></p>



## Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke Community Healthcare East

Category	Service	What is involved?	How to access?
Type 2 Diabetes		<p>There are two free diabetes type 2 education programmes available in Community Healthcare East. They are X-PERT and CODE. Contact the programmes below to find one running near you and register for it. Whatever programme you choose will give you up-to-date information about living with diabetes. You will have an opportunity to meet others with type 2 diabetes. You can share experiences and learn from each other in a relaxed and enjoyable environment. You are welcome to ask any questions you have or you can just sit and listen if you prefer. Friendly and welcoming diabetes nurses and dietitians will create a safe space for you to learn. Every person who attends receives a free information booklet. This is a helpful guide for you to refer to at home. You are welcome to bring a family member, carer or friend with you.</p>	
Type 2 Diabetes & Diagnosed Prediabetes	<b>Community Orientated Diabetes Education (CODE):</b> Free Group Diabetes Education	<p>CODE is Diabetes Ireland's group education programme for people with Type 2 diabetes or diagnosed prediabetes. CODE aims to deliver information about diabetes in a local setting to help people self-manage the condition. The CODE Programme is 3 meetings over a 3 week period, and a final meeting at 6 months. The programme is supported by the HSE. It is held in local venues where there is a need identified.</p>	<p>To self-refer or if you have any questions contact: Jenny Dunbar at Diabetes Ireland.</p> <p>Tel: (01) 842 8118 Email: <a href="mailto:jenny.dunbar@diabetes.ie">jenny.dunbar@diabetes.ie</a> or <a href="mailto:info@diabetes.ie">info@diabetes.ie</a> <a href="http://www.diabetes.ie">www.diabetes.ie</a></p>



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Category	Service	What is involved?	How to access?
<b>Type 2 Diabetes</b>	X-PERT: Free Group Diabetes Education	<p>X-PERT will teach you about the up-to-date treatment and management of type 2 diabetes. This programme is delivered by a HSE Community Dietitian. X-PERT involves attending 2.5 hours per week over 6 weeks with a follow-up at 6 months.</p> <p>A family member or carer can also attend with you. X-PERT is widely available in Community Healthcare East.</p>	You can refer yourself: Call Mary Doolan on (01) 274 4360 or register at: <a href="http://www.hse.ie/xpert">www.hse.ie/xpert</a>
<b>Type 2 Diabetes</b>	Diabetes Smart - A Free Online Education Course	A 55-minute online education course developed by Diabetes Ireland and Trinity College to help you learn more about diabetes self-management.	<a href="http://www.diabeteseducation.ie">www.diabeteseducation.ie</a>



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Category	Service	What is involved?	How to access?
Type 2 Diabetes	Community Clinical Nurse Specialists - Diabetes	The East Coast Area Diabetes (ECAD) Nursing Team provide a primary care based specialist diabetes nursing service to individual patients with complicated type 2 diabetes integrated with secondary care. They also provide guidance and education to GPs and other healthcare professionals on the management of type 2 diabetes.	GPs and practice nurses can refer to this service. For further information contact: Jo Lowe at joanne.lowe1@hse.ie or Tel: (086) 781 0226 Claire Dingle at claire.dingle@hse.ie or Tel: (087) 350 8556 Deirdre Hall at deirdre.hall@hse.ie or Tel: (087) 279 1386  www.hse.ie/ecad
Type 2 Diabetes	East Coast Area Diabetes (ECAD) Programme Website	Website developed by the ECAD Team for community-based healthcare professionals caring for people with type 2 diabetes in Community Healthcare East. The website endeavours to provide current evidence-based support and guidance on type 2 diabetes. It provides information on local services and specialists as well as educational events.	www.hse.ie/ecad



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Category	Service	What is involved?	How to access?
Type 2 Diabetes	Diabetes Passport	A patient held booklet outlining the importance of regular diabetes review and includes information about checks done at reviews. The aim of the passport is to promote empowerment amongst those who use it and to co-ordinate the care between them and the many healthcare professionals they attend. Once the passport is updated at each visit it can serve as a powerful communication record between the patient and their healthcare professionals.	<p><a href="http://www.hse.ie/eng/services/list/2/primarycare/east-coast-diabetes-service/management-of-type-2-diabetes/diabetes-passport/">www.hse.ie/eng/services/list/2/primarycare/east-coast-diabetes-service/management-of-type-2-diabetes/diabetes-passport/</a></p> <p>For copies of the passport, contact Roisin Kavanagh. Tel:(01) 274 4324 Email: <a href="mailto:roisin.kavanagh@hse.ie">roisin.kavanagh@hse.ie</a></p>
Type 1 and Type 2 Diabetes	Footcare	All individuals with diabetes should receive an annual foot examination to identify their risk stratification and appropriate referral to specialists if required.	<p>For information on footcare and the HSE lists of approved Chiropodists and Podiatrists in Community Healthcare East please go to: <a href="http://www.hse.ie/eng/services/list/2/primarycare/east-coast-diabetes-service/management-of-type-2-diabetes/foot-care/">www.hse.ie/eng/services/list/2/primarycare/east-coast-diabetes-service/management-of-type-2-diabetes/foot-care/</a></p>



## Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke Community Healthcare East

Category	Service	What is involved?	How to access?
Type 1 and Type 2 Diabetes	Community Podiatrist (Diabetes)	Community-based screening and preventative service for the at-risk foot.	Referral from healthcare professionals to Anna Doherty, <b>Wicklow Primary Care Centre</b> , Knockrobin, Co Wicklow. Tel: (076) 695 9076 Email: <a href="mailto:anna.doherty@hse.ie">anna.doherty@hse.ie</a>
Type 1 and Type 2 Diabetes	Diabetes Podiatrist	Multidisciplinary foot clinic which aims to reduce lower extremity ulceration and amputation of patients with diabetes and other diseases.	The service is available to patients of the Diabetes Centre in St Vincent's Hospital who present with acute diabetic foot complications. Patients may also be referred by consultants or clinical nurse specialists within St Vincent's University Hospital. For further information, contact:  <b>St Vincent's University Hospital</b> , Podiatry Department, Tel: (01) 221 3389 <a href="http://www.stvincents.ie/departments/podiatry/">www.stvincents.ie/departments/podiatry/</a>





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Category	Service	What is involved?	How to access?
Type 1 and Type 2 Diabetes	Diabetes Podiatrist	The Diabetes Podiatry service is a specialist Foot Protection Team that any healthcare professional can access for patients according to the patients' risk of diabetic foot disease. Referrals are accepted based on the risk of ulceration in line with the National Model of Care for the Diabetic foot.	<p>Any healthcare professional who has screened the foot and has identified a foot that is at risk of ulceration in line with the national model of care can refer using the form found in the link below. Link must be copied and pasted into browser:</p> <p><a href="http://www.hse.ie/eng/services/list/2/primarycare/east-coast-diabetes-service/management-of-type-2-diabetes/podiatry-referral-form.pdf">www.hse.ie/eng/services/list/2/primarycare/east-coast-diabetes-service/management-of-type-2-diabetes/podiatry-referral-form.pdf</a></p> <p>Email: <a href="mailto:centralreferral.office@hse.ie">centralreferral.office@hse.ie</a></p> <p>Contact Anita Murray, Senior Podiatrist, for further information. <b>St Columcille's Hospital</b></p>



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Category	Service	What is involved?	How to access?
Type 1 and Type 2 Diabetes	Retinal Screening - Free Eye Screening for People with Diabetes	National Diabetes Retinal Screening Programme offers free annual screening and treatment for diabetic retinopathy to people with diabetes aged 12yrs and older.	Register for this free service by: Tel: 1800 454 555 or <a href="http://www.diabeticrotinascreeen.ie">www.diabeticrotinascreeen.ie</a>
Type 1 and Type 2 Diabetes	National Council for the Blind Ireland (NCBI)	<p>NCBI is the national sight loss agency. It is a non-profit agency that provides support and services for people who are experiencing difficulties with their eyesight.</p> <p>Services include advice and information, emotional support and counselling as well as practical solutions, technology and training to build confidence and independence.</p>	<p><b>NCBI Services</b> Marina House, 19 Clarence St., Dún Laoghaire, Co Dublin</p> <p>Tel: (01) 271 0120 <a href="http://www.ncbi.ie">www.ncbi.ie</a></p>



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Type 1 and Type 2 Diabetes	Dental Services	<p>Diabetes reduces the body's resistance to infection and increases the risk of periodontal (gum) disease. This appears to be more frequent and severe in people with diabetes. Gum disease impacts on general health as well as oral health.</p> <p>Research shows that untreated gum disease may make it difficult to control diabetes. Loss of teeth due to periodontal disease will impact a person's ability to maintain a varied and balanced diet. A good oral hygiene regime together with regular periodontal care can improve diabetes control.</p>	<p><b>Adults aged 16 and over with a medical card:</b> People with a diagnosis of diabetes are deemed 'high risk' under the Dental Treatment Service Scheme (DTSS) and are entitled to an expanded range of services. For further information go to: <a href="http://www.hse.ie/eng/services/list/2/dental/">www.hse.ie/eng/services/list/2/dental/</a></p> <p><b>Adults aged 16 and over without a medical card:</b> The Dental Treatment Benefit Scheme is available to insured workers (including self-employed and farmers) and retired people who have the required number of PRSI contributions. Eligible patients are entitled to an annual examination free of charge and a scale and polish for which the dentist may request a contribution of up to €15. For further information go to: <a href="http://www.welfare.ie/en/Pages/Treatment-Benefit1.aspx">www.welfare.ie/en/Pages/Treatment-Benefit1.aspx</a></p>



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Category	Service	What is involved?	How to access?
Type 1 and Type 2 Diabetes	Diabetes Ireland Website	Provides support, information and motivation to people living with diabetes and prediabetes. Diabetes Ireland also raises public awareness of diabetes and its' symptoms, and funds research into finding a cure for diabetes. Screening for type 2 diabetes and public education meetings take place in some pharmacies and at some public events.	<a href="http://www.diabetes.ie">www.diabetes.ie</a> Tel: (01) 842 8118 Email: <a href="mailto:info@diabetes.ie">info@diabetes.ie</a>
Type 1 and Type 2 Diabetes	Diabetes Ireland Free Information Line	Provides information and support to people living with diabetes and prediabetes.	Information Line: (01) 842 8118
Type 1 and Type 2 Diabetes	Diabetes Ireland Free Publications	A variety of reliable information leaflets available online to download on all aspects of type 1 and type 2 diabetes and prediabetes.	<a href="http://www.diabetes.ie/downloads/patient-booklets">www.diabetes.ie/downloads/patient-booklets</a>



## Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke Community Healthcare East

Category	Service	What is involved?	How to access?
Type 1 and Type 2 Diabetes	Diabetes Ireland Care Centre	The Diabetes Ireland Care Centres are purpose built units in Santry, Dublin 9 and Mary Street, Cork City. Services available include podiatry, counselling, dietetics, audiology and retina screen. These are provided at reduced rates for members of Diabetes Ireland.	For further information, contact Diabetes Ireland. Tel: (01) 842 8118 Email: <a href="mailto:info@diabetes.ie">info@diabetes.ie</a> <a href="http://www.diabetes.ie">www.diabetes.ie</a>  <b>Diabetes Ireland Care Centre,</b> Northwood Business Campus, Santry, Dublin 9
Type 1 and Type 2 Diabetes	HSE information on Diabetes	General information on diabetes.	<a href="http://www.hse.ie/eng/health/hl/living/diabetes/">www.hse.ie/eng/health/hl/living/diabetes/</a>
Type 1 and Type 2 Diabetes	Long-term Illness Card	Under the Long-Term Illness (LTI) Scheme you can get some drugs, medicines and approved appliances for free from your pharmacy. Certain diseases and disabilities including type 1 and type 2 diabetes are covered by the scheme. There is no means test for the scheme.	<a href="http://www.mykti.ie">www.mykti.ie</a>



## Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke Community Healthcare East

Category	Service	What is involved?	How to access?
Type 1 and Type 2 Diabetes	Chiropody Card	The HSE can provide certain chiropody services to Medical Card holders. The doctor or public health nurse refers patients to the service. Throughout Community Healthcare East there are variations in HSE chiropody card eligibility criteria for people diagnosed with diabetes.	For information on eligibility and for application forms for a chiropody card, please check the ECAD website. <a href="http://www.hse.ie/ecad">www.hse.ie/ecad</a>
Type 1 and Type 2 Diabetes	Diabetes and Driving	Patient information leaflet with advice about driving with diabetes.	<a href="http://www.ndls.ie/images/Documents/Forms/Diabetes-and-Driving.pdf">www.ndls.ie/images/Documents/Forms/Diabetes-and-Driving.pdf</a>
Type 1 and Type 2 Diabetes	Diabetes UK	A UK-based website providing support, education and motivation to people living with diabetes.	<a href="http://www.diabetes.org.uk">www.diabetes.org.uk</a>



## Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke Community Healthcare East

Category	Service	What is involved?	How to access?
<b>Prediabetes</b>	Prediabetes Group Education Programme	A group education programme for people with prediabetes is available in Community Healthcare East. The programme is delivered by a Dietitian and Diabetes Nurse Specialist and runs over 3 sessions with session 1 and 2 a week apart and a follow-up session 6 months later.	GPs and PHNs can refer via a form available from Roisin Kavanagh. Email: <a href="mailto:Roisin.kavanagh@hse.ie">Roisin.kavanagh@hse.ie</a> For further information go to: <a href="http://www.hse.ie/ecad">www.hse.ie/ecad</a>
<b>Type 1 and Type 2 Diabetes and Prediabetes</b>	See also section on Generic Supports		



## Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke Community Healthcare East

Category	Service	What is involved?	How to access?
Heart Conditions	Cardiac Rehabilitation Programme Phase III - Free	<p>The Phase III Cardiac Rehabilitation programme is a 6 week exercise programme designed to improve fitness and promote a return to normal activities after a cardiac event. It takes place 3 times a week in the Cardiac Rehabilitation Unit in St Colmcille's Hospital or twice a week in Arklow for people who live in that area.</p> <p>Each session lasts an hour and it also provides some useful tips and information about topics such as heart disease, risk factors, medications, exercise, stress management, and healthy eating. The Cardiac Rehabilitation team in St Columcille's deliver the programme in both St Columcille's Hospital and in Coral Leisure Centre, Arklow.</p>	<p>Referrals accepted from cardiologists, healthcare professionals and self-referral. Clients who have presented with the following conditions in the past 12 months are suitable to attend:</p> <ul style="list-style-type: none"><li>• Post myocardial infarction</li><li>• Post coronary artery bypass grafting (CABG)/ percutaneous transluminal coronary angioplasty (PTCA)</li><li>• Post valve surgery</li><li>• Stable angina</li><li>• Automated implantable cardioverter defibrillators (AICDs)/pacemakers</li><li>• Mild heart failure post cardiac event.</li></ul> <p>Contact Sophie Charles in the Cardiac Rehabilitation Department of St Columcille's for further information. Tel: (01) 211 5153 Email: <a href="mailto:sophie.charles@hse.ie">sophie.charles@hse.ie</a></p> <p>Programmes are run in: <b>St Columcille's Hospital,</b> Loughlinstown.</p> <p><b>Coral Leisure Centre,</b> Arklow.</p>





## Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke Community Healthcare East

Category	Service	What is involved?	How to access?
Heart Conditions	Cardiac Rehabilitation Programme Phase III - Free	Cardiac Rehabilitation is a programme of exercise and education for people who have had a heart attack or heart surgery or who have heart disease. The programme is twice a week for 6 weeks with each session lasting 2 hours.	Referrals accepted from GPs or hospital consultants. Patients must have had a recent cardiac event.  For further information, contact Anne Vaughan: <b>St Michael's Hospital</b> , Cardiac Rehabilitation Department. Tel: (01) 663 9839 Email: <a href="mailto:cardiacrehab@stmichaels.ie">cardiacrehab@stmichaels.ie</a>
Heart Conditions	Cardiac Rehabilitation Programme Phase III - Free	The Cardiac Rehabilitation Programme in St. Vincent's University Hospital is a six week exercise and education programme.	Referrals accepted from GPs and Cardiologists.  For further information, contact: <b>St Vincent's University Hospital</b> , Cardiac Rehabilitation Department. Tel: (01) 221 4957



## Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke Community Healthcare East

Category	Service	What is involved?	How to access?
Heart Conditions	Cardiac Rehabilitation Programme Phase III - Private	<p>Heart 2 Heart cares for clients who have come through a cardiac event to assist the recovery through monitored and controlled exercise training and lifestyle change.</p> <p>Heart 2 Heart, in conjunction with University College Dublin (UCD) Sport, offer an initial assessment to establish current levels of ability and then prescribe an appropriate exercise training regime under the guidance of a fully qualified specialist physiotherapist. Courses run in UCD and Mount Merrion.</p>	<p>For further information, contact Karen Cradock</p> <p><b>UCD Sport &amp; Fitness</b>, Belfield, Dublin 4 Tel: (01) 716 3870 Email: <a href="mailto:betterhearts@ucd.ie">betterhearts@ucd.ie</a> <a href="http://www.ucd.ie/sportfacilities/betterheartsandbetterbones/">www.ucd.ie/sportfacilities/betterheartsandbetterbones/</a></p> <p><b>Mount Merrion Community Centre</b> Email: <a href="mailto:info@h2hcardiacphysio.com">info@h2hcardiacphysio.com</a> Tel: (087) 766 7465</p> <p>Cost €150 for 6 sessions and €100 for assessment.</p>



## Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke Community Healthcare East

Category	Service	What is involved?	How to access?
Heart Conditions	Cardiac Rehabilitation Programme Phase III - Private	Cardiac Rehabilitation is a programme of exercise and education for people who have had a heart attack or heart surgery or who have heart disease. The programme is twice a week for 6 weeks with each session lasting about 90 minutes.	<b>Beacon Hospital:</b> Contact the Physiotherapy Department for further information. Tel: (01) 293 6692 <a href="http://www.beaconhospital.ie">www.beaconhospital.ie</a> Cost is €300 for 12 Sessions.
Heart Conditions	Cardiac Rehabilitation Programme Phase IV - Private	The phase IV programme offers a continuum of care following the Phase III programme. At each session, blood pressure and heart rate is monitored. A warm-up is completed followed by 6 exercise stations. Each station is designed and adjusted for each individual's specific needs and capabilities. These are then followed by a cool down. The programmes run continuously throughout the year.	For further information, contact Karen Cradock  Heart2Heart Cardiac Physiotherapy: <b>UCD Sport &amp; Fitness</b> Belfield, Dublin 4 Tel: (01) 716 3870 Email: <a href="mailto:betterhearts@ucd.ie">betterhearts@ucd.ie</a> <a href="http://www.h2hcardiacphysio.com">www.h2hcardiacphysio.com</a> <b>Mount Merrion Community Centre</b> Email: <a href="mailto:info@h2hcardiacphysio.com">info@h2hcardiacphysio.com</a> Tel: (087) 766 7465  Cost is €150 for 6 euros and €100 for an assessment



## Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke Community Healthcare East

Category	Service	What is involved?	How to access?
Heart Conditions	Phase IV Cardiac Rehabilitation Programme	This programme is for individuals who have completed the phase III hospital based cardiac rehabilitation programme, and who wish to continue exercising. The programme is supervised by an exercise instructor who is qualified in cardiac rehabilitation. Participants must have completed the phase III programme in the previous 6 months.	<p>Elaine Murphy <b>dIrl Leisure Meadowbrook</b>, Broadford Road, Ballinteer, Dublin 16. Tel: (01) 299 5610</p> <p>Paul Murphy <b>dIrl Leisure Monkstown</b>, Monkstown Ave, Co Dublin. Tel: (01) 230 1458 Email: pmurphy@dIrlreisure.ie</p> <p>Healthy Beats <b>Newpark School Sports Centre</b>, Newtownpark Avenue, Co Dublin Tel: (01) 288 3720 or (01) 283 3037 Email: info@newparksportscentre.ie</p>



## Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke Community Healthcare East

Category	Service	What is involved?	How to access?
Heart Conditions	Dental	Studies have shown that gum disease is associated with an increased risk of developing heart disease. Poor dental health increases the risk of a bacterial infection in the blood stream, which can affect the heart valves and this is particularly important in people with artificial heart valves. Tooth loss patterns have also been connected to coronary artery disease.	<p><b>Adults aged 16 and over with a medical card:</b> Treatment is provided under the Dental Treatment Service Scheme (DTSS). People with complex cardiac conditions and/or taking certain medications e.g. Warfarin or similar may be deemed 'Exceptional/ High Risk' under the DTSS and are entitled to an enhanced level of care. For further information go to: <a href="http://www.hse.ie/eng/services/list/2/dental/">www.hse.ie/eng/services/list/2/dental/</a></p> <p><b>Adults aged 16 and over without a medical card:</b> The Dental Treatment Benefit Scheme is available to PRSI insured workers (including self-employed and farmers) and retired people. For further information go to: <a href="http://www.welfare.ie/en/Pages/Treatment-Benefit1.aspx">www.welfare.ie/en/Pages/Treatment-Benefit1.aspx</a></p>



## Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke Community Healthcare East

Category	Service	What is involved?	How to access?
Heart Conditions	IACR: Irish Association for Cardiac Rehabilitation	National site providing information on cardiac rehabilitation in Ireland including a detailed directory.	<a href="http://www.iacronline.ie">www.iacronline.ie</a>
Heart Conditions	Irish Heart Foundation Website	Provides support, education and information for people living with heart conditions and stroke.	Tel: (01) 668 5001 Email: <a href="mailto:info@irishheart.ie">info@irishheart.ie</a> <a href="http://www.irishheart.ie">www.irishheart.ie</a>
Heart Conditions	Irish Heart Foundation Information Leaflets	A variety of reliable information leaflets available to download on heart conditions including heart attacks, heart surgery, angina, stroke and heart failure.	<a href="http://www.irishheart.ie/publications/">www.irishheart.ie/publications/</a>
Heart Conditions	National Driver Licence Service - Information about Driving with a Heart Condition	Cardiac Conditions and Driving - A leaflet giving an overview of driving with a heart condition.	<a href="http://www.ndls.ie/images/Documents/Forms/Cardiac-Conditions-and-Driving.pdf">www.ndls.ie/images/Documents/Forms/Cardiac-Conditions-and-Driving.pdf</a>



## Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke Community Healthcare East

Category	Service	What is involved?	How to access?
Heart Conditions	Croí - The West of Ireland Cardiac and Stroke Foundation	Provides support, information and education to people living with heart conditions.	<a href="http://www.croi.ie">www.croi.ie</a>
Heart Conditions	British Heart Foundation Website	Provides support, education and motivation to people living with heart conditions and stroke.	<a href="http://www.bhf.org.uk">www.bhf.org.uk</a>
Heart Conditions	British Heart Foundation Information Leaflets	A variety of reliable information leaflets available to download or order on heart conditions and risk factors. Includes recipe books.	<a href="http://www.bhf.org.uk/information-support/publications">www.bhf.org.uk/information-support/publications</a>
Heart Failure	Heart Failure Programme in St Michael's and St Vincent's Hospitals	Consultant led multidisciplinary heart failure programme.	Consultant or GP referral to: <b>Heart Failure Unit,</b> <b>St Michael's Hospital</b> Tel: (01) 663 9873 <a href="http://www.stmichaels.ie/departments/heart-failure-unit/">www.stmichaels.ie/departments/heart-failure-unit/</a>



## Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke Community Healthcare East

Category	Service	What is involved?	How to access?
Heart Failure	Heart Failure Rehabilitation Programme	The Heart Failure Rehabilitation Programme is an 8 week exercise and education programme for people suffering from heart failure. The programme takes place in St Vincents University Hospital.	To be eligible for the programme, patients must be attending the Heart Failure Unit in St Michael's Hospital. Referrals are only accepted from the Clinical Nurse Specialist (CNS) or Non Consultant Hospital Doctors (NCHD) from the heart failure unit.  For more information, contact Eimear Dolan, Cardiac Rehabilitation Unit, <b>St Vincent's University Hospital</b> Tel: (01) 221 4467
Heart Failure	Heart Failure Website	Source of reliable information and resources for people with heart failure.	<a href="http://www.heartfailurematters.org">www.heartfailurematters.org</a>
Heart Failure	Heart Failure Website	Ireland's national heart failure charity. Source of reliable information and resources for people with heart failure.	<a href="http://www.heartbeat-trust.ie">www.heartbeat-trust.ie</a>





## Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke Community Healthcare East

Category	Service	What is involved?	How to access?
Heart Failure	The Heartbeat Trust Heart Failure Self-Care Plan	Heart failure self-care plan to support a person with heart failure to self-manage.	<a href="http://www.heartbeat-trust.ie/wp-content/uploads/2016/05/traffic_light_guide_a4_print.pdf">www.heartbeat-trust.ie/wp-content/uploads/2016/05/traffic_light_guide_a4_print.pdf</a>
Heart Failure	The Heartbeat Trust Heart Failure Self-Care Plan	Heart failure toolkit which contains information, links, videos and support for people living with Heart Failure as well as their families and friends.	<a href="http://www.heartbeat-trust.ie/heart-failure-toolkit/">www.heartbeat-trust.ie/heart-failure-toolkit/</a>
Heart Conditions	See also section on Generic Supports		



## Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke Community Healthcare East

Category	Service	What is involved?	How to access?
Stroke	Irish Heart Foundation Website	Provides support, education and information for people living with heart conditions and stroke.	Tel: (01) 668 5001 Email: <a href="mailto:info@irishheart.ie">info@irishheart.ie</a> <a href="http://www.irishheart.ie">www.irishheart.ie</a>
Stroke	Irish Heart Foundation Information Leaflets	A variety of reliable information leaflets available to download on heart conditions including heart attacks, heart surgery, angina, stroke and heart failure.	<a href="http://www.irishheart.ie/publications/">www.irishheart.ie/publications/</a>
Stroke	Irish Heart Foundation Stroke Support Groups	<p>Irish Heart Foundation Stroke Support Groups provide a place for people affected by stroke to come together to share their experiences. The groups provide information, raise awareness and offer support and advice on stroke to stroke survivors, their carers and families.</p> <p>Groups also provide activity programmes, guest speakers and recreational trips and services such as physiotherapy and counselling. Programmes run for 2 hours once a week.</p>	<p><b>Dundrum Stroke Support Group</b> Bridie Lyons: (086) 389 3943</p> <p><b>Dún Laoghaire Stroke Support Group</b> Helena Heffernan: (086) 130 0237</p> <p>For more information on stroke support groups, go to: <a href="http://www.irishheart.ie/get-support/">www.irishheart.ie/get-support/</a></p>



## Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke Community Healthcare East

Category	Service	What is involved?	How to access?
Stroke	Aphasia Support - We're Living it	Peer support group which meets monthly for an hour and a half	For more information, contact Aisling Creed, Senior Speech and Language Therapist. Tel: (01) 669 9314 Email: <a href="mailto:aisling.creed@hse.ie">aisling.creed@hse.ie</a>  <b>Baggot Street Community Hospital,</b> Upper Baggot Street, Dublin 4
Stroke	Let's Chat Group	Let's Chat is a group for people living with stroke with a focus on conversational practice and social interaction. The group meet every 3 weeks.	For more information, contact: Aisling Creed, Senior Speech and Language Therapist. Tel: (01) 669 9314 Email: <a href="mailto:aisling.creed@hse.ie">aisling.creed@hse.ie</a>  <b>Baggot Street Community Hospital,</b> Upper Baggot Street, Dublin 4



## Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke Community Healthcare East

Category	Service	What is involved?	How to access?
Stroke	Communication Support Group	<p>This is a group for people living with an acquired communication difficulty. The aims of the group are:</p> <ul style="list-style-type: none"><li>• To create opportunities to meet other people.</li><li>• To develop communication strategies and practice these communication strategies.</li></ul> <p>Family members and friends are also welcome to attend.</p>	<p>This service is for people who live in the Dublin South East catchment.</p> <p>To access the group, you must first be assessed by the Primary Care Speech and Language Therapist (SLT) who will determine if the group is appropriate for you. Referrals to primary care SLT services are accepted from healthcare professionals. You can also refer yourself.</p> <p>Speech and Language Therapy for Adults, <b>Ballinteer Health Centre</b>, Ballinteer Avenue, Dublin 16.</p> <p>Contact: Elaine McCaughley Tel: (086) 049 6391 elaine.mccaughley@hse.ie</p> <p>Sophie Furey Tel: (086) 703 7908 Sophie.Furey@hse.ie</p>



## Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke Community Healthcare East

Category	Service	What is involved?	How to access?
Stroke	HSE Stroke Support Group	<p>Support group for those who have had a stroke, their families and carers. It runs monthly with guest speakers invited for educational sessions, followed by a cup of tea and a chat.</p> <p>It will provide you with the opportunity to learn about specific stroke-related topics and a chance to meet and share your experiences with other families in the same situation. The group is free and open to anybody living in the South Dublin/Co. Wicklow area.</p>	<p><b>Wicklow Stroke Support Group</b> Primary Care Centre Newtownmountkennedy Co Wicklow</p> <p>Contact: Eleanor Meally Tel: (01) 274 4298 or Email: <a href="mailto:eleanor.meally@hse.ie">eleanor.meally@hse.ie</a></p>
Stroke	'Life after Stroke' Online Support Group for Young Stroke Survivors	<p>Hosted on Facebook - This forum aims to create an engaging private online network to enable working age survivors and their close family members to talk to others affected by stroke, share experiences and find information in confidence.</p>	<p>New members can join by using this link: <a href="http://www.facebook.com/groups/143802206262536">www.facebook.com/groups/143802206262536</a></p> <p>You can also contact Tracy Egan Email: <a href="mailto:tegan@irishheart.ie">tegan@irishheart.ie</a></p>



## Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke Community Healthcare East

Category	Service	What is involved?	How to access?
Stroke	Acquired Brain Injury Ireland	<p>Acquired Brain Injury Ireland is the country's leading provider of support and services for those of working age (18 - 65 years) living with and recovering from acquired brain injury. They provide both short and long-term rehabilitation services to people with brain injury and their families through residential, clinical, community rehabilitation and clubhouse services.</p> <p>All services are supported by local managers and a regional clinical team, including access to neuropsychology and occupational therapy, which works together with community rehabilitation assistants as part of an interdisciplinary team.</p>	<p>Referrals accepted from healthcare professionals. Referral forms available online at: <a href="http://www.abiireland.ie">www.abiireland.ie</a> Email: <a href="mailto:info@abiireland.ie">info@abiireland.ie</a></p> <p>Please send forms to: ABI- Referrals Coordinator, 13 Northumberland Avenue, Dún Laoghaire. Tel: (01) 280 4164</p>



## Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke Community Healthcare East

Category	Service	What is involved?	How to access?
Stroke	Headway	<p>Headway provides day time person-centred services based on an assessment of a person's needs and their own goals for recovery to assist people living with Acquired Brain Injury (including stroke). Services can be 1 to 1 or group. Service users range from people who require support with Activities of Daily Living (ADLs) to those studying, working or seeking to return to work.</p> <p>Headway holds family member-only meetings once a month in Dublin. This provides education, support and relaxation to people who live with, or care for, someone with a brain injury.</p> <p>One to one individual and /or family support to those over 18 is also available. This includes counselling, providing information about living with stroke and signposting to suitable services.</p>	<p>Application forms are available online or from: Dublin Office: (01) 604 0800 Brain injury/Stroke Info &amp; Support Line: 1800 400 478 (Freephone) <a href="http://www.headway.ie">www.headway.ie</a></p>



## Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke Community Healthcare East

Category	Service	What is involved?	How to access?
Stroke	National Rehabilitation Hospital (NRH)	The NRH accepts referrals for adults to both the inpatient and outpatient services for people post stroke who require complex specialist rehabilitation services.	<a href="http://www.nrh.ie">www.nrh.ie</a>
Stroke	National Rehabilitation Hospital Patient and Family Information Leaflets	The NRH have created a range of patient and family information and education leaflets for use during and after an acquired brain injury rehabilitation. Topics include nutrition, alcohol and driving.	<a href="http://www.nrh.ie/patients-families-and-visitors/patient-family-information-leaflets/">www.nrh.ie/patients-families-and-visitors/patient-family-information-leaflets/</a>





## Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke Community Healthcare East

Category	Service	What is involved?	How to access?
Stroke	Stroke Rehabilitation Team	<p>The Stroke Rehabilitation Team offers an outpatient rehabilitation service to adults of all ages who have had a stroke. A review service is also available to people in the community who have been living with stroke for many years and may have further potential for recovery, new concerns or unanswered questions.</p> <p>The team includes a physiotherapist, occupational therapist, speech and language therapist, rehabilitation assistant and a sessional dietitian.</p>	<p>Referrals accepted from GPs and hospital consultants.</p> <p>For further information, contact the Stroke Team: <b>Baggot Street Community Hospital</b> Upper Baggot Street, Dublin 4 Tel: (01) 669 9373 Email: <a href="mailto:strokerehabunit.baggot@hse.ie">strokerehabunit.baggot@hse.ie</a></p>
Stroke	British Heart Foundation Website	Provides support, education and motivation to people living with heart conditions and stroke.	<a href="http://www.bhf.org.uk">www.bhf.org.uk</a>



## Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke Community Healthcare East

Category	Service	What is involved?	How to access?
Stroke	British Heart Foundation Publications	A variety of reliable information leaflets available to download or order on heart conditions and risk factors. Includes recipe books.	<a href="http://www.bhf.org.uk/information-support/publications">www.bhf.org.uk/information-support/publications</a>
Stroke	Croí: The West of Ireland Cardiac and Stroke Foundation Website	Provides support, information and education for people living with stroke.	<a href="http://www.croi.ie">www.croi.ie</a>
Stroke	See also section on Generic Supports		



## Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke Community Healthcare East

Category	Service	What is involved?	How to access?
<b>GENERIC SUPPORTS</b>			
<b>Allowances and Entitlements</b>	<b>Carer's Allowance</b>	<p>Carer's Allowance is a payment made by the Department of Social and Family Affairs for carers who are looking after someone who is in need of support because of age, physical or learning disability or illness, including mental illness.</p> <p>It is a means tested payment and mainly paid to carers on low incomes who live with and look after certain people in need of full-time care and attention. Carers usually live with the person they are caring for but it is not essential to do so.</p>	<p>For more information visit the HSE website:  <a href="http://www.hse.ie/eng/services/list/4/olderpeople/carersrelatives/carers-allowance.html">www.hse.ie/eng/services/list/4/olderpeople/carersrelatives/carers-allowance.html</a></p>



## Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke Community Healthcare East

Category	Service	What is involved?	How to access?
Allowances and Entitlements	Drugs Payment Scheme	<p>Under the Drugs Payment Scheme (DPS) an individual or family will pay no more than €124 each calendar month for:</p> <ul style="list-style-type: none"> <li>• Approved prescribed drugs and medicines</li> <li>• Rental costs for a continuous positive airway pressure (CPAP) machine</li> <li>• Rental costs for oxygen</li> </ul> <p>If you don't have a medical card and you pay more than €124 a month for any of these, you should apply.</p>	<p>For further information go to: <a href="http://www2.hse.ie/services/drugs-payment-scheme/drugs-payment-scheme-card.html">www2.hse.ie/services/drugs-payment-scheme/drugs-payment-scheme-card.html</a></p>
Allowances and Entitlements	GP Visit Card	<p>A GP visit card entitles the owner to visit a participating family doctor (GP) for free. The GP visit card does not cover hospital charges. Prescribed drugs are not free but may be covered by the Drugs Payment Scheme.</p>	<p>For further information go to: <a href="http://www2.hse.ie/services/gp-visit-cards/gp-visit-cards.html">www2.hse.ie/services/gp-visit-cards/gp-visit-cards.html</a></p>



## Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke Community Healthcare East

Category	Service	What is involved?	How to access?
Allowances and Entitlements	Long-Term Illness Card	<p>Under the Long-Term Illness (LTI) Scheme you can get some drugs, medicines and approved appliances for free from your pharmacy. Certain diseases and disabilities including type 1 and type 2 diabetes are covered by the scheme.</p> <p>There is no means test for the scheme.</p>	For further information go to: <a href="http://www.mykti.ie">www.mykti.ie</a>
Allowances and Entitlements	Medical Card	<p>Medical cards entitle the owner and normally, your dependant spouse or partner and your children to certain health services, for example, GP free of charge and medications at reduced cost. To qualify for a medical card, your weekly income must be below a certain figure for your family size.</p>	For further information go to: <a href="http://www2.hse.ie/medical-cards/">www2.hse.ie/medical-cards/</a>



## Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke Community Healthcare East

Category	Service	What is involved?	How to access?
<b>Chronic Disease Self-management Program</b>	Living Well with Arthritis - Generic Programme	For adults living with arthritis and other health conditions. Teaches action planning and problem solving skills. Two and a half hours per week over 6 weeks. Cost is €32 waged and €24 for medical card holders.	To book onto a course go to: <a href="http://www.arthritisireland.ie/go/programmes_events/about_self_management">www.arthritisireland.ie/go/programmes_events/about_self_management</a> or phone the Arthritis Ireland helpline on 1890 252 846
<b>Drugs and Alcohol</b>	Ask about Alcohol Website	Reliable information and support about alcohol. Includes a service finder which provides contact details about local support groups.	<a href="http://www.askaboutalcohol.ie">www.askaboutalcohol.ie</a>
<b>Drugs and Alcohol</b>	Drugs.ie	Drugs and alcohol information and support including a directory of services.	<a href="http://www.drugs.ie">www.drugs.ie</a>
<b>Drugs and Alcohol</b>	HSE Drugs and Alcohol Helpline	A free confidential place where anyone can talk through their concerns about drugs or alcohol, get information about services and consider the options available to them to improve their situation.	Freephone: 1800 459 459 Monday - Friday, 9.30 am - 5.30 pm Email: <a href="mailto:helpline@hse.ie">helpline@hse.ie</a>



## Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke Community Healthcare East

Category	Service	What is involved?	How to access?
Emergency Health Services	Community Intervention Teams	<p>A Community Intervention Team (CIT) is a specialist, nurse-led health professional team which provides a rapid and integrated response to a patient with an acute episode of illness who requires enhanced services/acute intervention for a defined short period of time.</p> <p>This may be provided at home, in a residential setting or in the community as deemed appropriate, thereby avoiding acute hospital attendance or admission, or facilitating early discharge. The service operates 7 days a week.</p>	<p>Referrals are accepted from GPs and hospital teams only.</p> <p><b>Dublin South Community Intervention Team:</b> (covering Dublin South East extending to Little Bray) Tel: (087) 979 2589 or (01) 498 7100 (from 9.30 am - 9.30 pm)</p> <p><b>Caredoc Community Intervention Team:</b> (covering South Wicklow, Co. Carlow, Co. Kilkenny, Co. Waterford and South Tipperary) Tel: 0818 300 030</p>
Emergency Health Services	Emergency Services	Call 112 or 999 when someone is seriously ill or injured or their life is at risk.	Tel: 112 or 999



## Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke Community Healthcare East

Category	Service	What is involved?	How to access?
Emotional and Mental Wellbeing Supports		<p>If you, a member of your family or someone you know is in distress, help is available. In the first instance, contact your GP. If it is late in the evening or at the weekend, call your local GP Out of Hours Service. You can also go to the Emergency Department in your nearest hospital, or you can contact Emergency Services on 112 or 999. Other useful services are listed below. For a list of services and phone numbers that can offer help, go to Connecting for Life: <a href="http://www.hse.ie/eng/services/list/4/mental-health-services/connecting-for-life/strategy-implementation/local-action-plans/crisis-numbers-cho-6.pdf">www.hse.ie/eng/services/list/4/mental-health-services/connecting-for-life/strategy-implementation/local-action-plans/crisis-numbers-cho-6.pdf</a></p>	
Emotional and Mental Wellbeing Supports	Aware	<p>Provides support and information to people experiencing depression and bipolar condition. Provides a free support line, support email and local support groups. Provides information and local and online life skills training.</p>	<p>Tel: 1800 80 48 48            Email: <a href="mailto:supportmail@aware.ie">supportmail@aware.ie</a>  <a href="http://www.aware.ie">www.aware.ie</a>            Local depression and bipolar support and self-care groups.</p> <p><b>Bray:</b> Villa Pacis Centre, in grounds of Our Lady Queen of Peace Church, Putland Road, Bray (every Wednesday at 7.30pm)</p> <p><b>Cabinteely:</b> Family Life Centre, Rear of St Brigids Church, Cabinteely (every Wednesday at 7.30 pm)</p> <p><b>Dublin 4:</b> Aware Office, 9 Upper Leeson St, Dublin 4 (every Sunday at noon)</p>





## Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke Community Healthcare East

Category	Service	What is involved?	How to access?
Emotional and Mental Wellbeing Supports	Connecting for Life	'Numbers when you need them' is a leaflet listing supports, information helplines, addiction services and counselling services available in Community Healthcare East.	<a href="http://www.hse.ie/eng/services/list/4/mental-health-services/connecting-for-life/strategy-implementation/local-action-plans/crisis-numbers-cho-6.pdf">www.hse.ie/eng/services/list/4/mental-health-services/connecting-for-life/strategy-implementation/local-action-plans/crisis-numbers-cho-6.pdf</a>
Emotional and Mental Wellbeing Supports	Counselling in Primary Care (CIPC)	Short-term general counselling for people with a medical card. Suitable for persons experiencing depression, anxiety, relationship problems, loss issues etc.	Referral by GP or members of the Primary Care Team with the GP's awareness.  Enquiries to counselling co-ordinator: Tel: (01) 280 5862 <a href="http://www.hse.ie/eng/services/list/4/mental-health-services/counsellingpc/">www.hse.ie/eng/services/list/4/mental-health-services/counsellingpc/</a>



## Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke Community Healthcare East

Category	Service	What is involved?	How to access?
Emotional and Mental Wellbeing Supports	Grow	<p>GROW is a Mental Health Organisation which helps people who are feeling lonely, isolated, stressed, have suffered or are suffering from mental health problems.</p> <p>Members are helped to recover from all forms of mental breakdown, or indeed, to prevent such happening. Free confidential weekly group meetings are held in venues in Community Healthcare East.</p>	<p>Find your local support group at:  <a href="http://www.grow.ie">www.grow.ie</a>            Tel: 1890 474 474</p> <p><b>GROW Eastern Region</b>            Email: <a href="mailto:easternregion@grow.ie">easternregion@grow.ie</a>            Tel: (057) 935 1124</p>
Emotional and Mental Wellbeing Supports	LittleThings Mental Health Campaign	The LittleThings campaign focuses on the little things that we can all do to protect our own mental health, and support the people we care about.	<a href="http://www2.hse.ie/services/campaigns/littlethings/about-littlethings.html">www2.hse.ie/services/campaigns/littlethings/about-littlethings.html</a>
Emotional and Mental Wellbeing Supports	Low Cost Counselling	Counselling via local family resource centres.	Check under local family resource centre listing on: <a href="http://www.familyresource.ie">www.familyresource.ie</a>



## Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke Community Healthcare East

Category	Service	What is involved?	How to access?
<b>Emotional and Mental Wellbeing Supports</b>	Mental Health Ireland	<p>Mental Health Ireland is a national voluntary organisation which aims to promote positive mental health and wellbeing to all individuals and communities in Ireland. Area development officers deliver awareness-raising initiatives and targeted education and training programmes on mental health issues in a variety of settings in local communities.</p> <p>Mental Health Ireland has several mental health associations in Community Healthcare East which provide a range of supports for people with mental health conditions.</p>	<p>www.mentalhealthireland.ie            Tel: (01) 284 1166            Email: <a href="mailto:info@mentalhealthireland.ie">info@mentalhealthireland.ie</a></p>



## Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke Community Healthcare East

Category	Service	What is involved?	How to access?
Emotional and Mental Wellbeing Supports	Mental Health Booklets	Link to a range of booklets on mental health in English and other languages to download or order.	<a href="http://www.hse.ie/eng/services/list/4/mental-health-services/nosp/resources/booklets/">www.hse.ie/eng/services/list/4/mental-health-services/nosp/resources/booklets/</a>
Emotional and Mental Wellbeing Supports	Private Counsellors	Clients who wish to access counselling or psychotherapy privately.	<p><b>The Irish Association of Counselling and Psychotherapy (IACP)</b> Tel: (01) 230 3536 <a href="http://www.iacp.ie">www.iacp.ie</a></p> <p><b>The Irish Council for Psychotherapy (ICP)</b> Tel: (01) 905 8658 <a href="http://www.psychotherapycouncil.ie">www.psychotherapycouncil.ie</a></p> <p><b>The Psychological Society of Ireland (PSI)</b> Tel: (01) 472 0105 <a href="http://www.psychologicalsociety.ie">www.psychologicalsociety.ie</a></p> <p><b>Irish Association for Humanistic Psychotherapy (IAHIP)</b> Tel: (01) 284 1665 <a href="http://www.iahip.org">www.iahip.org</a></p>



## Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke Community Healthcare East

Category	Service	What is involved?	How to access?
Emotional and Mental Wellbeing Supports	Samaritans	Samaritans telephone, text and email service is available 24 hours a day for confidential, non-judgemental emotional support. Face to face support is offered during opening hours.	<p>Tel: Freephone 116 123            Text: (087) 260 9090            (standard rates apply)            Email: <a href="mailto:jo@samaritans.ie">jo@samaritans.ie</a>  <a href="http://www.samaritans.ie">www.samaritans.ie</a></p> <p><b>Dublin Samaritans:</b> 112 Marlborough Street, Dublin 1.            Opening hours: 10 am - 10 pm daily</p> <p><b>East Coast Samaritans:</b> 55 Main St, Arklow, Co. Wicklow. Open for face to face support on Monday, Wednesday, Thursday and Saturday from 5.30 pm - 8.30 pm.</p>
Emotional and Mental Wellbeing Supports	Seniorline	National confidential listening service for older people provided by trained older volunteers.	<p>Seniorline            Tel: 1800 804 591 (Lines open every day from 10 am-10 pm)</p>



## Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke Community Healthcare East

Category	Service	What is involved?	How to access?
Emotional and Mental Wellbeing Supports	Stress Control	Six week community based programme for adults living in the catchment area, who would like to learn how to better manage stress in their lives. The course includes handouts to support weekly sessions lasting 90 minutes. These courses are delivered by HSE Psychology services.	Self referral. For further information, please contact: <b>Dublin South East:</b> Tel: (01) 268 3360/413  <b>Dún Laoghaire:</b> Vanessa Coffey Tel: (01) 236 2892 Email: <a href="mailto:Vanessa.coffey@hse.ie">Vanessa.coffey@hse.ie</a>  <b>Wicklow:</b> Tel: (076) 695 9076
Emotional and Mental Wellbeing Supports	Your Mental Health	Comprehensive website containing information, supports and services available in the Republic of Ireland.	<a href="http://www.yourmentalhealth.ie">www.yourmentalhealth.ie</a>



## Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke Community Healthcare East

Category	Service	What is involved?	How to access?
Employment	EmployAbility	<p>EmployAbility Service is an employment and recruitment service that assists people with a health condition, injury, low mood, mental health illness or disability to secure and maintain a job in the open labour market. It is suitable for people with a health condition, injury, illness or disability who are job ready and need a level of support to succeed in long-term and sustainable employment.</p> <p>EmployAbility Services provide a range of supports through Job Coaches. These include:</p> <ul style="list-style-type: none"> <li>• Individual needs assessment</li> <li>• Vocational profiling</li> <li>• Career planning</li> <li>• Individual employment plan</li> <li>• Job sourcing and job matching</li> <li>• On-the-job support and coaching</li> <li>• Advice and support to employers</li> <li>• Follow-up support and mentoring to both employers and employees.</li> </ul>	<p><b>EmployAbility Service Dublin South:</b> Unit 16A Nutgrove Enterprise Park, Nutgrove Way, Rathfarnham, Dublin 14 Tel: (01) 495 1992 Email: <a href="mailto:info@dsse.ie">info@dsse.ie</a> <a href="http://www.dsse.ie/">www.dsse.ie/</a></p> <p><b>EmployAbility Service Wicklow:</b> 3rd Floor Avoca River House, North Quay, Arklow, Co Wicklow Tel: (0402) 29724</p> <p><b>EmployAbility Service Wicklow:</b> 4 The Mill Building, The Maltings, Bray, Co Wicklow Tel: (01) 211 6474</p> <p><b>EmployAbility Service Wicklow:</b> Wicklow Enterprise Centre, The Murrough, Wicklow Town Tel: (0404) 20417 Email: <a href="mailto:info@employabilitywicklow.ie">info@employabilitywicklow.ie</a> <a href="http://www.employabilitywicklow.ie">www.employabilitywicklow.ie</a></p>



## Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke Community Healthcare East

Category	Service	What is involved?	How to access?
Financial Supports	Better Energy Warmer Homes Scheme	The Better Energy Warmer Homes Scheme aims to improve the energy efficiency and warmth of homes owned by people on low incomes. It is operated by the Sustainable Energy Authority of Ireland (SEAI).	Sustainable Energy Authority of Ireland (SEAI) Tel: (01) 808 2100 <a href="http://www.seai.ie">www.seai.ie</a>
Financial Supports	Housing Adaptation Grants	There are a number of grants and schemes available for older people and people with a disability to make adaptations to meet their needs.	<a href="http://www.citizensinformation.ie/en/housing/housing_grants_and_schemes/">www.citizensinformation.ie/en/housing/housing_grants_and_schemes/</a>
Financial Supports	Home Energy Grants -Sustainable Energy Authority of Ireland (SEAI)	The SEAI home energy grants are available to all homeowners. There are a variety of grants available such as insulation grants or solar water heating grants.	For further information about the SEAI Home Energy Grants: Tel: 1850 927 000 Email: <a href="mailto:info@betterenergyhomes.ie">info@betterenergyhomes.ie</a> <a href="http://www.seai.ie/grants/home-energy-grants/">www.seai.ie/grants/home-energy-grants/</a>





## Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke Community Healthcare East

Category	Service	What is involved?	How to access?
<b>Financial Supports</b>	Money Advice & Budgeting Service (MABS)	MABS is a free, independent, non-judgemental and confidential service for people who are in debt or at risk of getting into debt. MABS will work with you to determine the type of support you need, including assessing whether it is necessary to meet with a money advisor.	<a href="http://www.mabs.ie">www.mabs.ie</a> Helpline: (076) 107 2000
<b>GP Urgent Out Of Hours Service.</b>	Out of Hours Urgent GP Care	GP out of hours family doctors services are for people with urgent medical problems who need to contact a doctor after surgeries close.	To find out who is providing your GP's out of hours service, please ring your own GP and their out of hours message will direct you to their out of hours service provider. There are a number of GP out of hours cooperatives who deliver this service in Community Healthcare East.  <a href="http://www.edoc.ie/">www.edoc.ie/</a> <a href="http://www.caredoc.ie">www.caredoc.ie</a>  For more information go to: <a href="http://www.hse.ie/eng/services/list/2/gp/out-of-hours-services/">www.hse.ie/eng/services/list/2/gp/out-of-hours-services/</a>



## Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke Community Healthcare East

Category	Service	What is involved?	How to access?
Health Information	Falls Prevention	Information leaflet to prevent falls for the ageing population.	Copy and paste link below into browser to access leaflet on falls prevention: <a href="http://www.hse.ie/eng/services/publications/olderpeople/preventing-falls---information-leaflet.pdf">www.hse.ie/eng/services/publications/olderpeople/preventing-falls---information-leaflet.pdf</a>
Health Information	Falls Prevention Education Booklet	Active and Healthy Ageing Booklet with advice on preventing falls.	Copy and paste link below into browser: <a href="http://www.hse.ie/eng/health/hl/selfmanagement/donegal/programmes-services/falls-prevention/falls-prevention-education-booklet.pdf">www.hse.ie/eng/health/hl/selfmanagement/donegal/programmes-services/falls-prevention/falls-prevention-education-booklet.pdf</a>
Health Information	Health Promotion	Health literature available to order online on a large range of topics including healthy eating, active living, smoking, drugs, alcohol and mental health. Professionals can register to order large quantities.	<a href="http://www.healthpromotion.ie">www.healthpromotion.ie</a>



## Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke Community Healthcare East

Category	Service	What is involved?	How to access?
Health Information	Health Products Regulatory Authority (HPRA)	Protect and enhance public health by regulating medicines, medical devices and other health products.	<a href="http://www.hpra.ie">www.hpra.ie</a>
Health Information	Healthy Ireland	Healthy Ireland is a government-led initiative aimed at improving the health and wellbeing of everyone living in Ireland.	<a href="http://www.gov.ie/en/campaigns/healthy-ireland/">www.gov.ie/en/campaigns/healthy-ireland/</a>
Health Information	HSELive	HSELive is a general information service that provides information to the public relating to the HSE's services and schemes. The service is contactable by phone, e-mail and live-chat. It is open from 8:00 am to 8:00 pm Monday to Friday and from 10:00 am to 5:00 pm on Saturday.	<a href="http://www.hse.ie/eng/hselive/">www.hse.ie/eng/hselive/</a> Callsave: 1850 24 1850 Tel: (041) 685 0300 Email: <a href="mailto:hselive@hse.ie">hselive@hse.ie</a>



## Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke Community Healthcare East

Category	Service	What is involved?	How to access?
Health Information	Making Every Contact Count	The E-learning training programme for healthcare professionals consists of 6 x 30 minute e-learning modules including an introduction to behaviour change, four topic modules on smoking, alcohol and drugs, healthy eating and active living and a skills into practice module. Following completion of the online module there is an opportunity to complete a classroom-based 'Enhancing your Brief Intervention Skills' workshop.	<a href="http://www.makingeverycontactcount.ie">www.makingeverycontactcount.ie</a>
Health Information	Medicines Information	Online information and advice on your medications.	<a href="http://www.medicines.ie">www.medicines.ie</a>



## Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke Community Healthcare East

Category	Service	What is involved?	How to access?
Health Information	National Driver Licence Service	The NDLS website contains guidelines that help doctors and other healthcare professional assess the medical fitness to drive of their patients. It also includes information leaflets on driving with certain medical conditions including diabetes, cardiac conditions and dementia, as well as the impact of medication on driving.	<a href="http://www.ndls.ie/medical-reports.html">www.ndls.ie/medical-reports.html</a>
Health Information	Practical Advice for Staying Well in Winter	Website with practical advice how to stay safe and well during the winter.	<a href="http://www.winterready.ie">www.winterready.ie</a>
Health Information	Practical Advice when sick	Practical advice on how to mind yourself or your family when you're sick. The advice is from doctors and pharmacists in Ireland.	<a href="http://www.undertheweather.ie">www.undertheweather.ie</a>



## Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke Community Healthcare East

Category	Service	What is involved?	How to access?
<b>Health Information</b>	Winter Advice for those with long term health conditions	Website page providing information about how seasonal changes in the winter can affect your health or the health of someone you care for.	<a href="http://www.hse.ie/winter">www.hse.ie/winter</a>
<b>Health Information</b>	Workwell	This website provides information for healthcare workers to support them to be physically and emotionally well throughout their working lives. It provides links to suitable resources and supports.	<a href="http://www.workwell.ie">www.workwell.ie</a>
<b>Healthy Eating and Weight Management</b>	BMI calculator	To discover your body mass index, just select your height, weight, waist and gender and click 'calculate.'	<a href="http://www.safefood.eu/Healthy-Eating/Weight-Loss/BMI-calculator.aspx">www.safefood.eu/Healthy-Eating/Weight-Loss/BMI-calculator.aspx</a>



## Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke Community Healthcare East

Category	Service	What is involved?	How to access?
<b>Healthy Eating and Weight Management</b>	Healthy Food for Life Guidelines	<p>The Healthy Food for Life guidelines and resources provide practical support for individuals and families to make healthier food choices which helps to improve their health and well being.</p> <p>They include a leaflet, infographic of the food pyramid, sample daily meal plans, guidelines on portion sizes and fact sheets.</p>	<p>Download resources from:  <a href="http://www.hse.ie/eng/about/who/healthwellbeing/our-priority-programmes/heal/healthy-eating-guidelines/">www.hse.ie/eng/about/who/healthwellbeing/our-priority-programmes/heal/healthy-eating-guidelines/</a>            or order copies from:  <a href="http://www.healthpromotion.ie">www.healthpromotion.ie</a></p>



## Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke Community Healthcare East

Category	Service	What is involved?	How to access?
Healthy Eating and Weight Management	Healthy Food Made Easy	<p>Six week nutrition and basic cooking courses are run in lots of areas around Dún Laoghaire Rathdown and Wicklow. These courses are fun and interactive and are a great way to learn about food and nutrition, as well as picking up some clever cooking tips.</p> <p>Class sizes are small and last about 2 1/2 hours. Courses are delivered by tutors who have been trained by HSE community dietitians. There may be a nominal fee.</p>	<p>For more information, contact:  <b>Dún Laoghaire Rathdown:</b> Angela Lennon            Tel: (01) 209 0610            Email: <a href="mailto:angela.lennon@sspship.ie">angela.lennon@sspship.ie</a></p> <p><b>Wicklow:</b> Anne Kavanagh            Tel: (0402) 209 55 or (087) 1500 234            Email: <a href="mailto:healthyfood@wicklowpartnership.ie">healthyfood@wicklowpartnership.ie</a></p> <p><a href="http://www.hse.ie/communitycooking">www.hse.ie/communitycooking</a></p>
Healthy Eating and Weight Management	Irish Nutrition and Dietetic Institute (INDI)	<p>The INDI is the professional organisation for dietitians in Ireland. The website is a resource of nutrition news, resources and fact sheets relevant to your work with patients. You can also find out how to access a dietitian, and nutrition services for your patients/clients.</p>	<p><a href="http://www.indi.ie/">www.indi.ie/</a></p>





## Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke Community Healthcare East

Category	Service	What is involved?	How to access?
<b>Healthy Eating and Weight Management</b>	<b>Nutrition Support</b>	<p>People living with long term health conditions are at particular risk of malnutrition. This webpage has information for healthcare professionals and for the public.</p> <p>Healthcare Professionals: The Nutrition Supports toolkit is designed to assist healthcare professionals screen for, and manage malnutrition in the community.</p> <p>Public: These resources are intended for people who have been advised by a trained healthcare professional that they require a high calorie protein diet.</p>	<a href="http://www.hse.ie/nutritionsupports">www.hse.ie/nutritionsupports</a>



## Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke Community Healthcare East

Category	Service	What is involved?	How to access?
Healthy Eating and Weight Management	Programme for Healthy Eating and Weight Management (PHEW) - Free	6 week programme designed for overweight adults delivered by HSE Community Dietitians. Each session lasts for 90 minutes.	<p>You can refer yourself or your healthcare professional can refer you.</p> <p>For further information:            Tel: (01) 2744360            Email: <a href="mailto:mary.doolan1@hse.ie">mary.doolan1@hse.ie</a>            Go to: <a href="http://www.hse.ie/phew">www.hse.ie/phew</a> for details of upcoming courses.</p> <p>PHEW is available in various locations across Community Healthcare East including Balally, Bray, Loughlinstown and Mounttown.</p>
Healthy Eating and Weight Management	Safe Food	Website providing reliable information on food safety and healthy eating. You can also download publications and recipes.	<a href="http://www.safefood.eu">www.safefood.eu</a>



## Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke Community Healthcare East

Category	Service	What is involved?	How to access?
Healthy Eating and Weight Management	Specialist Weight Management Service	<p>Public Weight Management Service for people with a BMI &gt;40 (or &gt;35 with a obesity related co-morbidity e.g. diabetes).</p> <p>Multidisciplinary lifestyle and behaviour change programme delivered by a dietitian, physiotherapist and psychologist.</p> <p>It involves 9 appointments. Suitable people can go on to be referred to the surgical bariatric service.</p>	<p><b>St Columcille's Hospital</b></p> <p>More information and healthcare professional referral information can be found at <a href="http://www.weightmanagement.ie/index.html">www.weightmanagement.ie/index.html</a></p> <p>Please send referrals or queries to: Prof Donal O'Shea or Dr Jean O'Connell, Consultant Endocrinologists, Weight Management Service, St Columcille's Hospital. Tel: (01) 211 5042.</p>



## Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke Community Healthcare East

Category	Service	What is involved?	How to access?
Local Health Services	Community Pharmacist	<p>A pharmacist is a healthcare professional who can assist with your health concerns quickly. They can give information about treatments and explanations on medication interactions. They also offer services such as flu vaccination, blood pressure measurement, cholesterol testing as well as smoking cessation support. They will guide to other health professionals or community services, if needed.</p>	<p>To find your nearest pharmacy, click on: <a href="http://ipu.ie/home/store-locator/">ipu.ie/home/store-locator/</a></p>



## Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke Community Healthcare East

Category	Service	What is involved?	How to access?
Local Health Services	Flu Vaccine	<p>People with long-term health conditions including cancer, their carers, those aged 65 and over, and health-care workers are strongly recommended to get the flu vaccination from September each year.</p>	<p>The flu vaccine is provided by GPs, pharmacies and occupational health departments. If you have a 'Medical Card' or 'GP Visit Card', the flu vaccine and consultation are free. If you do not have a 'Medical Card' or 'GP Visit Card', the flu vaccine is free but you will be charged a consultation fee.</p> <p>For further information go to:  <a href="http://www.hse.ie/eng/health/immunisation/pubinfo/flu-vaccination/about-the-vaccine/">www.hse.ie/eng/health/immunisation/pubinfo/flu-vaccination/about-the-vaccine/</a></p>



## Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke Community Healthcare East

Category	Service	What is involved?	How to access?
Local Health Services	Pneumococcal Vaccine (PPV23)	<p>All adults aged 65 and over are at risk of pneumococcal disease. One dose of PPV23 is recommended for all adults aged 65 and over.</p> <p>One dose of PPV23 is also recommended for all those from 2 years and under 65 years who have a long term medical condition that increases the risk of pneumococcal disease.</p> <p>Some people, for example, those who have had their spleen removed, need a booster PPV23 vaccine after 5 years.</p>	<p>PPV23 is provided by GPs. If you have a 'Medical Card' or 'GP Visit Card' the PPV23 pneumococcal vaccine and consultation are free. If you do not have a 'Medical Card' or 'GP Visit Card', the PPV23 pneumococcal vaccine is free but you will be charged a consultation fee.</p> <p>For further information go to:  <a href="http://www.hse.ie/eng/health/immunisation/hcpinfo/othervaccines/pneumo/">www.hse.ie/eng/health/immunisation/hcpinfo/othervaccines/pneumo/</a></p>



## Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke Community Healthcare East

Category	Service	What is involved?	How to access?
Local Health Services	Hospitals	Acute hospital services.	<p><b>St.Columcille's Hospital</b> Loughlinstown, Co Dublin Tel: (01) 282 5800</p> <p><b>St.Michael's Hospital</b> George's Street Lower, Dún Laoghaire, Co Dublin Tel: (01) 280 6901</p> <p><b>St.Vincent's University Hospital</b> Elm Park, Dublin 4 Tel: (01) 221 4000</p>
Local Health Services	Local Health Centres	Primary Care services cover many of the health or social care services that are found in the community, outside of the hospital.	<a href="http://www.hse.ie/eng/services/list/2/healthcentres/">www.hse.ie/eng/services/list/2/healthcentres/</a>



## Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke Community Healthcare East

Category	Service	What is involved?	How to access?
Palliative Care	Blackrock Hospice Community (Specialist) Palliative Care Team (CPCT)	<p>This service is for people with an advanced, progressive, life-limiting condition. The Community Specialist Palliative Care Team involves the following disciplines - medical, nursing (Clinical Nurse Specialists) and social work.</p> <p>The team works in collaboration with referring teams to manage current or anticipated complexities relating to symptom control, end of life care-planning or other physical, psycho-social or spiritual needs that cannot reasonably be managed by the current provider(s).</p> <p>One Clinical Nurse Specialist (CNS) is on duty over weekends and public holidays. Patients and their families may access a 24 hour advice service.</p>	<p>Referrals to CPCT are made on the National Specialist Palliative Care Referral Form available at: <a href="http://www.hse.ie/eng/about/who/cspd/ncps/palliative-care/resources/referring/">www.hse.ie/eng/about/who/cspd/ncps/palliative-care/resources/referring/</a></p> <p>The referral form is completed by the patient's GP or hospital team with the patient's consent and may be posted or emailed to:</p> <p><b>Blackrock Hospice</b> Our Lady's Hospice &amp; Care Services Sweetman's Avenue, Blackrock, Co. Dublin. Email: <a href="mailto:blackrockhospice@olh.ie">blackrockhospice@olh.ie</a></p> <p>For further information, please contact the Hospice at: Tel: (01) 206 4000</p>





## Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke Community Healthcare East

Category	Service	What is involved?	How to access?
Palliative Care	Day Hospice	<p>The Day Hospice offers specialist palliative care through a therapeutic programme of care. The aim is to assist service users to manage their symptoms and support their physical, emotional, social and spiritual needs.</p> <p>This is a specialist service for patients with advanced progressive life-limiting illness. These services are provided by the multidisciplinary team of physiotherapists (aquatic and land-based), occupational therapist, complimentary therapist, nurses, social worker and psychologist.</p> <p>Programme/supports on offer include:</p> <ul style="list-style-type: none"> <li>• Symptom management ie breathlessness management, fatigue management and pain management</li> <li>• Exercise programmes</li> <li>• Psychosocial support</li> <li>• Advice and support around medication management</li> <li>• Mindfulness</li> <li>• Nursing review</li> </ul>	<p>Referrals to Day Hospice are made on the National Specialist Palliative Care Referral Form available at: <a href="http://www.hse.ie/eng/about/who/cspd/ncps/palliative-care/resources/referring/">www.hse.ie/eng/about/who/cspd/ncps/palliative-care/resources/referring/</a></p> <p>The referral form is completed by the patient's GP or hospital team with the patient's consent and may be posted or emailed to:</p> <p><b>Blackrock Hospice</b> Our Lady's Hospice &amp; Care Services Sweetman's Avenue, Blackrock, Co. Dublin. Email: <a href="mailto:blackrockhospice@olh.ie">blackrockhospice@olh.ie</a></p> <p>For further information, please contact the Hospice at: Tel: (01) 206 4000</p>



## Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke Community Healthcare East

Category	Service	What is involved?	How to access?
<p><b>Physical Activity</b></p>	<p>Age &amp; Opportunity: Go for Life</p>	<p>Go for Life, an Age &amp; Opportunity SPORT initiative, is the national programme for sport and physical activity for older people in Ireland and entails:</p> <p><b>Go for Life Games:</b> sportfests and regional games and activities being played all over the country by various groups and organisations supported by Local Sports Partnerships.</p> <p><b>Go for Life Physical Activity Leaders (PALs):</b> workshops designed to teach members of groups how to lead activities and sports in their local clubs, groups and communities.</p> <p><b>Go for Life CarePALs:</b> workshops for staff and volunteers in day and residential care settings, empowering them to lead suitable physical activities with people in their care.</p> <p><b>National Grant Scheme:</b> a small grant scheme open to local groups and clubs to promote increased participation in recreational sport and physical activity.</p>	<p>Contact the Go for Life Team on Tel: (01) 805 7733 Email: <a href="mailto:gfl@ageandopportunity.ie">gfl@ageandopportunity.ie</a> <a href="http://www.ageandopportunity.ie">www.ageandopportunity.ie</a></p>



## Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke Community Healthcare East

Category	Service	What is involved?	How to access?
Physical Activity	Age & Opportunity: FitLine	Go for Life Fitline is a free telephone-based exercise support that encourages older adults who are doing no physical activity to become more active. It is manned by volunteer older adults who are trained to motivate and encourage people to be active.	Freephone: 1800 303 545 and a mentor will phone you every few weeks until you are happy with your progress.
Physical Activity	Chair Gym Exercise Programme - Free	The Southside Partnership Gym Community Programme is designed for older adults who would like to gain the benefits of a full-body workout but are concerned about not being able to participate in a standing class. These classes are facilitated by Siel Bleu Ireland and supported by Healthy Ireland. Classes take place in Ballybrack Project Centre and in Sallynoggin Community Centre, and at other locations depending on funding and demand.	For up to date information on classes, please contact: <b>Southside Partnership</b> 7 Rock Hill, Main St, Blackrock, Co Dublin Tel: (01) 706 0100 Email: <a href="mailto:brid.o'dywer@sspship.ie">brid.o'dywer@sspship.ie</a> <a href="http://www.southsidepartnership.ie">www.southsidepartnership.ie</a>



## Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke Community Healthcare East

Category	Service	What is involved?	How to access?
<b>Physical Activity</b>	Dublin City Sport and Wellbeing Partnership	Dublin City Sport and Wellbeing Partnership provides opportunities for people living in, working in and visiting Dublin city to partake in sports and physical activities through facilities, infrastructure, services, programmes and events.	For information on programmes currently running, contact:  <b>Dublin City Sport and Wellbeing Partnership</b> Email: <a href="mailto:sports@dublincity.ie">sports@dublincity.ie</a> Tel: (01)222 7852 <a href="http://www.dublincity.ie/main-menu-services-recreation-culture-sports-facilities/our-role">www.dublincity.ie/main-menu-services-recreation-culture-sports-facilities/our-role</a>
<b>Physical Activity</b>	Dún Laoghaire Rathdown Sports Partnership	Dún Laoghaire Rathdown Sports Partnership organise and deliver a wide range of training courses, workshops and targeted physical activity programmes for all ages, levels of ability and sporting types. This includes older adult programmes in the 4 dlr leisure centres, co-ordinated walking sessions, Woodlands for Health walks, boccia and Go for Life games.	For more information on programmes currently running, contact:  <b>dlr Sports Partnership</b> Tel: (01) 271 9502 Email: <a href="mailto:sportspartnership@dlrcoco.ie">sportspartnership@dlrcoco.ie</a> <a href="http://www.dlrsportspartnership.ie">www.dlrsportspartnership.ie</a>



## Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke Community Healthcare East

Category	Service	What is involved?	How to access?
Physical Activity	Wicklow Sports Partnership	Wicklow Sports Partnership works at increasing physical activity across Wicklow by creating opportunities for people to be active in ways which fit into everyday life and which suit individual needs, circumstances and interests. Activities include Active Ageing Classes, Go for Life Games and Operation Transformation Walks.	For more information on programmes currently running, contact:  <b>Wicklow Local Sports Partnership</b> Tel: (0404) 20 100 <a href="http://www.wicklowlsp.ie">www.wicklowlsp.ie</a>
Physical Activity	ExWell	ExWell offers medically-supervised exercise classes to people with many different long-term illnesses. Participants will be encouraged to become fit and active in a friendly, safe and enjoyable environment. Classes last 1 hour and take place twice weekly. Cost is €8 per class & €10 for induction.	Referral by doctor or healthcare professional to Dr Noel McCaffrey and post to:  <b>dlr Leisure Loughlinstown,</b> Loughlinstown Drive, Co Dublin Tel: (01) 282 3344 Email: <a href="mailto:info@exwell.ie">info@exwell.ie</a>



## Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke Community Healthcare East

Category	Service	What is involved?	How to access?
Physical Activity	Get Ireland Active	Website providing motivation and guidance to get people active. Directory of places to get active including local parks, swimming pools, gyms and playing pitches.	<a href="http://www.getirelandactive.ie">www.getirelandactive.ie</a>
Physical Activity	Get Ireland Active - Fact Sheets	Fact sheets which provide practical advice for people living with heart disease, diabetes, arthritis, cancer, asthma and osteoporosis about overcoming concerns when becoming more active. Also includes general factsheets on improving balance, posture and strength.	<a href="http://www2.hse.ie/wellbeing/being-active-with-a-health-condition/being-active-with-a-health-condition.html">www2.hse.ie/wellbeing/being-active-with-a-health-condition/being-active-with-a-health-condition.html</a>



## Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke Community Healthcare East

Category	Service	What is involved?	How to access?
Physical Activity	Leisure Centres	Community leisure centres and swimming pools can be found in many locations in Community Healthcare East. They offer a variety of fitness classes and aqua aerobics.	<p><a href="http://www.dlrleisure.ie">www.dlrleisure.ie</a></p> <p><b>dlr Leisure Ballyogan</b>, Samuel Beckett Civic Campus, Ballyogan, Dublin 18 Tel: (01) 294 3880</p> <p><b>dlr Leisure Loughlinstown</b>, Dún Laoghaire, Co. Dublin Tel: (01) 282 3344 Email: <a href="mailto:loughlinstown@dlrleisure.ie">loughlinstown@dlrleisure.ie</a></p> <p><b>dlr Leisure Meadowbrook</b>, Ballinteer, Dublin 16 Tel: (01) 299 5610 Email: <a href="mailto:meadowbrook@dlrleisure.ie">meadowbrook@dlrleisure.ie</a></p> <p><b>dlr Leisure Monkstown</b>, Monkstown Ave, Co. Dublin Tel: (01) 230 1458 Email: <a href="mailto:monkstown@dlrleisure.ie">monkstown@dlrleisure.ie</a></p>



**Directory of Services and Programmes for Adults  
with Asthma, COPD, Diabetes, Heart Conditions and Stroke  
Community Healthcare East**

Category	Service	What is involved?	How to access?
Physical Activity	Leisure Centres (continued)	Community leisure centres and swimming pools can be found in many locations in Community Healthcare East. They offer a variety of fitness classes and aqua aerobics.	<p><b>Dublin City Council, Irishtown Stadium</b>, Strand St., Dublin 4 Tel: (01) 222 3801 Email: sports&amp;fitness.irishtown@dublincity.ie</p> <p><b>Shoreline Leisure Bray</b>, Southern Cross Road, Bray, Co. Wicklow Tel: (01) 276 5660 Email: reception@shorelineleisure.ie</p> <p><b>Shoreline Leisure Greystones</b>, Mill Road, Greystones Tel: (01) 287 8180 Email: greystones@shorelineleisure.ie</p> <p><b>Coral Leisure Arklow</b>, Ferrybank, Arklow Tel: (0402) 23328</p> <p><b>Coral Leisure</b>, Wicklow Station Road, Wicklow Town. Tel: (0404) 66831</p>





## Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke Community Healthcare East

Category	Service	What is involved?	How to access?
Physical Activity	parkrun	Weekly free 5km park walk or run at 9.30am on a Saturday morning. Open to both runners and walkers. Community events always looking for volunteers.	<p>For more information and to register go to:  <b>www.parkrun.ie</b> or just turn up any Saturday morning at 9.15 am at these locations:</p> <p><b>Avondale Forest:</b> Avondale House &amp; Forest Park, Avondale, Co Wicklow.            Email: <a href="mailto:avondaleforesthelpers@parkrun.com">avondaleforesthelpers@parkrun.com</a></p> <p><b>Cabinteely:</b> Cabinteely Park, Cabinteely, Dublin 18.            Email: <a href="mailto:cabinteelyhelpers@parkrun.com">cabinteelyhelpers@parkrun.com</a></p> <p><b>Marlay:</b> Marlay Park, Grange Road Rathfarnham, Co. Dublin.            Email: <a href="mailto:marlayhelpers@parkrun.com">marlayhelpers@parkrun.com</a></p> <p><b>Poolbeg:</b> Sean Moore Park, Sandymount, Dublin 4.            Email: <a href="mailto:poolbeghelpers@parkrun.com">poolbeghelpers@parkrun.com</a></p> <p><b>Shanganagh:</b> Shanganagh Park, Shankill, Co. Dublin.            Email: <a href="mailto:shanganaghhelpers@parkrun.com">shanganaghhelpers@parkrun.com</a></p>



## Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke Community Healthcare East

Category	Service	What is involved?	How to access?
Physical Activity	Walking Groups	Get Ireland Walking is a national initiative that aims to maximise the number of people participating in walking - for health, wellbeing and fitness - throughout Ireland. Information is provided on walking groups and routes.	For more information: Tel: (01) 625 1109 Email: <a href="mailto:info@getirelandwalking.ie">info@getirelandwalking.ie</a> <a href="http://www.getirelandwalking.ie/findgroup/">www.getirelandwalking.ie/findgroup/</a>
Physical Activity	Well Dance Classes for Adults 55 +	Simple, modern and creative dance classes with movements and exercises to improve balance, fluidity, flexibility and strength - all to great music. Cost is €6 - €8 euros per class.	For more information: Tel: (01) 280 3455 Email: <a href="mailto:info@dancetheatreireland.ie">info@dancetheatreireland.ie</a> <a href="http://www.dancetheatreireland.ie">www.dancetheatreireland.ie</a> Classes take place in:  <b>Ballinteer Community School</b>  <b>Dance Theatre of Ireland,</b> Bloomfields Centre, Dún Laoghaire.  <b>Mount Merrion Community Centre</b>  <b>Shankill Tennis Club</b>



## Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke Community Healthcare East

Category	Service	What is involved?	How to access?
<b>Smoking Cessation</b>	Smoking Cessation - One to One Support	<p>The Tobacco Cessation Support Programme is an evidence-based programme to support tobacco users to quit.</p> <p>The programme sets out in a stage-by-stage process the preparation, planning and coping strategies essential to support tobacco users in their decision to stop smoking and to sustain this attempt over time. Individual appointments last 30 mins. The programme is free of charge to all smokers.</p>	<p>For more information or to make an appointment for the smoking cessation clinic in any of the following primary care centres listed below, please call us at: Tel: (01) 274 4297</p> <p>Courses take place in the following locations:  <b>Arklow Primary Care Centre</b>  <b>Balally Primary Care Centre</b>  <b>Loughlinstown Primary Care Centre</b>  <b>Wicklow Primary Care Centre</b></p>
<b>Smoking Cessation</b>	Smoking Cessation - Group Setting	<p>The Smoking Advice Service offer a free 6 week evening course in a group setting to help develop skills to stop smoking. Support is given in a friendly atmosphere and advice is provided on stop-smoking medications.</p>	<p>For more information and to book a place, please contact:  <b>St Vincent's University Hospital</b>          Smoking Advice Service          Tel: (01) 221 4958          Email: <a href="mailto:smokingservice@svuh.ie">smokingservice@svuh.ie</a></p>



## Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke Community Healthcare East

Category	Service	What is involved?	How to access?
<b>Smoking Cessation</b>	Smoking Cessation Services - QUIT.ie	The HSE provides a range of free tobacco cessation services, ranging from online and social media supports on Quit.ie and facebook, to quitline support services, HSE Quit clinics and courses.	<p>Healthcare professionals can refer to the Quit team by emailing <a href="mailto:support@quit.ie">support@quit.ie</a></p> <p>Tel: 1800 201 203 (Monday to Friday 10 am - 7 pm, Saturday 10 am - 1 pm) Scheduled support call on the quit date and scheduled support call each week for 4 weeks after the quit date.</p> <p>Register on <a href="http://www.quit.ie">www.quit.ie</a> - daily emails for 6 weeks</p> <p>Email: <a href="mailto:support@quit.ie">support@quit.ie</a> Text: Free text QUIT to 50100 Tweet: @HSEQuitTeam Facebook: <a href="http://www.facebook.com/HSEQuit">www.facebook.com/HSEQuit</a></p>



## Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke Community Healthcare East

Category	Service	What is involved?	How to access?
Social and Community Supports	Carer Supports	Information, support and signposting for carers.	<a href="http://www.hse.ie/eng/services/list/3/carerssupport/">www.hse.ie/eng/services/list/3/carerssupport/</a>
Social and Community Supports	Care & Repair Service - run by Southside Partnership dlr	<p>The Care and Repair Programme carries out minor repairs for over 65 year olds, free of charge.</p> <p>Services include small household repairs, small plumbing repairs, minor electrical jobs (bulbs etc), grass cutting, hedge trimming, small carpentry jobs (press doors, hinges etc), external handrails, furniture moving.</p> <p>Donations are accepted to help finance the service.</p>	<p>This service is available in the Dún Laoghaire Rathdown area.</p> <p>For more information: Tel: (01) 445 5450</p>



## Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke Community Healthcare East

Category	Service	What is involved?	How to access?
Social and Community Supports	Citizens Information	Citizens Information provides free impartial information, advice information and advocacy on a range of issues including income supports, employment rights, social welfare, family matters, health services, housing, education and many other topics.	Citizen's Information Centres Lo Call: 1890 777 121 Tel: (076) 107 4000 <a href="http://www.citizensinformation.ie">www.citizensinformation.ie</a>
Social and Community Supports	Chime	<p>Chime, the National Charity for Deafness and Hearing Loss offers support, services and advocacy to anyone affected by hearing loss.</p> <p>Our vision is a society with no limits or barriers for anyone living with deafness or hearing loss. Our team of professionals provide:</p> <ul style="list-style-type: none"> <li>• information and advice</li> <li>• individual, family and group support</li> <li>• technology for the home, school and workplace including hearing aids.</li> </ul>	<p>Call the Information Line on 1800 256 257 or</p> <p>Email: <a href="mailto:rejoin@chime.ie">rejoin@chime.ie</a> for any queries related to hearing loss, or call in to any Chime centre around the country.</p> <p>Further details at: <a href="http://www.chime.ie">www.chime.ie</a></p>



## Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke Community Healthcare East

Category	Service	What is involved?	How to access?
Social and Community Supports	Directory of Services for Older People - Dún Laoghaire/Rathdown	Directory of activities and services available for older people in Dún Laoghaire/Rathdown.	Copy and paste link below into browser: <a href="http://www.dlrcoco.ie/sites/default/files/atoms/files/final_directory_of_services_2019_fa_0.pdf">www.dlrcoco.ie/sites/default/files/atoms/files/final_directory_of_services_2019_fa_0.pdf</a>
Social and Community Supports	Age Friendly Cities and Counties	Age Friendly Ireland co-ordinates the National Age Friendly Cities and Counties Programme.	<p><b>Dublin City Age Friendly Programme</b> Tel: (087) 914 0107 Email: <a href="mailto:beatrice.casserly@dublincity.ie">beatrice.casserly@dublincity.ie</a></p> <p><b>Dún Laoghaire/Rathdown Age Friendly Programme</b> Tel: (01) 205 4893</p> <p><b>Wicklow Age Friendly Programme</b> Tel: (0404) 20208 Email: <a href="mailto:agefriendly@wicklowcoco.ie">agefriendly@wicklowcoco.ie</a></p>
Social and Community Supports	Education and Training Boards Ireland (ETBI)	ETBI promote the development of education, training and youthwork in Ireland	<a href="http://www.etbi.ie/etbs/find-a-training-centre/">www.etbi.ie/etbs/find-a-training-centre/</a>



## Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke Community Healthcare East

Category	Service	What is involved?	How to access?
Social and Community Supports	Family Resource Centres	<p>There are 5 Family Resource Centres throughout Community Healthcare East, providing services and supports to local individuals, families and communities based on a life-cycle approach. All family resource centres offer an initial meeting to assess the needs of the person accessing their service.</p> <p>The range of supports and services can vary from area to area but the following are an example of what a family resource centre can offer: Elder Day Care, Support, Counselling Services, Health &amp; Wellbeing Groups, Women's Groups &amp; Men's Sheds, Personal Development Groups, Support Groups, Employment Supports, Training and Education Opportunities.</p>	<p><a href="http://www.familyresource.ie">www.familyresource.ie</a>  <b>Balally Family Child + Family Resource Centre</b> The Scout Den, Wedgewood Dublin 16            Tel/Fax: (01) 295 2167            Email: <a href="mailto:info@balallyfrc.ie">info@balallyfrc.ie</a></p> <p><b>Ballyogan Family Resource Centre</b>            Samuel Beckett Civic Campus, Ballyogan Court, Carrickmines, Dublin 18            Tel: 01 295 3219            Email: <a href="mailto:ballyoganfrc@gmail.com">ballyoganfrc@gmail.com</a></p> <p><b>Greystones Family Resource Centre</b>            28 Burnaby Court, Greystones, Co. Wicklow            Tel: 01 255 7528            Email: <a href="mailto:coordinator@greystonesfrc.ie">coordinator@greystonesfrc.ie</a>  <a href="https://www.facebook.com/GreystonesFRC/">www.facebook.com/GreystonesFRC/</a></p>





## Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke Community Healthcare East

Category	Service	What is involved?	How to access?
Social and Community Supports	Family Resource Centres (continued)	(see above)	<p><b>Hillview Resource Centre</b> 33/34 Hillview Grove, Ballinteer Dublin 16 Tel: (01) 296 5025 Email: ask@hillviewrc.ie www.hillviewrc.ie</p> <p><b>Rosemount Family Resource Centre</b> 3 Waldemar Terrace, Main Street Dundrum, Dublin 14 Tel: (01) 216 6131 Email: frcrosemount@gmail.com www.rosemountfrc.ie</p>
Social and Community Supports	Healthy Ireland at your Library	Health information, books on health & wellbeing, online health information and talks, discussions and workshops relating to various health & wellbeing topics available at your local library.	<a href="http://www.librariesireland.ie/services/healthy-ireland-at-your-library">www.librariesireland.ie/services/healthy-ireland-at-your-library</a>



## Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke Community Healthcare East

Category	Service	What is involved?	How to access?
Social and Community Supports	Men's Sheds	Community-based, non-commercial organisation which is open to all men where the primary activity is the provision of a safe, friendly and inclusive environment where the men are able to gather and/or work on meaningful projects at their own pace, in their own time and in the company of other men.	Contact details for men's sheds can be found at: <a href="http://www.menssheds.ie/shed-directory/">www.menssheds.ie/shed-directory/</a>
Social and Community Supports	National Adult Literacy Agency	Help with reading, writing, maths or technology	Freephone: 1800 20 20 65 Freetext: 50050 <a href="http://www.takethefirststep.ie">www.takethefirststep.ie</a> <a href="http://www.nala.ie">www.nala.ie</a>
Social and Community Supports	National Adult Literacy Agency	Information on health literacy	<a href="http://www.nala.ie">www.nala.ie</a> Tel: (01) 412 7900



## Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke Community Healthcare East

Category	Service	What is involved?	How to access?
Social and Community Supports	Seniors Alert Scheme	<p>The Seniors Alert Scheme (SAS) has been established to encourage community support for vulnerable older people in our communities.</p> <p>It provides funding for a personal monitored alarm, connected to a contact centre to enable older persons of 65 or older and of limited means, to continue to live securely in their homes with confidence, independence and peace of mind.</p> <p>The Scheme is funded by the Department of Rural and Community Development via Pobal with equipment made available through community, voluntary and not-for-profit organisations registered with Pobal under the SAS.</p>	<p>To find out more about the scheme you can contact your local registered organisation. A list of organisations is available in the resources section of the website.</p> <p>Tel: (01) 511 7222            Email: <a href="mailto:onlinesupport@pobal.ie">onlinesupport@pobal.ie</a>  <a href="http://www.pobal.ie/programmes/seniors-alert-scheme-sas/">www.pobal.ie/programmes/seniors-alert-scheme-sas/</a></p>



## Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke Community Healthcare East

Category	Service	What is involved?	How to access?
Social and Community Supports	Social Prescribing	<p>Social prescribing is about supporting the health and wellbeing of people by using community-based activities and supports such as exercise, art, reading and gardening.</p> <p>There may also be an opportunity to attend self-help sessions such as stress control.</p> <p>The social prescribing co-ordinator will talk to you about what activities interest you, the benefits in participating in them and will assist and support you in attending these activities.</p>	<p>People need to have the capacity to consent to the service, be willing to engage, and be registered with a GP. Anyone can self-refer or can be referred by a healthcare professional to the co-ordinators below.</p> <p><b>Bray:</b> Tel: (01) 286 8266 Email: <a href="mailto:info@brayareapartnership.ie">info@brayareapartnership.ie</a></p> <p><b>Dún Laoghaire - Rathdown:</b> Lisa Sieger-Jamison Service due to start in September 2019 Phone: (01) 706 0100 <a href="mailto:lisa.sieger@sspship.ie">lisa.sieger@sspship.ie</a></p> <p><b>Wicklow Town:</b> Kirsten Whelan Tel:(087) 332 4637 Email: <a href="mailto:kwhelan@wicklowpartnership.ie">kwhelan@wicklowpartnership.ie</a></p>



## Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke Community Healthcare East

Category	Service	What is involved?	How to access?
Social and Community Supports	Transport	<p>Accessible Community Transport Southside provides door-to-door demand-responsive accessible transport for people with disabilities and mobility difficulties across South and West Dublin.</p> <p>ACTS operates as a travel club and caters mainly for people with limited mobility specialising in wheelchair accessible transport.</p>	<p>Tel: (01) 292 1573 or (01) 292 1574 Email: <a href="mailto:info@actsltd.ie">info@actsltd.ie</a> <a href="http://www.actsltd.ie/contact.html">www.actsltd.ie/contact.html</a></p>
Social and Community Supports	Rural Transport Options	<p>Local link provides door-to-door and scheduled bus services in towns, villages and rural areas.</p>	<p><a href="http://www.locallink.ie">www.locallink.ie</a></p>



## Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke Community Healthcare East

Category	Service	What is involved?	How to access?
<p><b>Social Inclusion</b></p>	<p>Social Inclusion Website</p>	<p>Poverty and social exclusion have a direct impact on the health and wellbeing of the population.</p> <p>Social inclusion aims to improve access to mainstream and targeted health services for people from disadvantaged groups and reduce inequalities.</p> <p>They also aim to enhance the equal participation of socially excluded groups in communities in health services.</p> <p>This website includes useful services including a translation hub.</p>	<p><a href="http://www.hse.ie/eng/about/who/primarycare/socialinclusion/">www.hse.ie/eng/about/who/primarycare/socialinclusion/</a></p>



## Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke Community Healthcare East

Category	Service	What is involved?	How to access?
Social Inclusion	Traveller Health	<p>Traveller Healthcare Projects employs Traveller community health workers who provide an outreach service of health promotion and information to all traveller families in Community Healthcare East.</p> <p>Services include health checks in the community with the diabetes specialist team, the Irish Heart Foundation mobile unit, the COPD Nurse Specialist and the Irish Asthma Society.</p> <p>Other services available include an Active Age Group for Women over 60, asthma information including inhaler technique, smoke-free homes project and smoking cessation.</p>	<p>For further information:</p> <p><b>Co Wicklow Traveller Group</b>, Crimion Park, Wicklow Tel: Liz O'Brien (0404) 61 878 Email: <a href="mailto:cowicklowphc@eircom.net">cowicklowphc@eircom.net</a></p> <p><b>Bray Travellers Community Development Group</b> 97 Rear Main St., Bray Tel: Jim O'Brien (01) 276 2075 Email: <a href="mailto:btcdgadmin@eircom.net">btcdgadmin@eircom.net</a></p> <p><b>Southside Traveller Action Group</b> Contact: Mary O'Brien (085) 116 0985 or (01) 295 7372 Unit 5 St Kierans Enterprise Park, Furze Road, Sandyford.</p>



## Self-management Support Coordinators

The role of a Self-management Support Coordinator is to support the awareness and development of services which increase the ability and confidence of people with long-term health conditions to manage their health and to live well. A directory of services and programmes such as this is being created in each HSE area and can be found at: [www.hse.ie/selfmanagementsupport](http://www.hse.ie/selfmanagementsupport)

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## NOTES:

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## DISCLAIMER:

Health and Wellbeing, Community Healthcare East does not endorse or guarantee the programmes, services or information described, offered or provided by any of the service providers, agencies or organisations listed.

The material provided in this directory is provided to healthcare professionals for general information purposes only and does not replace or constitute care, treatment or other professional advice. Individuals are welcome to use the material contained in the directory but decisions made with respect to specific programmes or services are a matter of individual choice.



Living Well with a Chronic Condition: Framework for Self-management Support



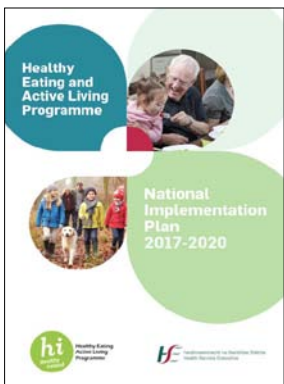
SláinteCare Implementation Strategy



Community Healthcare East Healthy Ireland Plan 2018-2023



A Healthy Weight for Ireland: Obesity Policy and Action Plan



Healthy Eating and Active Living Programme: National Implementation Plan 2017-2020



Get Ireland Active: National Physical Activity Plan for Ireland



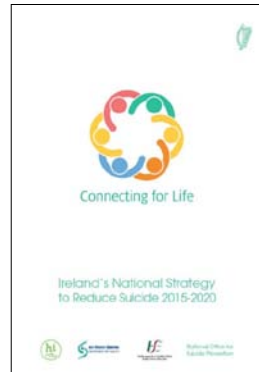
Making Every Contact Count: A Health Behaviour Change Framework and Implementation Plan for Health Professionals in the Irish Health Service



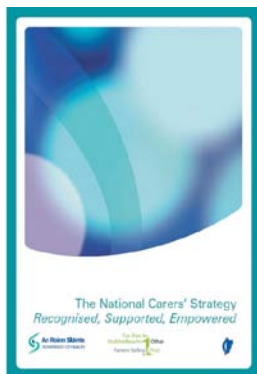
Tobacco Free Ireland Action Plan



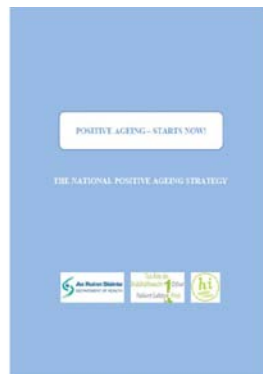
Reducing Harm, Supporting Recovery: A health-led response to drug and alcohol use in Ireland 2017-2025



Connecting for Life: Ireland's National Strategy to Reduce Suicide 2015-2020



The National Carers' Strategy: Recognised, Supported, Empowered



Positive Ageing - Starts Now! The National Positive Ageing Strategy



**Health and Wellbeing**  
**Community Healthcare East (CHO 6)**  
St Broc's Business Campus  
Vergemount Hall  
Clonskeagh  
Dublin 6

Directory is available at: [www.hse.ie/selfmanagementsupport](http://www.hse.ie/selfmanagementsupport)