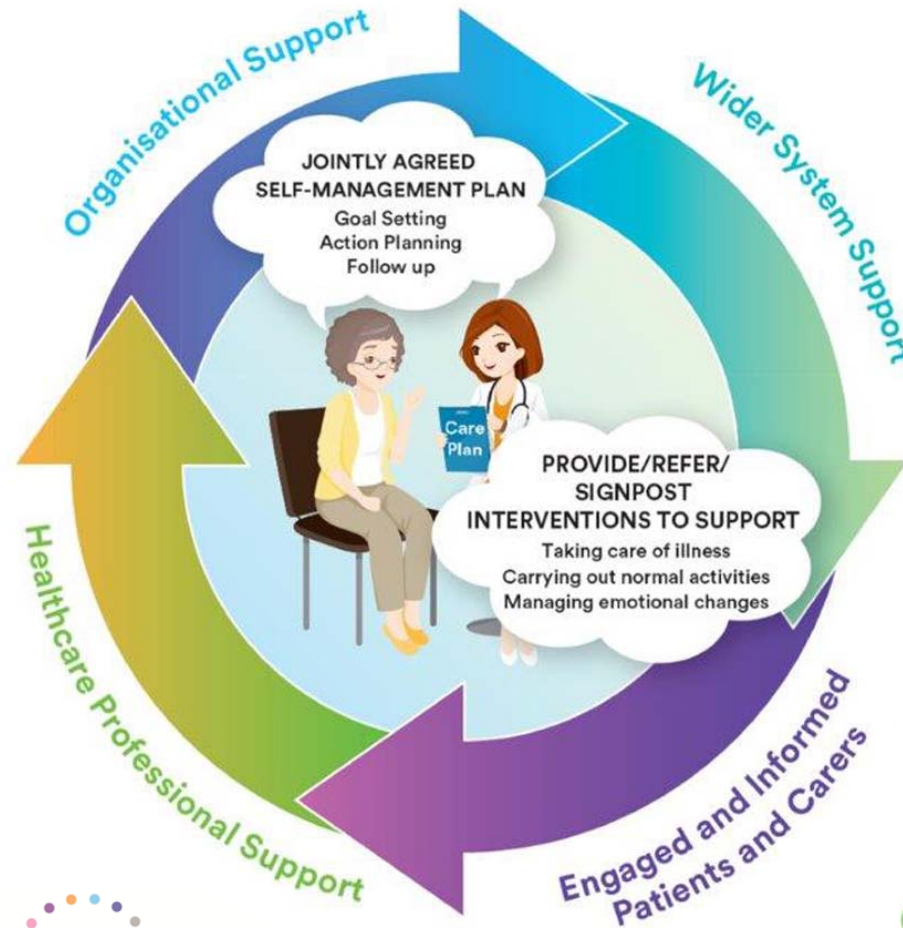


Cork Kerry Community Healthcare

Directory of Services and Programmes

for Adults with Asthma, COPD, Diabetes, Heart Conditions, Stroke



Healthy Ireland Implementation Plan



Self-management Support



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



Asthma & COPD



Diabetes



Heart Conditions



Stroke



Generic Supports

A sincere thank you to all those who contributed to this directory. While every care has been taken to ensure the information included is relevant, accurate and up to date, due to the nature of the publication, there may be errors or omissions.

For this I apologise in advance and invite you to let me know so corrections and/or additions can be made in the next edition of the directory. It is a work in progress, and will be updated periodically so if you feel your service should be included please get in touch, I'd love to hear from you.

For corrections, additions or feedback on this directory please contact Maeve Carmody at maevh.carmody@hse.ie

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Foreword

A long-term health condition is one which can be treated and managed but usually not cured. Approximately 1 million people in Ireland have diabetes, cardiovascular disease, COPD or asthma. It is estimated that the majority of these (625,000) are over 50 years of age. As Head of Service of Health & Wellbeing, Cork Kerry Community Healthcare my service is developing capacity to tackle the challenge of chronic disease by supporting measures to increase the ability and confidence of people with long term health conditions to manage their health and to live well.

The population in Ireland is increasing and it is also getting older. Multimorbidity refers to the presence of more than one long-term health condition co-existing in one person and in Ireland 65% of adults over 65 years have two or more long term health conditions. Inevitably, a larger older population creates increased demand for health and social care, especially with regard to managing long term health conditions. Managing such conditions accounts for a growing share of finite health resources and demands new approaches. One such approach is Self-management support.

Self-management support means working with people to help them become better managers of their own health. Successful self management relies on people having access to the right information, education, support and services to help manage their condition. The person with the condition is not managing alone but is a partner in their own healthcare. It is important that people have a full understanding of

their condition, what it is, how to help manage it and how it will impact their life. In 2017 the HSE launched 'Living well with a Chronic Condition' a Framework and implementation plan for self management support for chronic conditions: COPD, Asthma, Diabetes and Cardiovascular disease. It sets out how we in the health services want to work with and support people to be able to self-manage their health conditions. People with long term health conditions and their families or carers have an extremely important role in the management of their condition. Therefore supporting and educating people in their self management is a critical role for those working with people with long term health conditions.

One of the priorities under the Sláintecare implementation plan is the expansion of the range of services in the community. There is a clear trade-off between strengthening the current service, expanding and deepening the role played by community-based care in areas like chronic disease management, and expanding access to services. This directory has been produced by the Self-management Support Coordinator, Maeve Carmody, Health and Wellbeing, Cork Kerry Community Healthcare. It highlights the range of services within the community and the hospitals which are available to people with long term health conditions in Cork and Kerry. It is intended as a resource and a support for our colleagues when working with people with long term health conditions. The directory aims to connect people with long term health conditions to services and services to each other.

Foreword continued

The directory intends to:

- Highlight the ever increasing services and supports available for people with long term health conditions within the health service, the voluntary sector and also in the wider community where people live.
- Increase awareness of the importance of self management supports for people living with long term health conditions. The fact that mental health and physical health are fundamentally linked requires a response to include emotional and mental wellbeing, social, and community supports.
- Assist health and social care professionals who may be in a position to refer or signpost people to some of the services and supports listed. In this way the directory may also support healthcare professionals to implement Making Every Contact Count.

This directory acknowledges patients as partners in their own care, supporting them in developing knowledge, skills and confidence to make informed decisions.

Living well with a chronic condition is an achievable goal. It involves a fundamental transformation of the traditional patient-health professional relationships into a collaborative on-going partnership.

The directory places a considerable emphasis on keeping people healthy and well in the community.

It is the first of many Self-Management Support initiatives derived from the Cork Kerry Community Healthcare COMPASS Healthy Ireland Implementation Plan and is consistent with objectives in Sláintecare for a person-centred, comprehensive and integrated service.

Priscilla Lynch
Head of Health and Wellbeing
Cork Kerry Community Healthcare



Maeve Carmody
Self Management Support Coordinator
Cork Kerry Community Healthcare

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Health Services Introduction

The HSE provides health and social services to everyone living in Ireland. Services are delivered to people of all ages in a variety of settings across the country which are explained below.

Primary care services deliver care to people in the community as close to home as possible. The aim of Primary Care is to provide healthcare that is accessible, integrated, of a high quality and which meets the needs of the local population. A wide range of services are provided by GPs, Community Nurses and Health and Social Care professionals working with other community based services such as those for older people, those with a disability and people who need mental health support. Your GP or Practice nurse can advise you on the primary care services relevant to your needs and how to access them.

For each adult managing a long term health condition their GP and Practice nurse play a central and very important role. GPs and their colleagues have on-going relationships with their patients and provide a central point for direction to other healthcare professionals. Such services may include Public Health Nursing, Physiotherapy, Dietetics, Occupational Therapy, Speech & Language Therapy and Podiatry. Other services provided within primary care include Psychology, Community Medicine, Dental and Counselling in Primary Care (CIPC). Some of these services are only available to people with medical cards.

Social Care: The Social Care Division was established to support on-going service requirements of older people and people with disabilities.

Older Person' services in Cork Kerry Community Healthcare are delivered through a community-based approach which focuses on maximising the potential of older people, their families and local communities to maintain people in their own homes and communities for as long as possible, and to deliver high quality residential care when required.

The specialist supports for older people include:

- Home support including home care support assistance (HSE and private tendered providers), nursing care, therapy services, aids and appliances and integrated care services (including falls prevention, integrated care team support, CR&ST etc. as required);
- Day care centres and access to the services of the Assessment and Treatment Centre (St. Finbarr's Hospital);
- Residential care (long term care when required in community hospitals and community nursing units); and
- Transitional care, respite and convalescent care.

Health Services Introduction (continued)

Disability services in Cork and Kerry are focused on enabling people with disabilities to achieve their full potential, living ordinary lives in ordinary places, as independently as possible while ensuring the voice of service users and their families are heard and involved in planning and improving services to meet needs. Disability services in Cork and Kerry aim to achieve better outcomes for people with disabilities by providing specialised supports and services either directly or in partnership with non- statutory organisations as follows:

- Residential services. These range from supports for individuals and small groups to live in community settings to larger residential settings
- Day services
- Respite
- Personal assistant/ Home Support services
- Aids and appliances

Mental Health: Cork and Kerry Community Healthcare mental health services aim to promote and protect the Mental Health of the population and to provide effective services to those who need them. These services range from community based mental health teams (child and adolescent, general adult, psychiatry of old age, mental health teams etc.), acute inpatient units, day hospitals, out-patient clinics and community residential and continuing care settings. In recent years, specialist teams in Cork and Kerry have been developed to support certain patient populations including Mental

Health ID Teams, Psychiatry of Old Age and an Assertive Outreach Team from the Psychiatric Intensive Care Unit in Cork. Access to Mental Health Services is through the local GP. Following a referral to the local sector Multi-Disciplinary team, referrals are triaged in a timely manner and referrals accepted are wait listed in order of clinical priority. A team can offer signposting to other services as appropriate, depending on the nature of each referral. In Emergency Cases on-call psychiatry services are accessible through the Emergency Department (but only in the context of an immediate concern for the Mental Health of a Service User).

Hospital: When your needs in relation to Asthma, COPD, Diabetes or Cardiovascular Disease cannot be met by primary care or in the community alone your GP may refer you to the appropriate hospital based services sometimes referred to as secondary care.

For example an endocrinologist in the case of Diabetes, a respiratory consultant in the case of COPD or Asthma or a cardiologist in the case of Cardiovascular disease. Each of these consultants and their teams may refer you to other hospital based services. Different services are provided in different hospitals. The main public hospitals in Cork and Kerry are: Cork University Hospital, Mercy University Hospital, South Infirmary Victoria University Hospital, St Finbarr's Hospital, Mallow General Hospital, Bantry General Hospital and University Hospital Kerry. There are also 3 private Hospitals; the Bon Secours in Cork and Tralee and the Mater Private in Cork.



Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke

Cork Kerry Community Healthcare

Category	Service	What is involved?	How to access?
Asthma	E-learning programme	<p>This programme is aimed at pharmacists and physiotherapists but is suitable for all healthcare workers caring for people with asthma.</p> <p>The programme incorporates novel flexible learning software to provide physiotherapists, pharmacists and all healthcare professionals with up-to-date knowledge on the causes and treatment strategies of asthma, and strategies that physiotherapists and pharmacists can use to optimise patient welfare. The programme also provides these professionals with tools to empower patients to manage their own conditions.</p> <p>It consists of 7 asthma related modules; Overview, Diagnosis and Management, Pharmacological Therapy, Stepwise approach: acute asthma in pregnant women and children, Stepwise approach: acute asthma in adults, Breathing retraining in asthma and Aerobic exercise in asthma.</p>	<p>www.asthmamanagement.ucc.ie/</p> <p>This course was developed by the School of Pharmacy, UCC in collaboration with University Hospital Kerry, Asthma Society of Ireland, Health Innovation Hub Ireland and supported by GSK.</p>



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Category	Service	What is involved?	How to access?
Asthma	Asthma Online Education Programme	<p>This online education programme is for Health and Social care practitioners. It covers all aspects of asthma care and will build the confidence and skills necessary to provide best practice care.</p> <p>There are 5 modules within the resource which each take approximately 3 hours to complete. The content is informed by the Irish College of General Practitioners (ICGP), 'Asthma Control in General Practice'.</p> <p>It is category 1 approved by the Nursing and Midwifery board of Ireland.</p> <p>This programme is supported by the HSE's National Clinical Programme for Asthma.</p>	<p>Go to My Learning on HSE LanD and search for 'Care of Adults and Children with Asthma e-Learning Education Programme' or go to www.asthma.ie/about-us/what-we-do/our-programmes/healthcare-professional-programmes/hcp-training</p>
Asthma	Asthma Society of Ireland Advice line	<p>The Asthma Society's adviceline is a call back service available free of charge.</p> <p>It provides easily accessible support, information and education to people with asthma so that they can better understand and manage their condition.</p>	<p>Phone: 1800 445 464 Email: nurse@asthma.ie</p>



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Category	Service	What is involved?	How to access?
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 you manage your asthma and recognise when it's getting worse.</p> <p>It is filled out by the person with asthma alongside their GP or asthma nurse.</p>	<p>You can download a printable copy of the Asthma Action Plan on www.asthma.ie</p> <p>- You can also call the asthma society of Ireland on (01) 817 8886 to order a free Asthma Management Pack. This includes an asthma action plan and other information to help you control your asthma.</p> <p>- Alternatively, you can phone the Asthma Adviceline on 1800 44 54 64 to request an Asthma Action Plan and an Asthma Management Pack as well as to organise an appointment with one of the Adviceline Nurses who will advise you on filling out the plan.</p>
Asthma	Asthma Society of Ireland: Asthma in the Pharmacy days	<p>The Asthma Society of Ireland runs a number of Asthma in the Pharmacy days across Ireland. At these events a free asthma review is carried out by an asthma specialist nurse. The review covers inhaler technique, trigger management, advice for staying well with asthma and knowing when to visit your healthcare professional.</p>	<p>For further information go to www.asthma.ie/about-us/what-we-do/health-promotion/patient-programmes/asthma-pharmacy or Phone 01 817 8886</p>



Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke

Cork Kerry Community Healthcare

Category	Service	What is involved?	How to access?
Asthma	Asthma Society of Ireland - advice on dealing with an asthma attack	Action to take during an asthma attack	www.asthma.ie/about-asthma/learn-about-asthma/asthma-attack/asthma-attacks
Asthma	Asthma Society of Ireland Website	Provides support and information to people living with asthma. There are a variety of resources available to help you achieve and maintain control of your asthma. These include: Inhaler Techniques Videos, Asthma management videos, Asthma Information Publications and Asthma Action Plans. The print materials are all available for download	For further information go to www.asthma.ie Phone: 01 817 8886 Email: reception@asthma.ie
Asthma	Asthma Society of Ireland - publications	A variety of reliable information leaflets available including self management, activity, gardening, allergies and pregnancy	www.elearning.asthma.ie/ Contact Asthma Society of Ireland Phone: 01 817 8886 Email: reception@asthma.ie



Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke

Cork Kerry Community Healthcare

Category	Service	What is involved?	How to access?
COPD	COPD Outreach - Cork University Hospital (CUH)	<p>COPD Outreach provides a 'Hospital at Home' (HaH) service for patients who fit the criteria and who present to the Emergency Department with an exacerbation of COPD. This service is offered to patients who live within 30 minutes driving distance of Cork University Hospital.</p> <p>Up to 4 home visits are performed over a two-week period. Patients are then discharged back to the care of their General Practitioner (GP).</p> <p>Clients known to the outreach service may also be offered pulmonary rehabilitation within CUH but this service is restricted to those who are attending/have attended the outreach service.</p>	<p>Only people under the care of a respiratory consultant in CUH or those who have a respiratory consult whilst under the care of another medical team can access this service.</p> <p>For further information please contact the COPD Outreach coordinators in Cork University hospital: Jill Murphy 086 4182227 or Carmel Noonan 086 4182004</p>
COPD	COPD Outreach - Mercy University Hospital, Cork	<p>COPD Outreach provides a 'Hospital at Home' (HaH) service for patients who fit the criteria and who present to the Emergency Department with an exacerbation of COPD. This service is offered to patients who live within a half-hour (30 minutes) drive of Mercy University Hospital.</p> <p>Up to 4 home visits are performed over a two-week period. Patients are then discharged back to the care of their General Practitioner (GP).</p>	<p>For further information please contact Ciara Hanrahan, Senior Physiotherapist, COPD Outreach and Oxygen Assessment Unit, Mercy University Hospital, Cork.</p> <p>Phone: 086 814 8036 or 021 427 1971 email: chanrahan@muh.ie</p>



Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke

Cork Kerry Community Healthcare

Category	Service	What is involved?	How to access?
COPD	Pulmonary Rehabilitation	<p>Pulmonary rehabilitation is a 6-8 week multidisciplinary evidence-based exercise and education programme that teaches people with a respiratory condition, such as COPD, the skills they need to manage their breathlessness, stay well, improve their symptoms and quality of life. Research shows that pulmonary rehabilitation is one of the most positive things people with COPD can do to improve their breathing and wellbeing.</p> <p>The programme has been shown to help people breathe easier, improve their quality of life and stay out of hospital. It can reduce breathlessness, fatigue, anxiety and depression, improves exercise capacity, emotional function and a person's sense of control over their condition. See below for details of the Pulmonary Rehabilitation programmes available in Cork.</p>	
COPD	Pulmonary Rehabilitation - St Finbarr's hospital, Cork	<p>The Pulmonary Rehabilitation Programme is a free programme of exercise and education for people with COPD. The exercise is tailored to meet your own ability and needs. The programme is run by a respiratory nurse specialist and a senior community physiotherapist.</p> <p>It lasts for 8 weeks with 2 classes per week.</p>	<p>People diagnosed with COPD by spirometry can be referred to the programme by their Cork University Hospital (CUH) consultant or by their GP.</p> <p>A diagnosis of COPD using spirometry is essential.</p> <p>For further queries contact Cork University Hospital on 021 4922000 and ask for the Pulmonary Rehab coordinator.</p>



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Category	Service	What is involved?	How to access?
COPD	Pulmonary Rehabilitation - Primary Care, Bantry, West Cork	The community Pulmonary Rehabilitation Programme in Bantry is a free programme of exercise and education for people with COPD. The exercise is tailored to meet your own ability and needs. This programme is run by a Senior physiotherapist. It lasts for 8 weeks with 2 classes per week.	People diagnosed with COPD can be referred to the programme by their GP or consultant. For further queries contact Susan O'Sullivan, Senior Community Physiotherapist, HSE Mobile: 087-9052722 Phone: 027-52908 email: susank.osullivan@hse.ie
COPD	Pulmonary Rehabilitation - Bon Secours Cork (Private Provider, Costs associated)	6 week exercise and education programme. The exercise is tailored to meet your own ability and needs. It also includes an individual pre assessment, post assessment and a six month follow up. Each of the 12 exercise classes are supervised by a chartered physiotherapist. Cost = €450. Fees may be partially reimbursed by health insurance	For Pulmonary rehabilitation a GP or consultant referral is needed. For further queries contact the physiotherapy department on Phone: 021 4801630 email: physiocork@bonsecours.ie



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Category	Service	What is involved?	How to access?
COPD	Cork COPD Support Group - Southside of the city location	<p>The support group meets bi monthly in the Ballyphehane/Togher CDP, Friar's Walk, Ballyphehane from 2.30-4.30pm.</p> <p>There is also a weekly exercise group every Thursday at 2.30-4.30 when the group meets for a light exercise session and a cuppa in Ballyphehane/Togher CDP.</p> <p>Each Monday at 11.30am there is an exercise class at Gym Plus in Mahon with Shane Simcox. This is open to everyone with COPD and is a pay as you go class which costs €10 but must be booked in advance with the chair of the support group.</p>	<p>For further information please contact Ruth (chair) Phone: 087 9790358 email: ramorton@eircom.net</p> <p>Mary (secretary) Phone: 087 1338265</p>
COPD	Cork COPD Support Group - Northside of the city location	<p>This COPD support group meets each Wednesday at 3.00pm in Hollyhill Library. Meet other people with COPD, share your experiences, learn from and support one another and have a cup of tea and a chat.</p>	<p>If you wish to attend the group please phone: Ciara 086 8148036 Jennifer 086 4670204</p>
COPD	COPD Support Ireland Website	<p>COPD Support Ireland is a charity set up to support all those living with chronic obstructive pulmonary disease (COPD). They provide support, education and information to people living with COPD and their families or carers.</p>	<p>www.copd.ie</p>



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Category	Service	What is involved?	How to access?
COPD	COPD Support Ireland Advice Line	Call the Advice Line and an appointment will be made with the nurse to call you back at a time convenient to you. This service operates Mon-Fri 9am-5pm; It is not an emergency service. If you need urgent attention call your doctor	Phone: 1800 832146
Asthma and COPD	Cork University Hospital Respiratory Department	The department provides a full range of specialist treatments for patients with respiratory disease and have a dedicated team based within the hospital with services also provided in Mallow General Hospital. They work in conjunction with colleagues in the Department of Respiratory Medicine at the Mercy University Hospital, Cork.	www.cuh.hse.ie/Our-Services/Our-Specialities-A-Z-/Respiratory-Medicine/
Asthma and COPD	Phase 4 Pulmonary Rehabilitation Mardyke Arena, UCC, Cork (Private Provider, Costs associated)	This programme is for individuals who have completed the hospital-based or a community pulmonary rehabilitation programme and wish to continue exercising in a group setting supervised by an exercise instructor who is a qualified exercise physiologist.	Prior to commencing the classes a referral form from your healthcare professional needs to be completed. This form can be completed by your GP or other designated healthcare professionals such as Physiotherapist. For further information on this service: phone 021 490 4760 email: andrew.burns@ucc.ie



Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke

Cork Kerry Community Healthcare

Category	Service	What is involved?	How to access?
Asthma and COPD	Simcox Rehabilitation: Exercise Programme for respiratory conditions (Private Provider, costs associated)	This services aims to help people with respiratory needs to lead healthy and productive lives by providing personalised quality health, fitness and wellness programmes in a safe and supportive environment. Classes take place in Cork city, Mallow and Charleville.	For further information: Phone: 087 6112178 Email: shane@simcoxrehabilitation.ie
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 and inhalers can further dry out the mouth.</p> <p>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>Adults aged 16 and over with a medical card: Treatment is provided under the Dental Treatment Service Scheme (DTSS). For further information go to: www.hse.ie/eng/services/list/2/dental/</p> <p>Adults aged 16 and over without a medical card: The Dental Treatment Benefit Scheme is available to PRSI insured workers (including self-employed and farmers) and retired people. For further information go to: www.welfare.ie/en/Pages/Treatment-Benefit1.aspx</p>



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Category	Service	What is involved?	How to access?
Asthma and COPD	Smoking Cessation - Health Promotion & Improvement Cork Kerry Community Healthcare	The HSE provides a range of Smoking Cessation Support Services, some in the community and some in hospitals. These services can be accessed directly by the person wanting to stop smoking or people can be referred to the service by a healthcare professional.	For further information about the Smoking cessation programme in Cork and Kerry please contact Marta Kolasa: Phone: 021 4921641 email: marta.kolasa@hse.ie Alternatively go to www.quit.ie/I-Want-to-Quit/Support-Services/ to find details of your local smoking cessation support services.
Asthma and COPD	Smoking Cessation - HSE Quit Team	Quitting Smoking is one of the most Important things you can do to improve your health. The Quit Programme has one goal - to give you the help and support you need to quit smoking for good. If you prefer you can see one of our smoking cessation officers in person or join a group.	For further information Contact the HSE Quit Team on Freephone 1800 201 203 Email: support@quit.ie www.quit.ie Text: Freetext QUIT to 50100 Tweet @HSEQuitTeam Facebook: facebook.com/HSEQuit
Asthma and COPD	Smoking Cessation - We Can Quit (Irish Cancer Society and local community organisations)	We Can Quit supports women to stop smoking. It is a free, friendly and supportive 12 week programme to help you to quit smoking. The programme offers free nicotine replacement therapy (NRT), a weekly smoking cessation group and one to one support. It is run in various locations in Cork (Mayfield, Mallow, Ballyphehane, Farranree).	For further information about the We Can Quit programme in Cork, please phone: 01 2316 669 or go to www.cancer.ie/reduce-your-risk/community/we-can-quit
Asthma and COPD	See also section on Generic Supports		



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Category	Service	What is involved?	How to access?
Type 1 and Type 2 Diabetes	Diabetes Clinic Cork University Hospital	<p>The Diabetes Day Care Unit facilitates patients with all types of diabetes.</p> <p>There is a nurse and dietitian led clinic for patients five days of the week where clinical nurse specialists and dietitians work side by side assessing and treating patients with the support of the medical team and podiatry.</p> <p>The out patient clinics are Doctor led clinics.</p> <p>Appointments for these services are processed on a clinical prioritisation basis. Each referral is evaluated and appointments are allocated on an urgent or routine basis based on the on clinical detail provided in the referral letter.</p>	<p>The service is for people with diabetes referred to Dr. O'Halloran and Dr. Tuthill Consultant Endocrinologists in Cork University Hospital.</p> <p>Access to the service is by general practitioner referral to either of the consultants named above.</p>



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Category	Service	What is involved?	How to access?
Type 1 and Type 2 Diabetes	Diabetes Clinic, South Infirmery Victoria University Hospital, Cork	<p>The Diabetes Centre has a multidisciplinary ethos with services provided collaboratively by; an Endocrinologist, Advanced Nurse Practitioner, Clinical Nurse Specialist, Integrated Care CNS (one day weekly Tuesday/Thursday respectively), Dietitian and 2 Podiatrists working 18 hours respectively.</p> <p>The Diabetes Centre provides combined MDT Led Clinic.</p> <p>Our ANP and CNS's are registered nurse prescribers.</p> <p>BERGER Structured Group Education is facilitated.</p> <p>Ease of access is promoted, as the centre is both appointment and a drop-in service operating from 8.30am – 5pm Monday to Friday.</p> <p>Many of the return patients are self-referral.</p> <p>The Diabetes Centre facilitates sub-speciality clinics;</p> <ul style="list-style-type: none"> • The Insulin Pump Clinic • The Pregnancy Clinic • The Pre pregnancy clinic • The complex Clinic • The Doppler Clinic 	<p>The service is for patients attending Dr. Matthew Murphy (Endocrinologist)</p> <p>Patients are referred to the Diabetes Centre from:</p> <ul style="list-style-type: none"> • The Diabetes Out Patients Clinic • In patients from Mercy University Hospital • CUMH in the case of women with gestational diabetes



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Type 1 and Type 2 Diabetes	Diabetes Day Centre, Mallow General Hospital	The Diabetes Day Centre facilitates patients with Type 1 and Type 2 Diabetes There is a Nurse Led Diabetes clinic held five days each week from 07.00-11.30 where a Diabetes nurse specialist assesses and treats patients. Each person needs to be referred to the Consultant initially and once this referral has been triaged the Diabetes Nurse Specialist will arrange an appointment based upon the clinical detail provided in the referral letter.	This service is for people with Type 1 or Type 2 Diabetes who have been referred to one of the physicians in Mallow General Hospital.
Type 1 and Type 2 Diabetes	Diabetes Clinic, Bantry General Hospital	The Diabetes outpatient clinic facilitates patients with Type 1 and Type 2 Diabetes. The multidisciplinary team consists of a Consultant Endocrinologist, a Diabetes Nurse specialist, a Senior Dietitian and a Senior podiatrist. Each person needs to be referred to the Consultant endocrinologist initially and once this referral has been triaged an appointment will be arranged based upon the clinical detail provided in the referral letter.	This service is for people with Type 1 or Type 2 Diabetes who have been referred to the Consultant Endocrinologist in Bantry General Hospital.



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Type 1 and Type 2 Diabetes	Retinal Screening: Free eye screening for people with diabetes	<p>The National Diabetes Retinal Screening Programme offers free annual screening and treatment for diabetic retinopathy to people with diabetes aged 12yrs and older. Diabetic Retinopathy eye screening is a key part of diabetes care.</p> <p>People with both Type 1 and Type 2 diabetes are at risk of developing diabetic retinopathy. This is a common complication of diabetes which affects the small blood vessels in the lining at the back of the eye and can lead to deterioration in vision. Diabetic retinopathy eye screening uses specialised digital photography to look for changes that could affect your sight.</p> <p>Regular eye screening can detect diabetic retinopathy before you notice any changes in your sight.</p> <p>When the condition is caught early, treatment is effective at reducing or preventing damage to sight.</p>	<p>Health professionals such as a GP, Practice Nurse or a member of the Diabetes team can register people with diabetes for this service. www.diabeticretinascreen.ie/health-professionals.24.html</p> <p>For more information about Diabetic RetinaScreen Freephone: 1800 45 45 55 www.diabeticretinascreen.ie</p>



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Cork Kerry Community Healthcare

Category	Service	What is involved?	How to access?
Type 1 and Type 2 Diabetes	Footcare	<p>Patients with Diabetes are prone to foot complications especially where blood glucose (blood sugar) levels are poorly controlled. Changes in both blood and nerve supply can adversely affect foot health and can lead to deformity, infection, ulceration and/or tissue death if left un checked.</p> <p>Sensation is often reduced in patients with Diabetes and injury is not always felt. Examining your own feet daily to check for irritation, breaks in the skin, redness, swelling, changes in colour and/or temperature and seeking advice/ treatment, in a timely way, if changes are noticed, can often prevent long term damage. Early detection is key.</p> <p>Under the National Model of Care for Diabetes, three Booklets have been developed to help increase awareness of the importance of foot care for people with diabetes and what to do if they notice any changes.</p> <p>Your healthcare professional can indicate if you are low, medium or high risk and there is a booklet for each category which gives advice on caring for the Diabetic foot, the do's and don'ts. Your Podiatrist , GP or Practice Nurse will be able to advise you as to which category you fall in to and what you should and should not do. Your feet should be examined by a Health Care Professional once a year where your foot pulses and your sensation are checked. If required, your Health Care Professional will refer you to Community Podiatry or to the Hospital Podiatry Service.</p>	The Footcare booklets are available to order or to download from www.healthpromotion.ie/publications



Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke

Cork Kerry Community Healthcare

Category	Service	What is involved?	How to access?
Type 1 and Type 2 Diabetes	Community Podiatry Service	<p>Community Podiatry is a needs led Service and is not solely for Diabetic patients. Those patients at greatest risk of developing serious foot complication from conditions such as Diabetes, Peripheral Vascular Disease, Rheumatoid Arthritis, Neurological conditions (Stroke, Parkinson's etc.) are prioritised and wait listed accordingly. Appointments are given in order of assessed priority.</p> <p>All patients must be referred by their GP, Practice Nurse or Health care Professional and must have a fully completed referral sent in on their behalf before being considered for treatment.</p>	<p>For further information please contact the following:</p> <p>Cork City (North and South Lee), Grattan Street, Cork Phone: 021 4921752</p> <p>North Cork Community Podiatry Service, Mallow Primary Care Centre, Mallow Phone: 022 58730</p> <p>West Cork Community Podiatry Service, Skibbereen Day care centre, Skibbereen Phone: 028 40400</p> <p>Kerry Community Podiatry Service, Tralee PCC, Rathass, Tralee, Co Kerry Phone: 066 7199747</p>



Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke

Cork Kerry Community Healthcare

Category	Service	What is involved?	How to access?
Type 1 and Type 2 Diabetes	Dental Health	<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.</p> <p>Gum disease impacts on general health as well as oral health. Research shows that untreated gum disease may make it difficult to control diabetes.</p> <p>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>Adults aged 16 and over with a medical card: 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: www.hse.ie/eng/services/list/2/dental/</p> <p>Adults aged 16 and over without a medical card: 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 www.welfare.ie/en/Pages/Treatment-Benefit1.aspx</p>



Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke

Cork Kerry Community Healthcare

Category	Service	What is involved?	How to access?
Type 1 and Type 2 Diabetes.	Long Term Illness Scheme	Under the Long-Term Illness (LTI) Scheme you can get some drugs, medicines and approved appliances for free from your pharmacy. There is no means test for the scheme. There are a number of diseases and disabilities covered by the scheme one of which is Diabetes.	For further information go to www.hse.ie/LTI
Type 1 Diabetes	Berger	<p>The Berger Programme is a comprehensive Diabetes self-care skills course which teaches people with Type 1 Diabetes how to adjust insulin to match their daily food intake. It is run by a Dietitian and a Diabetes Nurse Specialist.</p> <p>This programme is designed for people with Type 1 Diabetes, and covers all aspects of Diabetes self-management.</p> <p>People attending this course learn how to</p> <ul style="list-style-type: none"> • Identify and accurately count carbohydrate • Adjust their insulin dose depending on their food choices • Self-manage all aspects of their Type 1 Diabetes more confidently <p>The programme is delivered over three days. All participants are offered review and follow up after the course.</p>	<p>Berger is run in</p> <ul style="list-style-type: none"> -Cork University Hospital -The South Infirmary Victoria Hospital and -Bantry General Hospital <p>Ask your Hospital Diabetes Team about access to this Type 1 Diabetes education programme</p>



Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke

Cork Kerry Community Healthcare

Category	Service	What is involved?	How to access?
Type 1 Diabetes	Type 1 Adult Diabetes Support Group	The group meet several times a year, its an informal group, mainly for peer to peer support and sometimes with a guest speaker.	Contact Diabetes Ireland Care centre, Mary Street, Cork city Phone: 021 4274229 email: corkcarecentre@diabetes.ie
Type 1 Diabetes	Type 1 Parents Support Group	Support group for parents of children with Type 1 diabetes.	Contact Diabetes Ireland Care centre, Mary Street, Cork city Phone: 021 4274229 email: corkcarecentre@diabetes.ie
Type 1 Diabetes	Information on Type 1 Diabetes	Diabetes Ireland is dedicated to helping people with diabetes. They achieve this by providing support, education and motivation to everyone affected by diabetes	www.diabetes.ie Helpline 01 8428118
Type 1 Diabetes	Information on Type 1 Diabetes	Diabetes UK provide information, advice and peer support, so people with diabetes can manage their condition effectively.	www.diabetes.org.uk



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Category	Service	What is involved?	How to access?
Type 2 Diabetes	<p>Type 2 Diabetes Education: Whether you are newly diagnosed or have had diabetes for a while, you should receive the support and information you need to manage your diabetes well.</p> <p>In the Cork and Kerry region there are 2 interactive group courses for people with Type 2 diabetes: X-PERT and CODE. The information provided below may help you decide which course is right for you.</p> <p>Diabetes education courses make living with diabetes easier. When you have Type 2 diabetes, it can feel like there is a lot to learn. But going on a course can help you understand what diabetes is, how it affects your body and how to manage it effectively. Courses are run in local community venues across Cork and Kerry.</p> <p>You will have the opportunity to learn, freely ask questions and make plans to look after your diabetes.</p>		
Type 2 Diabetes	X-PERT education	<p>X-PERT is a free 6-week course run by the HSE Community Dietitian where you will learn how to become an expert at caring for your health and Type 2 diabetes. Each session is approximately two and a half hours each week, with a short break in the middle.</p> <p>X-PERT offers you 15 hours of education and support with a dietitian. There are 3 weeks dedicated to learning about food. You learn about the value of food, the nourishment it provides, healthy eating, how carbohydrate food and drink affect diabetes, food portions and how to shop for food and read food labels. The other weeks help you learn about your diabetes tests, the possible health problems if diabetes is not treated and the supports and services available to you.</p> <p>Sessions generally run every week for 6 weeks. You can also bring a family member, carer or friend for support. A follow-up session is offered after completion of the 6-week course. This is a free service for anyone with Type 2 Diabetes.</p>	<p>Courses occur in various locations across Cork & Kerry.</p> <p>For more information about X-PERT ask your GP or practice nurse, Phone: 064 6670763 or 1850 24 1850 Register at www.hse.ie/xpert</p>



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Category	Service	What is involved?	How to access?
Type 2 Diabetes	CODE Education	<p>CODE is Diabetes Ireland's free group education programme for people with Type 2 Diabetes or with a diagnosis of prediabetes. CODE aims to help you manage your diabetes by covering topics such as healthy eating, physical activity, lifestyle change and how you can play an active role in managing your diabetes.</p> <p>It is run by a diabetes nurse or dietitian. It consists of 2 hours per week over 3 weeks, with a fourth 2 hour session 6 months afterwards. You can also bring a family member, carer or friend for support.</p>	<p>CODE is ran across Cork & Kerry. For further information phone 01 8428118 email info@diabetes.ie Register online at www.hse.ie/eng/health/hl/living/diabetes/diabetes-courses/</p>
Type 2 Diabetes	Diabetes Smart Online Education course	<p>A free 55-minute online education course developed by Diabetes Ireland and Trinity College, to help you learn more about diabetes Self-Management.</p>	<p>www.diabeteseducation.ie</p>



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Category	Service	What is involved?	How to access?
Type 2 Diabetes	Integrated Care Diabetes Nurse Specialists	<p>The Clinical Nurse Specialist (CNSp) in Diabetes Integrated Care is the healthcare professional who will facilitate the successful integration of patient care between Primary and Secondary (hospital) Care.</p> <p>They provide a primary care based specialist diabetes nursing service to people with complicated Type 2 diabetes referred to them by General Practitioners (GPs) and Practise Nurses (PNs).</p> <p>The CNSp (Diabetes Integrated Care) works 80% of the time in primary care and 20 % in secondary care providing a tangible link between primary and secondary care.</p> <p>People with complicated Type 2 diabetes receive a full assessment and appropriate advice from a diabetes nurse specialist on all aspects of the management of their Type 2 diabetes. This includes assessment and advice on medication and lifestyle factors such as physical activity and diet. They may also refer on to other relevant primary care or hospital services.</p>	<p>The service is for patients with complicated Type 2 diabetes as defined in Appendix 3 of the Model of Integrated Care for Type 2 Diabetes.</p> <p>Only GP's with access to the Integrated care Diabetes Nurse Specialist service can refer people with complicated Type 2 diabetes to the service.</p> <p>There are 4 Clinical Nurse Specialists in Diabetes Integrated Care; 3 in Cork and 1 in Kerry.</p> <p>For further information on this service please phone: Cork: Ann Wall 021 4923824 Angie O Connor 085 8894733 Pat Broderick 087 2471332 / 021 4923813</p> <p>Kerry: Diabetes Day Centre, University Hospital Kerry 066-7184146 or 066-7103260</p>



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Cork Kerry Community Healthcare

Category	Service	What is involved?	How to access?
Type 2 Diabetes	Diabetes Support Group - Cork City	This group meets in Cork city approximately six times per year. The group meets at 10.30am on a Tuesday and while they have a guest speaker its format is very informal and relaxed.	Contact Diabetes Ireland Care centre, Mary Street, Cork city Phone: 021 4274229 email: corkcarecentre@diabetes.ie
Type 2 Diabetes	Diabetes Support Group - Killarney	This is a voluntary group set up to bring knowledge and education about diabetes to the people of Kerry. They hold meetings with expert speakers on the management of diabetes for e.g. with doctors, dieticians, podiatrists, pharmacists, opticians etc.	Contact Diabetes Ireland Care centre, Mary Street, Cork city Phone: 021 4274229 email: corkcarecentre@diabetes.ie
Type 2 Diabetes	HSE information on Diabetes	Provides information to people living with Type 2 diabetes and how to access free education programmes.	www.hse.ie/eng/health/hl/living/diabetes/
Pre diabetes	Walking Away from Diabetes	Walking Away from Diabetes is a programme for people who are at risk of developing Type 2 Diabetes (i.e. they have impaired glucose tolerance or pre-diabetes). It is a 3 hour self-management course which offers participants the opportunity to explore their personal risk and to identify the changes they need to make to remain healthy. The programme focuses on increasing physical activity and reducing saturated fat in the diet. This programme is run in West Cork and North Cork.	For further information ask your GP or practice nurse or For West Cork queries please Clare O Sullivan Public Health Nurse Phone: 086 7871567 email: clare.osullivan7@hse.ie or Clair Haseldine Physiotherapist Phone: 028 27375 email: Clair.Haseldine@hse.ie For North cork queries contact Gillian Fives, Diabetes Prevention coordinator North Cork. Phone: 022 58700 or 086 7872046



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Cork Kerry Community Healthcare

Category	Service	What is involved?	How to access?
Pre diabetes	CODE Education	<p>CODE is Diabetes Ireland's free group education programme for people with Type 2 Diabetes or with a diagnosis of prediabetes. CODE aims to help you manage your diabetes by covering topics such as healthy eating, physical activity, lifestyle change and how you can play an active role in managing your diabetes.</p> <p>It is run by a diabetes nurse or dietitian.</p> <p>It consists of 2 hours per week over 3 weeks, with a fourth 2 hour session 6 months afterwards.</p> <p>You can also bring a family member, carer or friend for support.</p>	<p>CODE is ran across Cork & Kerry. For further information Phone 01 8428118 Email info@diabetes.ie Register online at www.hse.ie/eng/health/hl/living/diabetes/diabetes-courses/</p>
Type 1 Diabetes, Type 2 Diabetes, Pre diabetes	Diabetes in General Practice - DiGP	<p>DiGP is a General Practice led initiative whose aim is to provide a forum for GPs and practice nurses to ensure best practice in their management of diabetes in general practice through peer support, education and audit.</p> <p>The website has a section for healthcare professionals, for people with diabetes and a members only section.</p>	<p>For further information please contact Katie Murphy, Dept.of General Practice UCC. Phone: 086 0566077 email: Katie.murphy@ucc.ie http://www.digp.ie/</p>
Type 1 Diabetes, Type 2 Diabetes, Pre diabetes	Diabetes UK	<p>UK website which provides support, education and information to people living with diabetes.</p>	<p>www.diabetes.org.uk/</p>



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Category	Service	What is involved?	How to access?
Type 1 Diabetes, Type 2 Diabetes, Pre diabetes	Diabetes Ireland Website and Helpline	Provides support, education and information to people living with diabetes and their families.	www.diabetes.ie Helpline 01 8428118
Type 1 Diabetes, Type 2 Diabetes, Pre diabetes	Diabetes Ireland Care Centre, Cork city	Diabetes Ireland provide affordable access to services and products in key areas that will help you manage your diabetes and maximise your health and quality of life. Some services include podiatry, retinopathy screening, orthotics, hearing tests amongst others.	Contact Diabetes Ireland Care centre, Mary Street, Cork city Telephone: 021 4274229 email: corkcarecentre@diabetes.ie
Type 1 Diabetes, Type 2 Diabetes, Pre diabetes	Smoking Cessation - Health Promotion & Improvement Cork Kerry Community Healthcare	The HSE provides a range of Smoking Cessation Support Services, some in the community and some in hospitals. These services can be accessed directly by the person wanting to stop smoking or people can be referred to the service by a healthcare professional.	For further information about the Smoking cessation programme in Cork and Kerry please contact Marta Kolasa: Phone: 021 4921641 email: marta.kolasa@hse.ie Alternatively go to: www.quit.ie/I-Want-to-Quit/Support-Services/ to find details of your local smoking cessation support services.
Type 1 Diabetes, Type 2 Diabetes, Pre diabetes	Smoking Cessation - HSE Quit Team	Quitting Smoking is one of the most Important things you can do to improve your health. The Quit Programme has one goal - to give you the help and support you need to quit smoking for good. If you prefer you can see one of our smoking cessation officers in person or join a group.	For further information Contact the HSE Quit Team on Freephone 1800 201 203 Email: support@quit.ie www.quit.ie Text: Freetext QUIT to 50100 Tweet @HSEQuitTeam Facebook: facebook.com/HSEQuit



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Cork Kerry Community Healthcare

Category	Service	What is involved?	How to access?
Type 1 Diabetes, Type 2 Diabetes, Pre diabetes	Smoking Cessation - We Can Quit (Irish Cancer Society and local community organisations)	We Can Quit supports women to stop smoking. It is a free, friendly and supportive 12 week programme to help you to quit smoking. The programme offers free nicotine replacement therapy (NRT), a weekly smoking cessation group and one to one support. It is run in various locations in Cork (Mayfield, Mallow, Ballyphehane, Farranree).	For further information about the We Can Quit programme in Cork, please phone: 01 2316 669 or go to www.cancer.ie/reduce-your-risk/community/we-can-quit
Type 1 Diabetes, Type 2 Diabetes, Pre diabetes	See also section on Generic Supports		



Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke

Cork Kerry Community Healthcare

Category	Service	What is involved?	How to access?
Heart Conditions	Cardiac Rehabilitation Programme	<p>Cardiac Rehabilitation (CR) is a continuous process commencing in hospital following an acute event and continuing on discharge into the community.</p> <p>Cardiac Rehabilitation is predominately offered to people following acute Myocardial Infarction (heart attack), Percutaneous Coronary Intervention (PCI), Coronary Artery Bypass Surgery and Heart Valve Surgery however different centres may have different inclusion criteria.</p> <p>Cardiac Rehabilitation can be divided into four distinct phases.</p> <p>Phase 1: In-patient stay</p> <p>Phase 2: Immediate post discharge period. The structure of this phase may vary from centre to centre. It may take the format of telephone follow up, home visits or individual or group education sessions. Either way, some form of contact is maintained with the patient, facilitating on-going education and exchange of information.</p> <p>Phase 3: This is an outpatient programme of individualised monitored exercise training and education. The duration of phase 3 may vary from six to twelve weeks, with patients required to attend a CR unit two to three times weekly for structured exercise and other lifestyle interventions.</p> <p>Phase 4: This phase constitutes the components of long-term maintenance of lifestyle changes. It is when patients leave the structured Phase 3 programme and continue exercise and other lifestyle modifications. This may be facilitated in the CR units itself or in a local leisure centre. Alternatively individuals may prefer to exercise independently and Phase 4 may involve helping them set a safe and realistic maintenance programme.</p> <p>The cardiac rehab co-ordinator works with and is supported by a variety of colleagues such as Cardiologists, Physiotherapists, Nurses, Occupational Therapists, Dietitians, Pharmacists, Psychologists and Social Workers. Listed below are the community based or out patient Cardiac Rehabilitation programmes provided in Cork and Kerry.</p>	



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Category	Service	What is involved?	How to access?
Heart Conditions	Cardiac Rehabilitation Programme Cork University Hospital - Free group heart education and exercise programme	<p>The Cardiac Rehabilitation programme is a free outpatient service which takes place after discharge from hospital, and is provided to patients who have had a cardiac illness.</p> <p>It is a programme of individualised monitored exercise training and education. It is held twice a week for six weeks.</p> <p>The cardiac rehab co-ordinator works with and is supported by Cardiologists, Physiotherapists, Nurses, Occupational Therapists, Dietitians, Pharmacists, Psychologists and Social Workers.</p>	<p>For further information talk to your GP/consultant or</p> <p>Contact the Cardiac Rehabilitation Department in Cork University Hospital 021 4920832</p>
Heart Conditions	Cardiac Rehabilitation Programme University Hospital Kerry - Group heart education and exercise programme	<p>The Cardiac Rehabilitation programme is a free outpatient service which takes place after discharge from hospital, and is provided to patients who have had a cardiac illness.</p> <p>It is a programme of individualised monitored exercise training and education. Educational sessions include information on the development of heart disease, heart healthy diet, smoking cessation, exercise for a healthy heart, medication management, stress management and motivational skills.</p> <p>It is held twice a week for 7 weeks.</p>	<p>For further information talk to your GP, consultant or contact Kay Karim, Cardiac Rehabilitation Coordinator on 066 7184000 bleep 370</p>



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Category	Service	What is involved?	How to access?
Heart Conditions	Cardiac Rehabilitation Programme Mallow General hospital - Group Heart education programme	The Cardiac Rehabilitation programme in Mallow is a free out-patient service which is available as a combination of one-to-one consultations and a five week group education programme. People attending are motivated and empowered to improve their cardiovascular health with a home exercise programme, risk factor management plan and lifestyle adjustments, including medication and symptom management.	For further information contact Mairead Lehane, Cardiac Rehabilitation Nurse in Mallow General hospital Phone: 022 21251
Heart Conditions	Cardiac Rehabilitation Programme Bantry General hospital - Group Heart education programme	The Cardiac Rehabilitation programme is a free outpatient service which takes place after discharge from hospital, and is provided to patients who have had a cardiac illness. Bantry General Hospital run an education programme It is held once a week for 3 weeks and topics covered include diet, medications, exercise, stress management and risk factors for heart disease.	For further information contact Joan Mulgrew, Cardiac Rehabilitation Nurse in Bantry General Hospital Phone: 027 54822



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Category	Service	What is involved?	How to access?
Heart Conditions	Cardiac Rehabilitation Programme Bon Secours Hospital, Cork - Group Heart education and exercise programme (Private Provider, Costs associated)	<p>The Cardiac Rehabilitation programme is an outpatient service which takes place after discharge from hospital, and is provided to patients who have had a cardiac illness.</p> <p>This is a structured exercise and education group programme.</p> <p>The usual length is twice weekly over 6 weeks.</p> <p>It consists of an individually tailored supervised exercise programme and a 60 minute education session on one day per week.</p> <p>The education component is delivered by members of the multidisciplinary team for patients and their families.</p> <p>The multidisciplinary team consist of a Consultant Cardiologist, Pharmacist, Cardiac Rehabilitation Nurse, Occupational Therapist, Dietitian and Physiotherapist.</p> <p>Cost = €450</p>	<p>For further information talk to your GP/ Consultant or contact the Cardiac Rehabilitation Coordinator</p> <p>Phone: 021 4542807 Bleep 122</p>



Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke

Cork Kerry Community Healthcare

Category	Service	What is involved?	How to access?
Heart Conditions	Cardiac Rehabilitation Programme Bon Secours Hospital, Tralee - Group Heart education and exercise programme (Private provider, costs associated)	<p>The Cardiac Rehabilitation programme is an outpatient service which takes place after discharge from hospital, and is provided to patients who have had a cardiac illness such as cardiac stents, a heart attack or cardiac surgery.</p> <p>It is a programme of individualised monitored exercise training and education.</p> <p>Education programme: held once a week for 3 weeks.</p> <p>The education programme team consists of the following: Cardiac Rehabilitation Nurse Specialist, Dietitian, Physiotherapist, Pharmacist and Pastoral care.</p> <p>Cost = €50</p> <p>Exercise programme: This is held twice a week for 6 weeks.</p>	For further information talk to your GP/ Consultant or Marie Flynn, Cardiac Rehabilitation Coordinator in the Bon Secours hospital Phone: 066 71 49862



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Cork Kerry Community Healthcare

Category	Service	What is involved?	How to access?
Heart Conditions	Cardiac Rehabilitation Programme Mater Private Hospital, Cork - Group Heart education and exercise programme (Private provider, costs associated)	<p>The Cardiac Rehabilitation programme is an outpatient service which takes place after discharge from hospital, and is provided to patients who have had a cardiac illness.</p> <p>This is a structured exercise and education group programme.</p> <p>The usual length is twice weekly over 6 weeks.</p> <p>It consists of an individually tailored supervised exercise programme and a 60 minute education session on one day per week.</p> <p>The education component is delivered by members of the multidisciplinary team for patients and their families.</p> <p>The multidisciplinary team consist of a Consultant Cardiologist, Pharmacist, Cardiac Rehabilitation Nurse, Psychologist, Dietitian and Physiotherapist.</p> <p>Cost = €450</p>	<p>This service is available to those attending a consultant in the Mater Private.</p> <p>For further information talk to your GP, consultant or contact the Cardiac Rehabilitation Coordinator Irene Murphy: phone: 021 601 3333 email: cardiac.office@materprivate.ie</p>
Heart Conditions	Phase 4 Cardiac Rehabilitation : Shane Simcox Rehabilitation (Private provider, costs associated)	<p>This programme is usually for individuals who have completed the hospital-based cardiac rehabilitation programme, who wish to continue exercising in a group setting supervised by an exercise instructor who is qualified in cardiac rehab.</p> <p>For those with cardiac issues who haven't completed phase 3 Cardiac Rehab, an 'Exercise Clearance letter' from their GP to state that they are presently 'medically stable' is needed.</p>	<p>For further information Phone: 087 6112178 Email: shane@simcoxrehabilitation.ie www.simcoxrehabilitation.ie</p>



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Category	Service	What is involved?	How to access?
Heart Conditions	Phase 4 Cardiac Rehabilitation Mardyke Arena UCC Arena Clinic, Cork (Private provider, costs associated)	This programme is for individuals who have completed the hospital-based or community based cardiac rehabilitation programme and wish to continue exercising in a group setting supervised by an exercise instructor who is qualified in cardiac rehab.	You will require a referral form from your healthcare professional to be completed, prior to commencing the classes. This form can be completed by your GP or other designated healthcare professionals such as a Physiotherapist. For further information: phone: 021 490 4760 email: andrew.burns@ucc.ie
Heart Conditions	Phase 4 Cardiac Rehabilitation Leisure World, Bishopstown, Cork (Private provider, costs associated)	This programme is usually for individuals who have completed the hospital-based cardiac rehabilitation programme, who wish to continue exercising in a group setting supervised by an exercise instructor who is qualified in cardiac rehab. For those with cardiac issues who haven't completed phase 3 Cardiac Rehab a referral letter from their GP is needed.	For further information please contact Aoife Twohig, LeisureWorld Bishopstown Phone: 021 4346505 www.leisureworldcork.com
Heart Conditions	Irish Association of Cardiac Rehabilitation	National website providing information on cardiac rehabilitation in Ireland including a detailed directory	For further information: Irish Association of Cardiac Rehabilitation, 17-19 Rathmines Rd Lower, Dublin 6, D06 C780 Phone: 087 367 8976 email: iacr@iacronline.ie www.iacronline.ie



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Category	Service	What is involved?	How to access?
Heart Conditions	Nurse Led Heart Failure Clinic, Cork University Hospital.	Nurse led Heart failure clinic where patients are reviewed, assessed, educated and have their medications adjusted by a Heart Failure Clinical Nurse Specialist.	Access to this clinic is via Cork University Hospital Consultant Cardiologist only.
Heart Conditions	Community Podiatry Service	<p>Community Podiatry is a needs led Service. Those patients at greatest risk of developing serious foot complication from conditions such as Diabetes, Peripheral Vascular Disease, Rheumatoid Arthritis, Neurological conditions (Stroke, Parkinson's etc.) are prioritised and wait listed accordingly. Appointments are given in order of assessed priority.</p> <p>All patients must be referred by their GP, Practice Nurse or Health care Professional and must have a fully completed referral sent in on their behalf before being considered for treatment.</p>	<p>For further information please contact the following:</p> <p>Cork City (North and South Lee), Grattan Street, Cork Phone: 021 4921752</p> <p>North Cork Community Podiatry Service, Mallow Primary Care Centre, Mallow Phone: 022 58730</p> <p>West Cork Community Podiatry Service, Skibbereen Day care centre, Skibbereen Phone: 028 40400</p> <p>Kerry Community Podiatry Service, Tralee PCC, Rathass, Tralee, Co Kerry Phone: 066 7199747</p>



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Category	Service	What is involved?	How to access?
Heart Conditions	Dental Services	<p>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.</p> <p>Tooth loss patterns have also been connected to coronary artery disease.</p>	<p>Adults aged 16 and over with a medical card: 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 www.hse.ie/eng/services/list/2/dental/</p> <p>Adults aged 16 and over without a medical card: The Dental Treatment Benefit Scheme is available to PRSI insured workers (including self-employed and farmers) and retired people. For further information go to www.welfare.ie/en/Pages/Treatment-Benefit1.aspx</p>



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Category	Service	What is involved?	How to access?
Heart Conditions	Cardiac Support Group: Bandon	<p>The support group aims to provide the cardiac patient with educational, psychological and peer support.</p> <p>It is an informal and friendly gathering and new members are always welcome.</p> <p>Meetings are held in the Town Hall in Bandon from 2.30pm-4.00pm on the 1st Tuesday of every month.</p> <p>There is no cost involved other than a donation towards the tea/coffee.</p>	For further information please phone: 087 2684659
Heart Conditions	Cardiac Support Group: Bantry & District	<p>The support group aims to provide the cardiac patient with educational, psychological and peer support.</p> <p>It is an informal and friendly gathering and new members are always welcome.</p> <p>Meetings are held in the Christian Fellowship Church in Bantry from 8.00pm on the last Tuesday of the month.</p>	For further information please phone Sarah (nurse facilitator) 087 3186443 or John (secretary) 086 4048821
Heart Conditions	Cardiac Support Group: Ballincollig & Bishopstown	<p>The group meet on the 2nd Monday of the month in Bishopstown Library, Wilton Shopping Centre from 11am to 1pm.</p> <p>There is no cost involved other than a donation towards the tea/coffee</p>	For further information please phone: 087 2380658



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Category	Service	What is involved?	How to access?
Heart Conditions	Cardiac Support Group: Douglas	<p>The support group aims to provide the cardiac patient with educational, psychological and peer support.</p> <p>It is an informal and friendly gathering and new members are always welcome.</p> <p>Meetings are held in the Lion House in Douglas from 11.00am to 1.00pm on the 1st Monday of the month.</p> <p>There is no cost involved other than a donation towards the tea/coffee.</p>	For further information please phone: 087 4139461
Heart Conditions	Cardiac Support Group: North Cork	<p>The cardiac support group is a welcoming and caring support group whose goal is to educate, motivate and support people with heart problems, their partners and family members through social and educational information.</p> <p>The Group meets the second last Monday of every month at 8pm in the Day Care Centre, Mallow beside Mallow Swimming Pool except for Christmas and Summer when the Group arranges social events.</p>	For further information please phone: 086 8900886



Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke

Cork Kerry Community Healthcare

Category	Service	What is involved?	How to access?
Heart Conditions	Cardiac Support Group: Heartbeat, Killarney	Heartbeat is a free support group for those with heart disease or who have had a cardiac event or stroke in their lives. Run by heart patients and carers its objective is to help people to return to living as full a life as possible. Meetings are held at 8pm on the last Monday of the month in the Serenity Centre off St Anne's road, Killarney.	For further information please phone Billy O'Sullivan on 085 1773910
Heart Conditions	Heart Failure: The Heartbeat Trust	The Heartbeat Trust is Ireland's national heart failure charity whose goal it is to lead the way in the prevention and treatment of Heart Failure as well as discover and develop new therapies for this complex and varied condition. The website is a reliable source of support, education and information for people living with heart failure.	For further information go to www.heartbeat-trust.ie/ Heart failure self care plan: www.heartbeat-trust.ie/wp-content/uploads/2016/04/traffic_light_guide_a4_print.pdf
Heart Conditions	Heart Failure: European Society for Cardiology website	The European Society for Cardiology has developed an informative website to help people understand heart failure. You can read about heart failure, watch the animations explaining heart failure and its treatment or simply listen to audio clips that cover all aspects of the condition.	www.heartfailurematters.org/en_GB



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Cork Kerry Community Healthcare

Category	Service	What is involved?	How to access?
Heart Conditions	Irish Heart Foundation Website	The Irish Heart Foundation website is a reliable source of support, education and information for people living with heart conditions and stroke.	www.irishheart.ie Phone: 01 6685001 Email: info@irishheart.ie
Heart Conditions	Irish Heart Foundation Publications	A variety of reliable information leaflets available to order or to download on heart conditions including heart attacks, heart surgery, angina, stroke and heart failure.	www.irishheart.ie/publications email: info@irishheart.ie Phone: 01 6685001
Heart Conditions	Croí - The West of Ireland Cardiac and Stroke Foundation Website	Croí is a registered charity whose aim is to raise awareness on a local and national level about the risk factors for heart disease and stroke and to develop and deliver education, prevention and healthy lifestyle programmes to individuals, families and communities. The website is a source of reliable information and resources for people with heart disease and stroke.	www.croi.ie
Heart Conditions	Croí - The West of Ireland Cardiac and Stroke Foundation: Information Booklets	A variety of information booklets available to download on blood pressure, cholesterol, heart failure.	To access these booklets go to www.croi.ie/resources/



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Cork Kerry Community Healthcare

Category	Service	What is involved?	How to access?
Heart Conditions	Smoking Cessation - Health Promotion & Improvement Cork Kerry Community Healthcare	The HSE provides a range of Smoking Cessation Support Services, some in the community and some in hospitals. These services can be accessed directly by the person wanting to stop smoking or people can be referred to the service by a healthcare professional.	For further information about the Smoking cessation programme in Cork and Kerry please contact Marta Kolasa: Phone: 021 4921641 email: marta.kolasa@hse.ie Alternatively go to www.quit.ie/I-Want-to-Quit/Support-Services/ to find details of your local smoking cessation support services.
Heart Conditions	Smoking Cessation - HSE Quit Team	Quitting Smoking is one of the most Important things you can do to improve your health. The Quit Programme has one goal - to give you the help and support you need to quit smoking for good. If you prefer you can see one of our smoking cessation officers in person or join a group.	For further information contact the HSE Quit Team on Freephone 1800 201 203 Email: support@quit.ie www.quit.ie Text: Freetext QUIT to 50100 Tweet @HSEQuitTeam Facebook: facebook.com/HSEQuit
Heart Conditions	Smoking Cessation - We Can Quit (Irish Cancer Society and local community organisations)	We Can Quit supports women to stop smoking. It is a free, friendly and supportive 12 week programme to help you to quit smoking. The programme offers free nicotine replacement therapy (NRT), a weekly smoking cessation group and one to one support. It is run in various locations in Cork (Mayfield, Mallow, Ballyphehane, Farranree).	For further information about the We Can Quit programme in Cork, please phone: 01 2316 669 or go to www.cancer.ie/reduce-your-risk/community/we-can-quit
Heart Conditions	See also section on Generic Supports		



Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke

Cork Kerry Community Healthcare

Category	Service	What is involved?	How to access?
Stroke	Assessment and Treatment Centre (A&TC), St Finbarr's hospital, Douglas Road, Cork.	<p>The A&TC provides for assessment, diagnosis, treatment and rehabilitation of older adults from Cork City and Cork County presenting with uncertain diagnosis or complex case management. A comprehensive assessment and individual treatment plan is facilitated by Consultant Physicians in Geriatric Medicine supported by a multidisciplinary team which includes medical, nursing, physiotherapy, occupational therapy, speech and language therapy, dietetics, podiatry and administration.</p> <p>GP's can refer into one of the specialist clinics: Memory, Movement Disorders (e.g. Parkinson's), Falls & Syncope and Incontinence.</p> <p>While under the care of a Consultant Geriatrician, patients may access therapy, dexta-bone densitometry, blood transfusion, iron infusions, anticoagulation, holter and Blood pressure monitoring, memory intervention and support service, memory gym, stroke follow up and complex case management.</p> <p>The A&TC offers a person centred, holistic approach supporting frail older adults with complex health issues in the community.</p>	<p>A referral letter from your GP is required to access the service</p> <p>For further information, referral criteria and exclusion criteria please contact the A&TC Phone: 021 4923298 Opening Hours: Mon-Thurs 8am-6pm, Friday 8am - 4.30pm</p>



Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke

Cork Kerry Community Healthcare

Category	Service	What is involved?	How to access?
Stroke	Stroke Rehabilitation Unit, Bantry General Hospital	The multi-disciplinary team consists of a Clinical nurse specialist stroke, clinical nurse managers, stroke trained nurses, physiotherapist, Occupational Therapist, Speech and language therapist and Dietitian.	<p>All stroke survivors admitted to the stroke unit in Bantry General hospital will automatically be transferred to the rehabilitation ward</p> <p>Access to the rehabilitation unit other than via the stroke unit is through referral to Dr Brian Carey, Bantry General hospital.</p>
Stroke	CRST - North Cork Community Rehabilitation and Support Team	<p>The Community Rehabilitation and Support Team (CRST) HSE, is a community based rehabilitation service for people who have been in hospital and meet the criteria for inclusion in a home based rehabilitation programme. The team operate from the facilities at the Gilbert Centre in Mallow.</p> <p>The objectives of the service are:</p> <ul style="list-style-type: none"> • To facilitate a timely discharge from hospital for complex patients. • To provide interdisciplinary rehabilitation • To provide carer support • To increase a client's independence in day to day activities and promote recovery <p>Examples of a person who may benefit from CRST</p> <ul style="list-style-type: none"> • People who have suffered a stroke or a fall sustaining a fracture and who require multidisciplinary rehabilitation. • Complex community clients who suffer from a reduced level of independence • People with neurological conditions such as stroke 	<p>Referrals to CRST come from Mallow and Cork hospitals, National Rehabilitation Hospital, Limerick University Hospital, GPs and Community Services</p> <p>Information on the service can be obtained by contacting the team in Mallow Phone: 076 1084050 Fax: 022 55540</p>



Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke

Cork Kerry Community Healthcare

Category	Service	What is involved?	How to access?
Stroke	Stroke Day Service: Ard Churam Day Care Centre, Listowel Baile Mhuire Day Care Centre, Tralee	<p>The overall aim of the Stroke Day Service pilot programme is to provide a Post Stroke Service with Physio and Nursing Supports that will meet the needs of individuals, carers and families affected by Stroke.</p> <p>It is an 8- 12 week programme with the service being offered one day a week.</p> <p>The Stroke Day Service provides a planned programme of activities designed to promote wellbeing through the provision of health and social activities.</p> <p>The benefits of the Stroke Service include:</p> <ul style="list-style-type: none"> • Physiotherapist and Nurse led assessments and support programmes • Group exercise programmes • Mental and Social Stimulation programmes • Improvement in mental and physical health • Enhanced or maintained level of independence • Peer support • Nutritious meals and snacks • Access to health professionals and other services • Referrals and signposting to community based supports • Support and respite for carers and family <p>The service runs from 10.00am until 3.00pm one day each week</p> <p>Mondays: Listowel Ard Churam Fridays: Baile Mhuire, Tralee</p> <p>The cost is €10.00 per person per day</p>	<p>For further information and for referral details contact the Nurse Coordinator in either Day Centre</p> <p>Listowel: Louise 068 22986 Tralee : Rose 066 7123373</p>



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Cork Kerry Community Healthcare

Category	Service	What is involved?	How to access?
Stroke	Cerebrovascular Rehabilitation - Cardiac Rehabilitation for Stroke	This programme is targeted at people who have suffered minor or no deficits post stroke. It runs twice a week for 8 weeks and includes an exercise and education component. Education talks are provided by the physiotherapist, occupational therapist, pharmacist and dietitian.	Referrals are accepted from Neurology or Geriatric Consultants in Cork University Hospital. For further information please contact Peter Morgan, Physiotherapist Cork University Hospital Phone: 021 4922405
Stroke	Community Podiatry Service	Community Podiatry is a needs led service. Those patients at greatest risk of developing serious foot complication from conditions such as Diabetes, Peripheral Vascular Disease, Rheumatoid Arthritis, Neurological conditions (Stroke, Parkinson's etc.) are prioritised and wait listed accordingly. Appointments are given in order of assessed priority. All patients must be referred by their GP, Practice Nurse or Health care Professional and must have a fully completed referral sent in on their behalf before being considered for treatment.	For further information please contact the following: Cork City (North and South Lee), Grattan Street, Cork Phone: 021 4921752 North Cork Community Podiatry Service, Mallow Primary Care Centre, Mallow Phone: 022 58730 West Cork Community Podiatry Service, Skibbereen Day care centre, Skibbereen Phone: 028 40400 Kerry Community Podiatry Service, Tralee PCC, Rathass, Tralee, Co Kerry Phone: 066 7199747



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Cork Kerry Community Healthcare

Category	Service	What is involved?	How to access?
Stroke	Functional Zone - Leisure World Bishopstown, Cork.	<p>A functional zone is a gym or area of a gym with adapted equipment to suit and allow individuals with a physical impairment to train optimally or engage in a sustainable exercise programme.</p> <p>This service is open to people who have</p> <ul style="list-style-type: none"> -had a single neurological event e.g. stroke, acquired brain injury, spinal cord injury etc. resulting in physical impairment -progressive chronic conditions e.g. Parkinson's disease, Multiple sclerosis etc. 	<p>At present the pathway for access to the functional zone is via the HSE Community physiotherapy service only.</p> <p>Consultants or GPs can refer directly to the community physiotherapist, who will then assess whether the patient is suitable or not.</p> <p>Please contact Shane, Brigid or Aoife on 021 4346505 in Leisure World for further information. www.leisureworldcork.com</p>



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Cork Kerry Community Healthcare

Category	Service	What is involved?	How to access?
Stroke	Stroke Support Groups	A Stroke Support Group provides vital support and activities for those affected by stroke and their carers. It provides a meeting place for people to come together and discuss experiences they may have had. The groups also provide information, raise awareness and offer support and advice on living with stroke. A stroke support group is not a therapy group. Support groups are a fantastic way to meet others and pool information. Listed below are the Stroke support groups in Cork and Kerry.	
Stroke	Cork Stroke Support Group (CSSG)	<p>This is a welcome meeting place for stroke survivors and family members to share information, address concerns and support each other in overcoming challenges and gaining independence.</p> <p>The aim of the Cork Stroke Support Group is to</p> <ul style="list-style-type: none"> • Facilitate sharing of information. • Provide support and encouragement in an open and relaxed environment. • Organise activities with emphasis on enjoyment and social engagement. • Encourage independence through exercise and enabling activities. • Represent the needs of Stroke Survivors <p>These aims are based on the 5 pillars (i) Education / Information, (ii) Emotional Support / Encouragement, (iii) Enjoyment, (iv) Exercise and (v) Enablement.</p>	<p>The group meet on the last Wednesday of every month at 2pm-4pm in the Activity Centre, St Finbarr's hospital, Douglas road.</p> <p>There is a weekly programme which includes information sessions with a guest speaker and a range of activities such as exercise, hydrotherapy, mindfulness, music etc. Details of these sessions are available on the website or on the Facebook page.</p> <p>The group also organise enjoyable social outings.</p> <p>For more information: Phone: 087 3569555 Email: info@corkstrokesupport.ie www.corkstrokesupport.ie Facebook: CSSG cork stroke support group</p>



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Category	Service	What is involved?	How to access?
Stroke	West Cork Stroke Support Group	<p>The key features of the Support Group are:</p> <ul style="list-style-type: none"> -to provide help, information and a social outlet for stroke survivors, their families and friends; -to enable survivors to share experiences that can be vital in dealing with the effects of stroke; -to develop empowerment and control for stroke survivors; -to Improve coping skills and adjustment to life after Stroke; -to help reduce depression, stress and anxiety. <p>Membership is free and is open to anyone who has had a stroke and his or her family, friends and carers.</p>	<p>The group meets on the 2nd Thursday of every month in the Bantry General Hospital training room.</p> <p>For further information phone: Noreen Lynch, Clinical Nurse Specialist- Stroke care 027 54814</p> <p>Facebook: West Cork stroke support group</p>
Stroke	North Cork Stroke Support Group	<p>The aim of the support group is to facilitate sharing of experiences and information in a supportive environment.</p> <p>The group provides a meeting place for people to get together and do this.</p> <p>People in the group can discuss problems they may have had and how they overcame them, giving other people a chance to use the same techniques to overcome their problems.</p> <p>Membership of the support groups is open to individuals in the North Cork area.</p>	<p>The group meet on the 1st Wednesday of every month at 2pm in the Gilbert Centre, Fair Street, Mallow.</p> <p>For further information phone 076 1084050</p>



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Category	Service	What is involved?	How to access?
Stroke	Kerry Stroke Support Group	<p>The Stroke Group provides a meeting place for people affected by Stroke to come together and share their experience.</p> <p>Each month there is an input which can include Physiotherapy, Light Exercise, Relaxation / Mindfulness or Yoga to name but a few.</p> <p>The group also offer a help line which people can contact for peer support .</p> <p>This is operated by volunteers.</p> <p>The Group also produce regular newsletters and Information Days</p> <p>Therapeutic Choir; Kerry Stroke Support Group in conjunction with Baile Mhuire Day Care Centre run a Choir every Thursday from 10 30 am to 12.30 pm in Baile Mhuire Day Centre. Carers and those affected by Stroke Welcome.</p> <p>Cost €2.00. Tea/ Coffee Refreshments provided</p> <p>The group is an ideal place for anyone who has experienced a stroke to meet for a chat and a cup of tea.</p> <p>People are welcome to bring a family member or carer if they wish.</p> <p>Cost = €2</p>	<p>The group meets on the last Friday of each month (except August & December) from 10.30am-12.30pm in Baile Mhuire Day Care centre, Balloonagh, Tralee.</p> <p>For further information phone 087 3586451</p> <p>Helpline: 087 3586451</p> <p>Facebook: Kerry Stroke support group</p>



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Category	Service	What is involved?	How to access?
Stroke	Cardiac Support Group Killarney	Heartbeat is a free support group for those with heart disease or who have had a cardiac event or stroke in their lives. Run by heart patients and carers its objection is to help people to return to living as full a life as possible. Meetings are held at 8pm on the last Monday of the month in the Serenity Centre off St Anne's road, Killarney.	Heartbeat is a free support group for those with heart disease or who have had a cardiac event or stroke in their lives. Run by heart patients and carers its objection is to help people to return to living as full a life as possible. Meetings are held at 8pm on the last Monday of the month in the Serenity Centre off St Anne's road, Killarney.
Stroke	Life After Stroke - support network for young stroke survivors	Hosted on Facebook – this private forum lets you chat to other young stroke survivors about the many common challenges post stroke, such as relationships, returning to work, positive mental health, anxiety and depression, fatigue and communication difficulties.	<p>www.irishheart.ie/your-health/learn-about-stroke/working-age-stroke-survivor-network-65s/</p> <p>New members can join by going to www.facebook.com/groups/143802206262536/ and requesting membership.</p> <p>You can also contact Tracy Egan from the Irish Heart foundation with any queries: tegan@irishheart.ie</p>
Stroke	Therapeutic Choir, Tralee	Therapeutic Choir: Kerry Stroke Support Group in conjunction with Baile Mhuire Day Care Centre run a Choir every Thursday from 10 30 am to 12.30 pm in Baile Mhuire Day Centre. Carers and those affected by Stroke are welcome. Cost €2.00. Tea/ Coffee, Refreshments provided	For further information phone 087 3586451



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Category	Service	What is involved?	How to access?
Stroke	<p>Conversation Partner Scheme</p> <p>Community Speech and Language Therapy Department, South Lee, Cork</p>	<p>The Conversation Partner Scheme (CPS) helps create conversational opportunities for people with aphasia (communication difficulties after a stroke). The CPS brings together trained volunteers and people with aphasia who may feel isolated with little opportunity for supported conversation following their stroke.</p> <p>Volunteers are trained in strategies to carry out supported conversations with people with aphasia. They volunteer to meet with a person with aphasia once a week for an hour's supported conversation over a period of 6 months.</p>	<p>To access the Conversation Partner scheme the person needs to be attending the Primary care (Community) Speech and Language therapy service in the South Lee area of Cork.</p> <p>This service is a free HSE service available to adults living in the South Lee area of Cork who have acquired speech, language, voice and /or eating, drinking and swallowing difficulties.</p> <p>Referrals for adult services can be made by Health care professionals only.</p> <p>For referral criteria and referral forms go to www.hse.ie/eng/services/list/1/lho/corkslee/therapy/ For referral queries please phone 021-4927801 or email: speechtherapy.sl@hse.ie</p>



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Category	Service	What is involved?	How to access?
Stroke	Conversation Support Group	<p>This group is for people who have Speech and Language Difficulties after a stroke. The group meets once a month in Cork City Library where the participants get to share ideas and express themselves within a supportive aphasia-friendly environment.</p>	<p>To access the Conversation support group the person needs to be attending the Primary care (Community) Speech and Language therapy service in the South Lee area of Cork.</p> <p>This service is a free HSE service available to adults living in the South Lee area of Cork who have acquired speech, language, voice and /or eating, drinking and swallowing difficulties.</p> <p>Referrals for adult services can be made by Health care professionals only.</p> <p>For referral criteria and referral forms go to www.hse.ie/eng/services/list/1/lho/corkslee/therapy/ For referral queries please phone: 021-4927801 or email: speechtherapy.sl@hse.ie</p>



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Category	Service	What is involved?	How to access?
Stroke	Aphasia Café, Cork	<p>Aphasia is a disorder caused by damage to the language centres of the brain, typically as a result of stroke or head injury.</p> <p>Aphasia affects a person's ability to understand and express themselves in spoken and written word, resulting in limited opportunities to participate in society.</p> <p>For this reason, the aphasia café was set up by the UCC Clinical Therapies Society.</p> <p>This café is situated within The Haven café in Cork City and is open to the general public.</p> <p>The purpose of the café is to support people with aphasia to participate in activities of daily living, specifically, socialising with other people with aphasia in a local café.</p> <p>This reduces potential isolation and creates an overall sense of community.</p> <p>The café is wheelchair accessible, has adapted menus for people with aphasia, and staff have been trained to support successful communication.</p> <p>During the monthly aphasia café hours, UCC healthcare student volunteers are often available during the academic year to further help support communication.</p>	<p>Where: The Haven café, Bachelors Quay, Cork</p> <p>When: First Friday of every month</p> <p>Time: 2pm to 4pm</p> <p>Contact: Dr Helen Kelly, Speech & Hearing Sciences, School of Clinical Therapies, University College Cork. helen.kelly@ucc.ie</p>



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Category	Service	What is involved?	How to access?
Stroke	Headway	<p>Headway provides rehabilitation services for people living with Acquired Brain Injury</p> <p>Services include:</p> <ul style="list-style-type: none"> • Rehabilitative and Vocational training – Carrigrohane Road, Cork • Community rehabilitation incorporating community integration and vocational rehabilitation – Ballincollig, Cork • Day rehabilitation services - Ballincollig, Mallow and Cobh • Social work – Ballincollig, Cork • Psychology - Carrigrohane Rd, Cork & Kerry • Family support services – Ballincollig 	<p>For further information please contact Liz Owens, Regional Manager Headway Unit B3 Link Road Business Park, Ballincollig, Cork, P31 PR52</p> <p>Phone: 021 487 1303 Fax: 021 487 1305 Freephone Helpline: 1800 400 478 www.headway.ie</p>
Stroke	Acquired Brain Injury Ireland	<p>ABI Ireland is a dedicated provider of community-based neuro-rehabilitation services for people with an acquired brain injury (ABI) and their families. As a brain injury can affect a person's ability to control their own life and live independently, ABI Ireland works to empower and rebuild lives. ABI Ireland also campaigns, educates and advocates for the rights and needs of this group in society</p>	<p>For further information go to www.abiireland.ie</p>



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Category	Service	What is involved?	How to access?
Stroke	Croí - West of Ireland Cardiology Foundation	Croi is a registered charity whose aim is to raise awareness on a local and national level about the risk factors for heart disease and stroke and to develop and deliver education, prevention and healthy lifestyle programmes to individuals, families and communities. The website is a source of reliable information and resources for people with heart disease and stroke.	www.croi.ie
Stroke	Irish Heart Foundation Website	The Irish Heart Foundation website is a reliable source of support, education and information for people living with heart conditions and stroke.	www.irishheart.ie/campaigns/strike-stroke/ Phone: 01 6685001 email: info@irishheart.ie
Stroke	Irish Heart Foundation Publications	A variety of reliable information leaflets available to order or to download on stroke	www.irishheart.ie/publications email: info@irishheart.ie Phone: 01 6685001
Stroke	Smoking Cessation - Health Promotion & Improvement Cork Kerry Community Healthcare	The HSE provides a range of Smoking Cessation Support Services, some in the community and some in hospitals. These services can be accessed directly by the person wanting to stop smoking or people can be referred to the service by a healthcare professional.	For further information about the Smoking cessation programme in Cork and Kerry please contact Marta Kolasa: Phone: 021 4921641 email: marta.kolasa@hse.ie Alternatively go to www.quit.ie/I-Want-to-Quit/Support-Services/ to find details of your local smoking cessation support services.



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Category	Service	What is involved?	How to access?
Stroke	Smoking Cessation - HSE Quit Team	Quitting Smoking is one of the most Important things you can do to improve your health. The Quit Programme has one goal - to give you the help and support you need to quit smoking for good. If you prefer you can see one of our smoking cessation officers in person or join a group.	For further information Contact the HSE Quit Team on Freephone 1800 201 203 Email: support@quit.ie www.quit.ie Text: Freetext QUIT to 50100 Tweet @HSEQuitTeam Facebook: facebook.com/HSEQuit
Stroke	Smoking Cessation - We Can Quit (Irish Cancer Society and local community organisations)	We Can Quit supports women to stop smoking. It is a free, friendly and supportive 12 week programme to help you to quit smoking. The programme offers free nicotine replacement therapy (NRT), a weekly smoking cessation group and one to one support. It is run in various locations in Cork (Mayfield, Mallow, Ballyphehane, Farranree).	For further information about the We Can Quit programme in Cork, please phone: 01 2316 669 or go to www.cancer.ie/reduce-your-risk/community/we-can-quit
Stroke	See also section on Generic Supports		



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Category	Service	What is involved?	How to access?
Generic Supports			
Carer's Supports	Family Carers Ireland	<p>Family Carers Ireland emerged from the coming together of The Carers Association and Caring for Carers.</p> <p>This website details the supports and services available to carers such as training, support services, carers groups, home care support, respite weekend breaks, nurse-led clinics, dedicated helpline for family carers and assistance with legal/mediation services.</p> <p>It also lists the resource centres or outreach centres in your area.</p>	<p>For further information Careline 1800 240724 email: info@familycarers.ie www.familycarers.ie</p> <p>Cork & Kerry Family Carers Ireland 9 Tuckey Street Cork T12 WF2P Phone: 021 4806397 email: pcox@familycarers.ie</p>
Carer's Supports	HSE information on Carer's Supports	<p>A carer is described as someone who is providing an on-going significant level of care to a person who is in need of care in the home due to illness or disability or frailty.</p> <p>The HSE provides health services directly and also funds voluntary organisations to provide supports and services to individuals and their Carers.</p> <p>This webpage gives an overview of some of the Carer's Supports available.</p>	www.hse.ie/eng/services/list/3/carerssupport/



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Category	Service	What is involved?	How to access?
Carer's Supports	Care Alliance Ireland	Care Alliance Ireland is the National Network of Voluntary Organisations supporting Family Carers. This organisation supports member organisations in their direct work with family carers through the provision of information, developing research and policy, sharing resources and instigating opportunities for collaboration. They co-ordinate National Carers Week each June. A website managed by Care Alliance Ireland has a searchable database of current training across Ireland, along with information on online courses. This organisation is not equipped to respond directly to queries from individual Family Carers.	For further information Care Alliance Ireland Phone: 01 874 7776 Email: info@carealliance.ie www.carealliance.ie www.carersweek.ie www.familycarertraining.ie
Carer's Supports	The Age Friendly Guide - A directory of supports and services for older people in Cork city and county	This publication has been produced by the HSE Community Work Department Cork to address the need for more information on services and supports for older people across Cork City and County in one easy to use resource. It is a useful resource to anyone caring for an older person.	This directory is available to view online at: www.hse.ie/hseagefriendlyguide
Communication Supports	National Adult Literacy agency (NALA)	The National Adult Literacy Agency is an independent charity committed to making sure people with literacy and numeracy difficulties can fully take part in society and have access to learning opportunities that meet their needs. There are lots of courses to suit all needs: -one-to-one tuition -group tuition -telephone tutor support -online support	For further information Freephone 1800 20 20 65 Text learn to 50050 Email: info@nala.ie www.nala.ie/first-steps



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Category	Service	What is involved?	How to access?
Communication Supports	National Adult Literacy agency (NALA)- Resources	A variety of reliable resources available to download	For further information: www.nala.ie/resources
Communication Supports	National Adult Literacy agency (NALA) - Literary Advisory Service	<p>Our Literacy Advisory Service is about working with all sorts of organisations to make them more accessible to people with literacy difficulties, be they staff and / or customers. Our service is about making sure that no one with a literacy difficulty is excluded from a service, from promotion or from other important decisions, because of their literacy difficulties.</p> <p>The core elements of the service include:</p> <ul style="list-style-type: none"> •Plain English editing and training; •Integrating literacy support and development into education and training; •Information and referral on workplace basic education; and •Literacy Awareness Training. 	For further information go to www.nala.ie/what-we-do/remove-barriers
Communication Supports	Chime: Deafness and Hearing Loss supports	<p>Chime, the National Charity for Deafness and Hearing Loss offers support, services and advocacy to anyone affected by hearing loss.</p> <p>Our team of professionals provide information and advice; individual, family and group support; technology for the home, school and workplace, including hearing aids. Chime's resource centres are located across Ireland, with additional Outreach Clinics provided in areas outside our centres' reach.</p>	<p>For further information Phone the Information Line on 1800 256 257 email: rejoin@chime.ie</p> <p>Further details on centres are found at www.chime.ie</p>



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Cork Kerry Community Healthcare

Category	Service	What is involved?	How to access?
Communication Supports	Sign Language Interpreting Service	<p>Sign Language Interpreting Service (SLIS) is the national Sign Language Interpreting Service for Ireland.</p> <p>They work to ensure that Deaf people have easy access to public and social services and can exercise their rights and entitlements under the Equal Status & Disability Acts</p> <p>SLIS provide a range of services to support quality interpreting in Ireland for Deaf people and public and other services.</p> <p>Such services include:</p> <ul style="list-style-type: none"> - Quality supports for sign language interpreters, including training. - Referral Service: where you can find an experienced registered interpreter for your needs. -HSE SLIS GP & Primary Care Appointments: SLIS arranges interpreters for GP appointments for Deaf people with medical cards or GP visit cards, on behalf of the HSE. -Social Fund: Arranges and pays for interpreters for funerals with Deaf family members. - IRIS – the Irish Remote Interpreting Service: Provides instant online video link access to a sign language interpreter. Advance booking advised. 	<p>For further information: Sign Language Interpreting Service Deaf Village Ireland Ratoath Road Cabra, Dublin 7</p> <p>Phone: 0761 07 8440 Mobile: 087 980 6996 Fax: 01 838 0243</p> <p>email: reception@slis.ie www.slis.ie</p> <p>For details of the various interpreter services: www.slis.ie/services/</p> <p>If you wish to book a sign language interpreter outside office hours, for Medical / Legal emergencies only (e.g. Hospital, Garda Station etc.) and Funerals. Please text or call the Sign Language Interpreting Service (SLIS) Emergency Helpline: Phone/Text: 087 672 5179 (24 hours a day service)</p>



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Category	Service	What is involved?	How to access?
Communication Supports	National Council for the Blind Ireland (NCBI)	<p>NCBI is the national sight loss agency. It is a not for profit agency that provides supports and services for people who are experiencing difficulties with their eyesight.</p> <p>NCBI provides a variety of services to support people who are living with sight loss.</p> <ul style="list-style-type: none"> - Advice and information on a range of issues relating to sight loss. - Emotional support and counselling to help you to deal with your diagnosis and to talk to you about its impact on your life. - Low vision solutions: If you are having difficulties reading, writing or carrying out everyday tasks, NCBI can help. - Assistive technology advice and training for e.g. a phone with large buttons, a talking clock or watch, while others want to use the latest mobile and online technology. - Rehabilitation training: NCBI's training course in Dublin offers people with sight loss the chance to build confidence and independence before moving onto further training or education. -Library: NCBI's library holds a large collection of audio, large print and Braille books. - Employment support: provide advice and information on employment issues. 	<p>NCBI Head Office and regional centres around the country are open from 9am to 5pm Monday to Friday.</p> <p>For further information: Phone: 01 830 7033 Fax: 01 830 7787 National Technical Support Number: 1850 92 30 60</p> <p>email: info@ncbi.ie www.ncbi.ie</p> <p>South (Cork and Kerry) NCBI Cork Unit 1a Penrose Wharf Penrose Quay Cork</p> <p>Phone: 021 4214962</p>



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Category	Service	What is involved?	How to access?
Drugs and alcohol	HSE Drug and Alcohol helpline	<p>This helpline provides a free confidential place where you can talk through your concerns about drugs or alcohol, get information about services and consider the options available to you to improve your situation.</p> <p>We provide support, information, guidance and referral on anything to do with substance use and alcohol.</p> <p>We will not tell you what to do but will help you to consider the options open to you, with a particular focus on your needs in the situation.</p> <p>We will simply support you by talking through what's happening, how it's impacting you and help you to name what outcome you want for the future.</p>	<p>Phone the confidential Freephone helpline on 1800 459 459 from Monday to Friday between 9:30 am and 5:30 pm.</p> <p>Email: helpline@hse.ie</p>
Drugs and alcohol	Ask About Alcohol	<p>Ask About alcohol is the authoritative information source on alcohol risk in Ireland, aimed at empowering members of the public to manage their health. It is part of the work of the HSE's Alcohol Programme.</p> <p>It is a reliable source of information and evidence-based advice.</p> <p>There is also a directory of local services available.</p>	<p>For further information www.askaboutalcohol.ie</p> <p>Where to get help? www.askaboutalcohol.ie/where-to-get-help/</p>



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Category	Service	What is involved?	How to access?
Drugs and alcohol	Cork Drug and Alcohol Task Force (CLDATF)	The CLDATF funds twenty-one drug and alcohol projects across Cork City. Services including information and awareness raising, assessment, care planning, case management, brief interventions, holistic therapies, advocacy, onward referral, community-based counselling & pre and post treatment support are available from CLDATF funded projects. There is also a directory of drug and alcohol services for Cork and Kerry.	For further information Phone: 021 493 0100 Email: enquires@corkdrugandalcohol.ie www.corkdrugandalcohol.ie
Education, Learning and Training Supports	Cork Education and Training Board- CETB	Cork Education and Training Board (CETB) plans, provides, supports and coordinates education, training and youth services in Cork. CETB is a driving force of education and training in Cork, providing high quality services which are innovative, responsive and inclusive. Through Cork ETB there is a pathway for every learner of all ages.	Cork ETB Administrative Offices Head Office, 21 Lavitt's Quay, Cork T12 HYT9 Phone: 021 4273377 Email: info@corketb.ie www.cork.etb.ie
Education, Learning and Training Supports	Kerry Education and Training Board- Kerry ETB	It is the mission of Kerry Education and Training Board, in conjunction with other education and training agencies and community development bodies, to create and promote the development of a learning society in Kerry, so that all who live in Kerry have access to the education and training required by their personal, social, cultural, economic and civic needs.	Kerry Education and Training Board (Kerry ETB), Centrepont, John Joe Sheehy Road, Tralee, Co. Kerry, V92 P2FE Phone: 066 7121488, Email: info@kerryetb.ie www.kerryetb.ie



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Category	Service	What is involved?	How to access?
Education, Learning and Training Supports	The Social and Health Education Project (SHEP)	<p>SHEP is an Irish, community-based, not-for-profit, training and development organisation dedicated to promoting personal, community and social well-being.</p> <p>Some of the services provided include training and development, Low-cost Counselling, Advocacy and Provision of specialist supports to community organisations.</p> <p>SHEP offers an extensive range of short courses in health and well-being. Such courses include Managing stress in our daily lives, Women's wellbeing, Men's wellbeing and Caring for Our wellbeing.</p> <p>No special prior qualifications are needed and people from all sorts of backgrounds attend.</p>	<p>The Social and Health Education Project CLG Village Chambers, The Village Centre, Station Road, Ballincollig, Co. Cork.</p> <p>Phone: Cork - (021) 466 6180 Kerry - (087) 772 8089 email: info@socialandhealth.com www.socialandhealth.com/</p>
Education, Learning and Training Supports	Healthy Ireland at your Library - Library Services	<p>The Healthy Ireland at your Library service encourages people to 'Eat Well, Think Well, Be Well' by offering a dedicated section in each library with books and information on health and well-being in a relaxed and comfortable environment; a collection of free online health information and resources, including e-magazines, e-books and e-audio books; and, a programme of free health events and activities in all local public libraries.</p>	<p>For further details contact your local library or go to www.corkcitylibraries.ie www.corkcoco.ie/library-services www.kerrylibrary.ie</p>



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Category	Service	What is involved?	How to access?
Education, Learning and Training Supports	Your Good Self - Library Services	<p>The 'Your Good Self' programme aims to provide quality information to the people of Cork on how to look after their emotional well-being as part of their overall health.</p> <p>An extensive list of recommended books, websites and other resources have been compiled and reviewed by psychologists and other professionals working in the HSE.</p> <p>These materials which have been approved by experts in Primary Care Psychology Services in Cork provide information, knowledge and ideas on how best to deal with life's' challenges.</p> <p>The resources are practical and helpful and cover an extensive variety of topics including parenting, stress management and self-esteem.</p>	<p>Your Good Self catalogues are available in your local participating library and on the Cork County and City Library.</p> <p>For further details contact your local library or go to www.corkcitylibraries.ie www.corkcoco.ie/library-services</p>
Emotional and Mental Well Being Supports	Your Mental Health website	<p>This website is a reliable source of advice, information and support services for mental health and wellbeing.</p>	<p>www.yourmentalhealth.ie</p>



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Category	Service	What is involved?	How to access?
Emotional and Mental Well Being Supports	Lighting The Way - Connecting for Life	<p>Lighting the Way is an information booklet for people bereaved through suicide. The information booklets aim to improve the level of information and support available in the community following a death by suicide.</p> <p>Each of the 'Lighting the Way' booklets contains useful information about the range of supports that can be accessed in the community in the aftermath of a suicide, how to make contact with services and what to expect when you do.</p> <p>The booklets list national supports such as websites, helpline contact details along with other supports offered locally such as bereavement support groups and training around suicide awareness and prevention.</p> <p>The 'Lighting the Way' booklets were produced through a partnership between HSE Community Work Departments, HSE staff of the Health Action Zone (HAZ) initiative, An Garda Síochána and other community partners in Cork.</p>	<p>For further information and to download the resources go to www.hse.ie/eng/services/list/4/mental-health-services/connecting-for-life/publications/lighting-the-way-bereavement-resources-cork.html</p>



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Category	Service	What is involved?	How to access?
Emotional and Mental Well Being Supports	Oppo	<p>OPPO is a joint collaboration between the HSE and UCC to design an app based on the recommendations of service users. While it is directed at people living in North Lee in Cork city much of the self management advice is applicable to all.</p> <p>OPPO features:</p> <ul style="list-style-type: none"> • Fully Customisable Reminder System • Choices of Relaxation or Mindfulness Audio • Maps to North Lee Mental Health Services • Fully Customisable Rating Scales and Diary Functions 	OPPO can be downloaded for iPhone (search app store for “OPPO UCC”) and Android (www.oppo.irish/download/).
Emotional and Mental Well Being Supports	HSE National Counselling Service (NSC)	<p>The HSE National Counselling Service (NCS) is a professional, confidential counselling and psychotherapy service for adults who have experienced abuse in childhood. It is available free of charge in all regions of the country.</p> <p>People can refer themselves directly by calling a free-phone number. Healthcare professionals can also refer clients.</p>	The HSE NCS welcomes calls. Contact details are as follows: Freephone: 1800 234 116



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Category	Service	What is involved?	How to access?
Emotional and Mental Well Being Supports	Connect Counselling	<p>Connect is an additional service to the HSE's National Counselling Service which provides free face to face counselling for people who have suffered abuse, trauma or neglect in their childhood. Connect provides counselling services by telephone which may suit some people better.</p> <p>Connect is a free telephone counselling and support service funded by the HSE for adults who have experienced childhood abuse and is staffed by accredited counsellor/therapists.</p> <p>It operates Wednesday to Sunday 6-10pm on: 1800 477 477</p> <p>This service is available independent of the NCS but is available while you are waiting for face-to-face counselling with the NCS.</p>	To speak to a counsellor call Freephone 1800 477 477
Emotional and Mental Well Being Supports	Counselling in Primary Care (CIPC)	<p>People sometimes experience difficulties in life with which they would like help.</p> <p>Counselling in Primary Care (CIPC) is a short-term counselling service that provides up to 8 counselling sessions with a professionally qualified and accredited Counsellor/Therapist.</p> <p>This service is open to medical card holders who are 18 years of age or over.</p> <p>The service is suitable for people who are experiencing who are experiencing mild to moderate psychological difficulties such as: depression, anxiety, panic reactions, relationship problems, loss issues, stress</p>	<p>Your GP or primary care team member can refer you to CIPC. For further information related to the service in Cork & Kerry phone: 021 4681006</p> <p>www.hse.ie/eng/services/list/4/mental-health-services/counsellingpc</p>



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Category	Service	What is involved?	How to access?
Emotional and Mental Well Being Supports	Coiscéim Low Cost Counselling	<p>Coiscéim is a low cost counselling/psychotherapy service.</p> <p>The counselling provided supports people to gain understanding and coping skills with many difficult life events, relating to bereavement, general loss and change, relationships, stress, illness, mental health concerns etc. which in turn helps people to change and move forward in their lives.</p> <p>All Coiscéim counsellors are fully qualified and are based in different locations throughout Cork City and County and Kerry.</p>	<p>For further information phone 021 466 6180 (Cork) or 087 772 8089 (Kerry) www.socialandhealth.com/counselling-overview/</p> <p>People can self refer by ringing the number above. You will be contacted by one of the Coiscéim staff and depending on the urgency of your situation you may be placed on a waiting list. The fee to be paid is dependent on your personal circumstances and is agreed with the Referral Counsellor. It is a confidential service and every effort is made to refer you to a counsellor that suits your needs.</p>
Emotional and Mental Well Being Supports	Low Cost Counselling options	<p>Counselling services may be available through your local Family Resource centre.</p> <p>If a person or family were in need of extra support then the centre can often signpost to further supports: e.g. counselling or assistance in accessing other services.</p> <p>There are family resource centres across Cork and Kerry.</p>	<p>For further information about this service go to www.familyresource.ie to find details of your local family resource centre.</p>



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Category	Service	What is involved?	How to access?
Emotional and Mental Well Being Supports	Mental Health Ireland	<p>Mental Health Ireland is a national voluntary organisation which aims is to promote positive mental health and wellbeing to all individuals and communities in Ireland.</p> <p>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>For further information: phone 01 284 1166 www.mentalhealthireland.ie</p>
Emotional and Mental Well Being Supports	Farm & Rural Stress Helpline	<p>The HSE South's Farm & Rural Stress Helpline was established as a practical response to help address the issue of loneliness and isolation experienced by people living in rural areas in Cork & Kerry.</p> <p>The helpline is open daily from 6.00pm – 10.00pm and is staffed by professionals who offer callers a listening ear, support and advice in complete confidence.</p> <p>If you feel things are getting on top of you, then call the Farm and Rural Stress Helpline. We are here to listen and to help you find solutions.</p> <p>A trained professional, will take your call and talk to you in complete confidence</p>	<p>Contact the Farm & Rural Stress Helpline Freephone 1800 742 645 email: farmandruralstress@hse.ie.</p>



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Category	Service	What is involved?	How to access?
Emotional and Mental Well Being Supports	Aware	<p>Aware is a nationwide organisation that supports individuals affected by depression or bipolar disorder, and their relatives.</p> <p>Support services include Support Groups, Support Line and Support Mail.</p> <p>Education services include free programmes for adults (Life Skills – group and online options), a Relatives & Friends programme), free secondary school programmes (Life Skills in Schools, Beat The Blues Talk), and a Wellness@Work programme.</p> <p>Extensive information on depression, bipolar disorder, Aware services and self-help tips are available on the website.</p>	<p>www.aware.ie Support Line operates 1800 80 48 48: operates 10am-10pm, 365 days a year. Support Mail supportmail@aware.ie - operates 365 days a year and all emails are answered within 24 hrs.</p> <p>Life Skills programmes run several times a year and people are invited to register online at www.aware.ie</p> <p>Local Support and Self Care Groups: Mallow: Le Cheile Family Resource Centre, Mallow Community Campus, Fair Street, Mallow, Co Cork When? Every Thursday at 8pm. Cork City: Inniscarraig Centre, Grounds Old Erinville Hospital, Western Road, Cork City, Co Cork When? Every Tuesday and Thursday at 7.30pm Killarney: K.D.Y.S, Fairhill, Killarney, Co Kerry. When? Every Monday at 7.30pm except Bank Holidays Tralee: Community Development Building, Rock Street Business Centre, Upper Rock Street, Tralee. When? Every Tuesday at 8pm.</p>



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Category	Service	What is involved?	How to access?
Emotional and Mental Well Being Supports	Grow	GROW is an organisation which helps people who have suffered, or are suffering, from mental health problems. Its principal strength is the support members give each other from their own experience in matters to do with mental health. GROW hold regular meetings throughout Ireland.	<p>If you would like to talk to somebody or find out information about your nearest group Phone: 1890 474 474 (infoline)</p> <p>Southern region office in Cork Phone: 021 427 7520 www.grow.ie</p>
Emotional and Mental Well Being Supports	Healthy Minds Traveller Mental Health Project	<p>Healthy Minds is a one to one confidential service offering support, listening services, advice, information, referrals and advocacy.</p> <p>People attend if they are depressed, have anxiety or other mental illness. This service is specifically for the Traveller Community</p>	<p>Referrals to the service can be made by GPs, Social Workers, Community Health Workers or by the person seeking support.</p> <p>For referrals/ appointments contact John Walsh on 087 759 0050 or email john.walsh2@hse.ie.</p> <p>For community groups or training contact Helen O’Sullivan: 087 189 3445</p>



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Category	Service	What is involved?	How to access?
Emotional and Mental Well Being Supports	Befriending Network Ireland	<p>Befriending Network Ireland (BNI) is a national network of befriending services for adults, hosted by ALONE, which ensures that everyone in Ireland has access to a quality-assured befriending service, regardless of location or service provider. Their vision 'A society where adults experiencing loneliness and social isolation are supported by quality befriending services in Ireland to improve quality of life, health and well-being'.</p> <p>BNI was established by a number of befriending organisations in Ireland in 2015. The network was set up to increase collaboration amongst befriending services and to enable the sharing of information and resources.</p> <p>BNI provides support and guidance to new and already-established befriending services in various ways:</p> <ul style="list-style-type: none"> •Coordinator Training covering the setting-up and management of a befriending service •Core Volunteer Befriending Training for services who would like their volunteers trained. •Peer-to-peer shared learning opportunities in person and online to ensure rural access. •Support and Case Management training •Service Set-up Basics training 	<p>For further information on Befriending services in your area go to www.alone.ie/befriending-networks-ireland</p> <p>For more information on becoming a member of BNI please contact Caroline Muller phone: 01 6791032 email: enquiries@alone.ie</p>



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Category	Service	What is involved?	How to access?
Emotional and Mental Well Being Supports	Friendly Call Cork	<p>Friendly Call Cork is a free service providing a phone call 5 days a week to older people or individuals who may feel lonely, isolated and vulnerable in the cork City and surrounding areas. The service specifically targets people with chronic illness or anyone who cannot engage in an active way in the community. Friendly Call Cork provides friendship and security helping clients feel safer at home. If a client does not answer, the Friendly Caller will phone a member of their family, a neighbour or a friend.</p> <p>As well as giving a daily phone call to Friendly Call Clients, there are also social events for clients every two months – the Friendly Call Afternoon Tea. The volunteers attend the afternoon tea which gives both clients and volunteers a chance to meet face to face.</p>	<p>For further information on the service or if you would like to sign up for a Friendly Call go to www.corkcitypartnership.ie/social-inclusion/friendly-call-cork/</p> <p>You can also contact Brenda Barry phone: 021 4301700 or 087 6366407 email: Brenda.Barry@partnershipcork.ie</p>
Emotional and Mental Well Being Supports	Friendly Call Cork Befriending/Visiting Service	<p>Supporting Cork’s Older People or Individuals who may feel lonely, isolated and vulnerable.</p> <ul style="list-style-type: none"> -This service will provide companionship through a volunteer visiting one hour a week - It will provide practical supports where necessary and appropriate - All volunteers are trained, Garda vetted and supported by experienced mentors 	<p>Individuals can self-refer or can be referred by healthcare professionals, community groups or family members/friends.</p> <p>For further information on the service please phone Brenda Barry on 021 430 1700 or 087 636 6407 email: Brenda.Barry@partnershipcork.ie</p> <p>If you would like to sign up for a Friendly Call go to www.corkcitypartnership.ie/social-inclusion/friendly-call-cork/</p>



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Category	Service	What is involved?	How to access?
Emotional and Mental Well Being Supports	Care-Ring, Douglas	Care-Ring Douglas offers a friendly phone call service to people who live alone or in isolated circumstance. It is a friendly social call keeping people in touch with activities and services in the community .	For further information please contact Phil Goodman Phone: 087-2987161 Email: philgoodman01@gmail.com
Emotional and Mental Well Being Supports	Community Calls	Community call is a phone call service for older people, people living alone or people in isolated areas predominantly in the West Cork area. The service is provided by volunteers and presently there are seven volunteers and two back up volunteers. The duration of the calls can vary from five to forty-five minutes and even on occasion longer. The volunteers also let the people know of other socials and various events on in the area. Calls are made in the morning or afternoon whatever suits the people best and at a time that suits them	For further information please contact Julie Phone: 027-52727
Emotional and Mental Well Being Supports	St. Michael's Centre Bandon: Community Centre providing supports and services to those over 55: Care-Ring Service	This service, available to older people in the community, offers a call or the opportunity to share in a conversation, once a week on Tuesday or Wednesday from 10.00am – 12.00pm. The service is provided by one of the dedicated care ring volunteers.	To avail of this service simply fill in a form at St Michael's Centre: South Main Street, Bandon, Co. Cork. Phone: 023 88 41681 Email: stmichaelscentreoffice@gmail.com



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Category	Service	What is involved?	How to access?
Emotional and Mental Well Being Supports	St. Michael's Centre Bandon: Community Centre providing supports and services to those over 55: Befriending Service	St Michael's centre Bandon provides a befriending visitation service for older people in the Bandon area. They will have a chat and a cuppa. It is purely for a social purpose. Each befriender is garda vetted, trained and supported by St. Michael's Centre staff.	To avail of this service simply contact the St Michael's Centre: South Main Street, Bandon, Co. Cork. Phone: 023 88 41681 Email: stmichaelscentreoffice@gmail.com
Emotional and Mental Well Being Supports	Duhallow Care & Repair: Friendly Phone call service	The care & repair programme provides a regular friendly phone call service for elderly people who do not have frequent contact with a relative or a friend. The purpose of this service is for older people to receive a weekly or a daily phone call from a volunteer to check in with them to ensure that they are safe and well in addition to having a friendly chat. The volunteer will also give them information on services and activities that they can avail of in the locality.	For further information on this service please contact IRD Duhallow phone: 029-60633 email: Duhallow@irdduhallow.com www.irdduhallow.com IRD Duhallow, James O'Keeffe Institute Newmarket Co. Cork
Emotional and Mental Well Being Supports	Ballyhoura Rural Services: Ballyhoura Phone Link	Ballyhoura Rural Services operates a visitation/ befriending service where we will visit you in your own home, chat with you, assist you with your needs for example shopping, form filling, phone calls etc. We will go for a walk with you & we can also act as an advocate if necessary/appropriate. There is no age category to avail of the services that Ballyhoura Rural Services (BRS) provide and they operate in South and East Limerick and North County Cork.	To register for this service, or if you know somebody who may be interested in the service, please contact: Ballyhoura Rural Services, Caherconlish: 061-352847 Churchtown: 022-59984 email: goconnor@ballyhouraruralservices.org or kkennedy@ballyhouraruralservices.org www.ballyhouraruralservices.ie



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Category	Service	What is involved?	How to access?
Emotional and Mental Well Being Supports	Duhallow Befriending Network	<p>The Duhallow Befriending Network was established in April of 2016 with a vision to provide companionship to people in their own homes and offer confidentiality and total respect for where the person is at in a non judgemental manner.</p> <p>Befriending has been proven to improve people's mental and physical health and can be a source of reliable information and advice for older people. It provides service users with something to look forward to and can support people to live fuller and happier lives, whilst living independently in their own homes.</p> <p>Volunteers with the Duhallow Befriending Networks have all partaken in Communications and Awareness training as well as signing up to the Volunteer Handbook and befriending network policies. All have been Garda Vetted. The network offers a volunteer befriending service that will call to service users once a week.</p>	<p>For further information on this service please contact IRD Duhallow phone: 029-60633 email: Duhallow@irdduhallow.com www.irdduhallow.com</p> <p>IRD Duhallow, James O'Keeffe Institute Newmarket Co. Cork</p>
Financial Supports	Long Term Illness Scheme	<p>Under the Long-Term Illness (LTI) Scheme you can get some drugs, medicines and approved appliances for free from your pharmacy. There is no means test for the scheme. There are a number of diseases and disabilities covered by the scheme one of which is Diabetes: Type 1 and Type 2.</p>	For further information go to www.hse.ie/LTI



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Category	Service	What is involved?	How to access?
Financial Supports	Medical Card	<p>If you have a medical card you don't have to pay to see your GP (family doctor) or for medicines they prescribe. However the pharmacy prescription charges will apply.</p> <p>A medical card also covers:</p> <ul style="list-style-type: none"> -public out-patient and in-patient services -eye and ear tests -dental checks <p>Being eligible for a medical card depends on your circumstances. You will need to provide information about your:</p> <ul style="list-style-type: none"> -income -expenses -marital status -dependants <p>If you're not eligible for a medical card, you will then automatically be assessed for a GP visit card. Certain people may automatically qualify for a medical card however they still need to apply.</p>	For further information go to: www2.hse.ie/medical-cards/
Financial Supports	GP Visit Card	<p>A GP visit card allows you to visit a participating GP (family doctor) for free. If you have a medical card, you don't need a GP visit card.</p> <p>If you are not eligible for a medical card you may however be eligible for a GP visit card. You will have to pay for medicines and other services.</p>	Applications for GP visit cards and medical cards are made through the same system. You will first be assessed for a medical card. If you don't qualify, you will then be assessed for a GP visit card. For further information go to www2.hse.ie/services/gp-visit-cards/gp-visit-cards.html



Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke

Cork Kerry Community Healthcare

Category	Service	What is involved?	How to access?
Financial Supports	Over 70s GP visit Card	If you are over 70 you can register for a GP visit card, regardless of income.	<p>For further information: www2.hse.ie/services/gp-visit-cards/over-70s-gp-visit-card.html</p> <p>To apply by post, download the form using the web link above or LoCall 1890 252 919 to order one in the post</p> <p>Post the completed form to The National Medical Card Unit, PO Box 11745 Dublin 11 D11 XKF3</p>
Financial Supports	Drug Payment Scheme (DPS)	<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"> • Approved prescribed drugs and medicines • Rental costs for a continuous positive airway pressure (CPAP) machine • Rental costs for oxygen <p>There is no means test for a DPS card so 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 or to make an application go to: www2.hse.ie/services/drugs-payment-scheme/drugs-payment-scheme-card.html</p>



Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke

Cork Kerry Community Healthcare

Category	Service	What is involved?	How to access?
Financial Supports	Money Advice and Budgeting Service (MABS)	<p>The Money Advice and Budgeting Service (MABS) is a free and confidential service for people who are having problems with money management and debt. MABS money advisers provide advice and practical help to people to review their debts, deal with their creditors and work out solutions.</p> <p>MABS Helpline: an adviser will talk you through your money concerns and give you some advice. They can send you some information and materials to help you to address your money problems. You may be able to deal with the issues yourself at this stage, or you may need to see a money adviser face-to-face in a MABS office. The face-to-face service is by appointment only</p>	<p>For further information go to www.mabs.ie</p> <p>Use the MABS self-help tool as a starting point to assessing your situation and dealing with your debts.</p> <p>MABS Helpline: Phone 0761 07 2000 (9am - 8pm, Monday - Friday) or email: helpline@mabs.ie</p> <p>Contact your local MABS office for an appointment to meet a money adviser. www.mabs.ie/en/contact/</p>
Financial Supports	Department of Employment Affairs and Social Protection	<p>The Department of Employment Affairs and Social Protection is the government department responsible for administering the Welfare system. It oversees the provision of income support and many other social assistance schemes including provision for illness, carers allowance, fuel allowance amongst others.</p>	<p>For further information go to www.welfare.ie</p>



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Cork Kerry Community Healthcare

Category	Service	What is involved?	How to access?
Health Services and Resources	Primary Care	<p>Primary Care refers to the health care services that you can find in your community, outside of the hospital setting. These services include:</p> <p>Community Nursing Service – Public Health Nurse, Community Registered Nurse, Community Medical Doctor, Occupational Therapy, Physiotherapy, Speech and Language Therapy, Community, Dietitian, Psychology, Counselling in Primary Care, Podiatry, Dental amongst others</p>	<p>Your GP or practice nurse can refer you to the appropriate primary care service</p> <p>Your Local Health Office is your entry point to community health and personal social services. For further information related to the Primary care services in Cork & Kerry and how to contact a service in your area</p> <p>Cork: North Lee, South Lee, North Cork, West Cork www.hse.ie/eng/services/list/1/lho/</p> <p>Kerry: www.hse.ie/eng/services/list/5/kerryhealthservices/kerryprimarycare/</p>
Health Services and Resources	Ageing Well - A Self management programme for Older adults	<p>The Ageing Well programme is a free health promotion programme for adults aged 60+ which looks at how best to address some of the effects of ageing. It is run by HSE occupational therapists working in the local community.</p> <p>Some of the issues addressed include:</p> <ul style="list-style-type: none"> -how our activities and roles change as we age -links between activity, physical and mental well-being -sleep -memory -overcoming loneliness -falls education <p>It is run over 8 weeks in local community venues and each sessions lasts for 2 hours.</p>	<p>For further information and to book your free place contact: Primary Care Occupational Therapy Department on 021 4923194</p>



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Cork Kerry Community Healthcare

Category	Service	What is involved?	How to access?
Health Services and Resources	Community Intervention Teams (CITs)	<p>Enhanced nurse led care in the community: A Community Intervention Team (CIT) is a nurse led service supported by a variety of other healthcare professionals and community services. CIT aims to provide enhanced acute interventions in a rapid and integrated manner to a patient with an acute episode of illness appropriate for care in the home/community. 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.</p> <p>The CIT, through its fast-tracked provision of services enhances the overall primary care system. Referrals are accepted from hospitals, GP's and other community sources.</p>	<p>For further information and for referral forms contact:</p> <p>Cork CIT Phone: 1890 837 427 Fax: 021 4840093 email: admin@southwestcit.ie www.southwestcit.ie</p> <p>Kerry CIT Phone: 086 7872483 Fax: 066 7199781 email: cit.kerry@hse.ie</p>
Health Services and Resources	Counselling in Primary Care (CIPC)	<p>People sometimes experience difficulties in life with which they would like help. Counselling in Primary Care (CIPC) is a short-term counselling service that provides up to 8 counselling sessions with a professionally qualified and accredited Counsellor/Therapist. This service is open to medical card holders who are 18 years of age or over. The service is suitable for people who are experiencing who are experiencing mild to moderate psychological difficulties such as: depression, anxiety, panic reactions, relationship problems, loss issues, stress</p>	<p>Your GP or primary care team member can refer you to CIPC</p> <p>For further information related to the service in Cork & Kerry phone: 021 4681006 www.hse.ie/eng/services/list/4/mental-health-services/counsellingpc</p>



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Category	Service	What is involved?	How to access?
Health Services and Resources	Cork Specialist & Community Integrated Falls Service	<p>This HSE service provides Multi-factorial Fall Risk assessment for older persons who are falling or at risk of falls. The service consists of:</p> <ul style="list-style-type: none"> • Community based Fall Risk Assessment Clinics (FRAC) and intervention as appropriate for each patients needs for example home safety assessments, fall prevention classes, foot care etc. • Community Rehabilitation and Support team (CR&ST) provide home based programmes of rehab to patients who have a high risk of falling at home • Specialist Falls Clinic in Assessment & Treatment Centre St. Finbarr’s Hospital (ATC) 	<p>This service can be accessed through the following single referral point:</p> <p>The HSE Falls Clinic Cork, Assessment and Treatment Centre, St Finbarr’s hospital, Douglas Road, Cork</p> <p>email: fallsclinicsfh@hse.ie Phone: 021 4923352 Mobile: 086 0082564 (Finola Cronin - Falls coordinator) Fax: 021 4923469</p> <p>On receipt of referral, clients will be triaged and slotted into the appropriate service.</p>



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Cork Kerry Community Healthcare

Category	Service	What is involved?	How to access?
Health Services and Resources	Staying Fit for the Future with Better Balance better Bones - Falls Prevention Programme	<p>This is a partnership programme by Cork Sports Partnership, HSE Community Physiotherapy and HSE Health Promotion and Improvement division. It is delivered by specially trained exercise instructors who have been up skilled by HSE Physiotherapists to provide this exercise class to people who have low risk of falls. It is a physical activity programme to improve strength and balance, the class is suitable for adults who walk independently and who want to stay strong on their feet to for life. It is not suitable for people who have fallen in the past 12 months or who use a walking stick or frame. Delivered over 8 weekly sessions in a community setting this programme includes:</p> <ul style="list-style-type: none"> -An aerobic warm up including endurance exercises, walking and range of movement stretches -Series of exercises to challenge and improve balance, joint and muscle flexibility and bone and muscle power -Series of exercises to practice at home <p>Cost for 8 classes = €40</p>	<p>The programme is ran in various community locations across Cork. For more information contact Corks sports partnership Phone: 021 4347096 Email: admin@corksports.ie www.corksports.ie/index.cfm/page/staying-fit-for-the-future-programme</p>
Health Services and Resources	Making Every Contact Count	<p>The E-learning training programme consists of 6 x 30-minute e-learning modules Including:</p> <ul style="list-style-type: none"> -Introduction to behaviour change, - Modules on smoking, alcohol and drugs, healthy eating and active living - a skills into practice module. <p>Following completion of the on-line module there is an opportunity to complete a classroom-based 'Enhancing your brief intervention skills' workshop.</p>	www.makeeverycontactcount.ie



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Category	Service	What is involved?	How to access?
Health Services and Resources	Healthy Ireland	<p>Healthy Ireland is a government-led initiative aimed at improving the health and wellbeing of everyone living in Ireland.</p> <p>This website aims to help you get the information you need to make positive changes to improve their health and wellbeing across three main themes – Healthy Eating, Physical Activity and Mental Wellbeing.</p> <p>This website is a trusted source of information and supports together in one place to help people get started on making healthy changes.</p>	www.gov.ie/healthyireland
Health Services and Resources	Healthpromotion.ie	<p>Website where the public and health care professionals can order and/or download a variety of leaflets and other resources related to areas such as Alcohol, Smoking, healthy eating, Physical activity, Mental health, Diabetes amongst others</p>	www.healthpromotion.ie
Health Services and Resources	Winter Advice for those with long term health conditions	<p>Web page providing information about how seasonal changes in the winter such as cold weather can affect your health or the health of someone you care for.</p>	www.hse.ie/winter



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Category	Service	What is involved?	How to access?
Health Services and Resources	Immunisation	<p>The national Immunisation office website provides trusted, up-to-date information about HSE immunisation programmes for children, adults and healthcare professionals in Ireland.</p> <p>The National Immunisation Office is responsible for managing vaccine procurement and distribution, developing training and communication materials for the public and health professionals.</p>	<p>For further information: www.hse.ie/eng/health/immunisation/</p> <p>HSE National Immunisation Office, Units 8-9 Manor Street Business Park, Manor Street, Dublin 7</p> <p>Phone: 01 8676108 Email: immunisation@hse.ie</p>
Health Services and Resources	Flu Vaccine	<p>Flu is a highly infectious acute respiratory illness caused by the influenza virus. It affects people of all ages.</p> <p>Flu vaccine is the best protection against flu for at risk groups and health care workers.</p> <p>You should get your flu vaccination from October to be covered for flu season. The viruses change each year. This is why you need to get a new vaccine each year</p> <p>The flu vaccine is recommended if you</p> <ul style="list-style-type: none"> -are 65 years of age and over -are pregnant -have a long-term health condition -work in healthcare -are a carer -live in a nursing home or other long-term care facility -in regular contact with pigs, poultry or water fowl 	<p>People 18 and over should get the vaccine from their GP, Pharmacist or Occupational Health Department in work. Younger people should get the vaccine from their GP.</p> <p>The flu vaccine is free if you are in an at risk group but you may be charged a consultation fee, unless you have a medical card or a GP visit card.</p> <p>More information is available from your GP, pharmacist, occupational health department or go to www.hse.ie/flu or www.hse.ie/eng/health/immunisation</p>



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Category	Service	What is involved?	How to access?
Health Services and Resources	Pneumococcal Vaccination- PPV23	<p>The pneumococcal vaccination provides protection against pneumococcal infections. A pneumococcal infection can affect anyone however, some groups of people have a higher risk of the infection developing into a serious health condition and therefore vaccination is recommended. These include:</p> <ul style="list-style-type: none"> - adults who are 65 years of age or over - children and adults aged 2-64 years with certain chronic (long-term) health conditions, such as Diabetes mellitus, Chronic heart, respiratory or liver disease. 	For further information go to www.hse.ie/eng/health/immunisation/pubinfo/adult/pneumo/ or speak to your GP or Practice Nurse.
Health Services and Resources	HSE- Under the weather	<p>Undertheweather.ie was developed by the HSE. The website is supported by the Irish College of General Practitioners and the Irish Pharmacy Union. Learning how to manage everyday illnesses with confidence and common sense is a great life skill. Whether you are dealing with a cold, flu, tummy bug or other minor complaint, you can trust the advice on this website. It comes from doctors and pharmacists in Ireland and information on the following is provided:</p> <ul style="list-style-type: none"> •how long these illnesses should last •what you can do to ease your symptoms •how your body can fight off illness with rest, good food and plenty of drinks •what advice and products your pharmacist can provide, and •when you should see your doctor 	For further information go to www.undertheweather.ie



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Cork Kerry Community Healthcare

Category	Service	What is involved?	How to access?
Medication Management	Community Pharmacist	<p>Community pharmacists are often the health care professional most accessible to the public. They supply medicines in accordance with a prescription but their professional activities also cover counselling of patients at the time of dispensing of prescription and non-prescription drugs.</p> <p>When a prescription is handed in at the counter, your pharmacist ensures that:</p> <ul style="list-style-type: none"> -The medicine, the dose and the instructions are right for you - The medicine will not react with anything else you are taking - You are warned of any significant side effects -Your doctor is contacted if the pharmacist has any concerns -Your individual medicines record is updated and maintained <p>Your pharmacist can also give you expert advice, both on healthcare and over-the-counter remedies, and you can also speak to them in private.</p> <p>Your pharmacist may offer a range of health services such as Seasonal flu vaccination, Blood pressure measurement, Cholesterol testing and Smoking cessation service.</p>	<p>Your local pharmacy or you can go to the Irish Pharmacy Union for a list of community pharmacies in your area www.ipu.ie/home/store-locator/</p>



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Category	Service	What is involved?	How to access?
Medication Management	Medication Management - Medicines.ie	This website contains accurate, up to date, regulator approved information on medicines available in Ireland. The site is designed to be a comprehensive and easily searchable source of medicines information in Ireland.	For further information Phone: 01 661 0018 Email: info@medicines.ie www.medicines.ie
Medication Management	Health products Regulatory Authority - HPRA	The Health Products Regulatory Authority (HPRA) is the independent regulator of health products in Ireland. Their role is to protect and enhance public and animal health. They do this by assessing the safety, quality and effectiveness of healthcare products on behalf of the public to ensure the benefits they provide outweigh any potential risks.	For further information: phone: 01 6764971 email: info@hpra.ie www.hpra.ie Patients & Public: www.hpra.ie/homepage/about-us/stakeholders/patients-and-public Healthcare professionals: www.hpra.ie/homepage/about-us/stakeholders/healthcare-professionals



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Category	Service	What is involved?	How to access?
Nutrition and Healthy Eating	Nutrition Support	<p>Malnutrition can be a serious issue for people with long term health conditions. Studies have shown that malnutrition results in increased length of hospital stay and malnourished patients experience a significantly higher total re-admission rate than well-nourished patients. Malnutrition is also generally associated with increased morbidity and mortality both in acute and chronic conditions.</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 high protein diet.</p>	www.hse.ie/nutritionsupports



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Category	Service	What is involved?	How to access?
Nutrition and Healthy Eating	Healthy Food Made Easy Tutor training (Cork & Kerry)	<p>Healthy Food Made Easy (HFME) is a Community Cooking Programmes providing practical advice on healthy, nutritious, low cost meals & snacks for all the family.</p> <p>Community Dietitians train tutors to deliver the 6 week practical cooking course to various groups in the Community & HSE settings.</p> <p>Tutor Training is run over 2 days. Once trained, regular refreshers are offered to tutors & a Dietitian will support tutors by attending 1 week of each course they run to answer additional questions the people attending the course may have.</p> <p>HFME course:</p> <ul style="list-style-type: none"> -6 sessions, each lasting 2 - 2½ hours - Increase understanding of healthy eating - Demonstrate that it is possible to eat healthily on a budget - Enhance cooking skills and increase confidence in cooking - Opportunity to taste completed dishes - Encourage appropriate changes in eating patterns - Learn in a fun and relaxed manner 	For further information and for contact details of your local HSE community Dietitian, please contact Monica O Sullivan phone: 064 6670763 email: Monica.OSullivan@hse.ie



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Category	Service	What is involved?	How to access?
Nutrition and Healthy Eating	Irish Nutrition and Dietetic Institute (INDI).	<p>The Irish Nutrition & Dietetic Institute (INDI) is the professional organisation for Dietitians in Ireland.</p> <p>This website is a source of nutrition news, resources and fact sheets relevant to your work with your patients. You can also find out how to access a Dietitian and nutrition services for your patients/clients.</p>	www.indi.ie
Nutrition and Healthy Eating	Safefood	<p>Safefood is an all-island implementation body with a general remit to promote awareness and knowledge of food safety and nutrition issues in Ireland.</p> <p>This website is a reliable source of information on nutrition and food safety. You can also download resources, publications and recipes.</p>	www.safefood.eu



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Cork Kerry Community Healthcare

Category	Service	What is involved?	How to access?
Physical Activity	Staying Fit for the Future with Better Balance better Bones	<p>This partnership programme by Cork Sports Partnership, HSE Community Physiotherapy and HSE Health Promotion and Improvement division is delivered by specially trained exercise instructors. It is a physical activity programme to improve strength and balance, the class is suitable for adults who walk independently and who want to stay strong on their feet to remain falls free. It is not suitable for people who have fallen in the past 12 months or who use a walking stick or frame.</p> <p>Delivered over 8 weekly sessions in a community setting this programme includes:</p> <ul style="list-style-type: none"> -An aerobic warm up including endurance exercises, walking and range of movement stretches -Series of exercises to challenge and improve balance, joint and muscle flexibility and bone and muscle power -Series of exercises to practice at home <p>Cost = €40</p>	<p>The programme is ran in various community locations across Cork.</p> <p>For more information contact Corks sports partnership Phone: 021 4347096 Email: admin@corksports.ie www.corksports.ie/index.cfm/page/staying-fit-for-the-future-programme</p>



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Category	Service	What is involved?	How to access?
Physical Activity	Men on the Move	<p>Men on the Move (MOM) is a physical activity programme that is aimed at adult men to get more active, have fun, and improve fitness levels. It involves:</p> <ul style="list-style-type: none"> -Regular physical activity sessions over 12 weeks that are led by a qualified instructor to meet your needs. -Structured physical activity sessions so that you can find a level and pace that suits you. -Workshops on nutrition and well-being for men. <p>There may be a small cost to attend this programme.</p>	<p>The programme is ran in various locations across Cork.</p> <p>For more information contact Corks sports partnership Phone: 021 2061762 Email: admin@corksports.ie</p>
Physical Activity	Park Run	<p>Parkruns are free, weekly, 5km timed run events organised by local volunteers. Parkrun is open to everyone and is safe and easy to take part in. Events take place in pleasant parkland surroundings and people of all abilities are encouraged to take part. Anybody and everybody, of all ages and running abilities can take part – you can run, jog or walk the course</p> <p>Park Run is available across Cork & Kerry. Current Cork locations include Macroom, Clonakilty, Bere Island, Ballincollig, Glengarriff, Castlehaven, The Glen and Mallow. Current Kerry locations include Tralee, Killarney, Listowel and Inch Beach.</p>	<p>For details of your local park runs go to www.parkrun.ie.</p> <p>You must register in advance of any parkrun event to get your barcode which will allow you to take part each week and in any parkrun event locally or worldwide. To register go to www.parkrun.ie/register</p>



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Category	Service	What is involved?	How to access?
Physical Activity	Project Weight loss	<p>Project Weightloss is a 12 week exercise intervention programme targeted at overweight and inactive individuals.</p> <p>Sessions are run twice a week in a local Project Weightloss Centre, comprising of a wide range of exercise activities.</p> <p>The primary aim of the programme is to provide an opportunity for inactive and sedentary people to experience exercise, appropriate to their ability and needs.</p> <p>The cost of the programme is €150 (payable on the first day) with easy pay options available (only in certain PWL centres).</p> <p>This covers 24 sessions with an appropriately qualified instructor.</p> <p>Selection is based on application and participants must have a BMI of >25kg/m² to be eligible.</p>	<p>For further details on Project Weight loss contact Cork sports partnership phone: 021 4347096 email: churley@corksports.ie www.corksports.ie/index.cfm/page/projectweightloss1</p>



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Category	Service	What is involved?	How to access?
Physical Activity	Community Walking Groups	<p>There is an extensive list of community based walking groups in Cork city, Cork county and Kerry that are supported by the Local Sports Partnerships and the HSE South, Health Promotion and Improvement Department.</p> <p>These groups are led by community voluntary leaders and meet on a weekly basis. They are open to people of all fitness levels especially beginners. Walking routes may vary each week but are usually local and on flat terrain.</p> <p>These groups promote walking as a safe, fun and enjoyable activity to get fit and healthy and there is also a great social element to the groups.</p>	<p>Use the web link below to find a list of groups with meeting times, venues and days</p> <p>It is advisable to contact the relevant walking leader before you join the group as details may vary from time to time.</p> <p>www.corksports.ie/index.cfm/page/community-walking-groups-</p> <p>www.getkerrywalking.ie/whos-walking/</p>
Physical Activity	Local Sports Partnerships	<p>Local Sports Partnerships provide information, education and practical supports to enable communities across Ireland to become more physically active.</p> <p>They offer support to local organisations like walking groups, and they run inclusive, accessible events to encourage everybody to get active.</p> <p>The websites are a wonderful resource.</p>	<p>Cork Sports Partnership, c/o Motor Tax Office, Model Business Park, Model Farm Road, Cork Phone: 021 4347096 Email: info@corksports.ie www.corksports.ie</p> <p>Kerry Recreation and Sports Partnership, Kerry County Council, County Buildings, Tralee, Co. Kerry Phone: 066 7184776 Email: info@kerryrecreationandsports.ie www.kerryrecreationandsports.ie</p>



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Category	Service	What is involved?	How to access?
Physical Activity	Get Ireland Walking	<p>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.</p> <p>This website provides Information on walking groups, walking programmes, walking routes and events across Ireland.</p>	<p>For further information about Get Ireland Walking Phone: 01 6251109 Email info@getirelandwalking.ie www.getirelandwalking.ie</p> <p>Get Ireland Walking Irish Sports HQ National Sports Campus Blanchardstown Dublin 15</p>
Physical Activity	Get Ireland Active	<p>The aim of this website is to:</p> <ul style="list-style-type: none"> - highlight the importance of physical activity to the health of Irish people of all ages - outline the recommendations for physical activity for people of all ages and abilities - provide information to support those promoting physical activity in their everyday work and -direct people to where they can access information and support to become more physically active. <p>The website has a ‘Places to get active database’ which lists a range of activities such as parks, playgrounds, forest walks, cycling trails etc.</p>	<p>For further information go to www.getirelandactive.ie</p>



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Cork Kerry Community Healthcare

Category	Service	What is involved?	How to access?
Physical Activity	Go for Life FitLine	<p>Go for Life FitLine is a telephone-based service that encourages you to get more active. FitLine is a free service to anyone over 50. You can:</p> <ul style="list-style-type: none"> •Find out about clubs, groups and facilities in your area •Get active in a way that suits your lifestyle •Discover simple things to get some healthy activity into your routine 	<p>Freephone the fit line on 1800 303 545 and a mentor will ring you every few weeks until you're happy with your progress.</p> <p>Mentors are volunteer older adults trained to motivate and encourage you to be active.</p>
Physical Activity	Go For life PALS workshop	<p>Go for Life is the national programme for sport and physical activity for older people in Ireland. A PAL is a Physical Activity Leader who is already part of a group or club and is willing to lead activities. PALS lead their local group in things like short exercise routines, fun games, simple dances and sports like pitch and toss. Groups may be an Active Retirement group, a sports club, an ICA group or some social group that meets regularly. Do you have people in your group who would be interested in leading some physical activities? They don't have to be very sporty or have a sporting background: they just need to be enthusiastic.</p>	<p>We will show a number of people in your group how to become PALS, so that you always have a few people who can lead a session. Each PAL will come to nine workshops that cover all of the different Go for Life activities. There are routines and activities to suit every member of your group. Each workshop runs for five hours. They are a good mix of theory and practical work. They are also friendly and fun.</p> <p>Go for Life PALS' workshops are run in partnership with Local Sports Partnerships and the HSE. To find out where and when the next workshop will be, contact: the Go for Life Team: phone: 01 805 7733 email: gfl@ageandopportunity.ie</p>



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Category	Service	What is involved?	How to access?
Physical Activity	Go For Life CarePALs	Go for Life is the national programme for sport and physical activity for older people in Ireland. It is an initiative of Age and Opportunity and funded by Sport Ireland. CarePALs workshops aim to empower staff and volunteers in day and residential care settings to lead suitable physical activities with older people. The model developed by Go for Life means that staff can deliver physical activity sessions, which can then be included as part of the daily or weekly routine without additional costs to the care service	CarePALs is for staff members or volunteers currently working in a residential or day care centre. You are not expected to have any background or formal experience in leading physical activities but you will need to have an interest in learning to lead physical activities. You will also need a commitment from your employer to enable you to put a programme in place following your training. CarePALs training takes place over two separate days with an opportunity between the first and second day to try out what you have learned. It is funded by the HSE so is free to staff or volunteers of care settings. For details on upcoming courses or to register your interest in CarePALs contact Go for Life on 01 8057733 or email: gfl@ageandopportunity.ie .
Physical Activity	GP Exercise Referral Mardyke Arena UCC (Private provider, costs associated)	<p>This programme is for those who have been advised by their healthcare professional to take part in regular exercise and wish to do so in a gym setting with guidance from an instructor.</p> <p>The program is unsupervised but exercise instruction is available at regular intervals.</p>	<p>Prior to commencing the classes a referral form, completed by your healthcare professional, is required.</p> <p>This form can be completed by your GP or other designated healthcare professional such as Physiotherapist.</p> <p>For further information contact the Arena Clinic. phone: 021 490 4760 email: claire.murphy@ucc.ie</p>



Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke

Cork Kerry Community Healthcare

Category	Service	What is involved?	How to access?
Self Management Programme	Ageing Well - A Self management programme for Older adults	<p>The ageing well programme is a free health promotion programme for adults aged 60+ which looks at how best to address some of the effects of ageing.</p> <p>It is run by HSE occupational therapists working in the local community.</p> <p>Some of the issues addressed include:</p> <ul style="list-style-type: none"> -how our activities and roles change as we age -links between activity, physical and mental well being -sleep -memory -overcoming loneliness -falls education <p>It is run over 8 weeks in local community venues and each sessions lasts for 2 hours.</p>	<p>For further information and to book your free place contact:</p> <p>Primary Care Occupational Therapy Department on 021 4923194</p>
Self Management Programme	Living well With Arthritis - Stanford Self management programme	<p>This programme, for adults living with arthritis and related conditions, teaches the skills to live well with such conditions.</p> <p>In 6 weekly 2.5 hour sessions people will learn how to manage pain, reduce fatigue, improve their sense of well-being and get to meet and share experiences with people who are often coping with similar issues.</p> <p>Course fee: full price - €32, discounted price (for medical card holders) - €24 (plus booking fee)</p>	<p>For further information and locations of programmes:</p> <p>www.arthritisireland.ie/go/programmes_events/living_well_with_arthritis</p> <p>Phone: 1890 252 846</p>



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Cork Kerry Community Healthcare

Category	Service	What is involved?	How to access?
Social and Community Supports	The Age Friendly Guide - A directory of supports and services for older people in Cork city and county	This publication has been produced by the HSE Community Work Department, Cork to address the need for more information on services and supports for older people across Cork City and County in one easy to use resource.	This directory is available to view online: www.hse.ie/hseagefriendlyguide
Social and Community Supports	Age and Opportunity Changing gears programme - (Private provider, costs associated)	<p>A 6-week course about Building Resilience - taking stock, making changes, bouncing back & moving on.</p> <p>It is relevant for people who are moving from working life into retirement.</p> <p>It is also useful for taking a mid-career review.</p> <p>It is about taking time out to think about what you can do with the next phase of life and how to make a start.</p> <p>Build more resilience so that you can succeed at whatever life throws at you.</p> <p>Changing Gears is a helpful and fun course, with no previous experience necessary except life experience.</p> <ul style="list-style-type: none"> -Find out more about yourself and your skills -Take stock of what's out there for you -Find out how some people bounce back from tough times -Learn from other people's experiences 	<p>For further information</p> <p>Age & opportunity, Marino Institute of Education, Griffith Avenue, Dublin 9. Phone: 01 805 7709 Email: info@ageandopportunity.ie www.ageandopportunity.ie</p>



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Category	Service	What is involved?	How to access?
Social and Community Supports	Health and Wellbeing Community Referral: Social Prescribing Model	Social prescribing is about supporting the health and wellbeing of people by linking a person into community based supports and activities. The social prescriber will meet with you and spend time talking to you about the activities or hobbies that interest you and will assist and support you in attending these activities.	For further information please contact Mary Ellen Browne, Social Prescriber, Listowel Family Resource centre, John B. Keane Road, Ballygologue, Listowel, Co. Kerry. Phone: 068 23584 Email: maryellenlfrc@gmail.com www.listowelfrc.ie
Social and Community Supports	Family Resource Centre (FRC)	Family Resource Centres (FRCs) deliver a variety of programmes, services and supports to children, their families and the broader community. In seeking to deliver greater well-being for families, FRCs adopt a community development approach to family support. Different centres provide or offer different services some of which include: <ul style="list-style-type: none"> - The provision of information, advice and support to target groups and families. Information concerning the range of services and development options available locally and advice on accessing rights and entitlements is also extended. FRCs act as a focal point for onward referrals to main stream service providers. - Delivering education courses and training opportunities. - The establishment and maintenance of new community groups to meet local needs and the delivery of services at local level (for example, childcare facilities, after-school clubs, men's groups, etc.) (continued below) 	For further information or to find details of your local family resource centre www.familyresource.ie There are Family Resource centres across Cork & Kerry many of which have their own website and social media pages: Cork: Ballincollig: 021 4876295 Bandon: 023 8868107 Beara, Castletownbere: 027 70998 Carrigtwohill: 021 4533000 Cobh: 021 4816103 Dunmanway: 023 8856818 Le Cheile, Mallow: 022 42439 Midleton: 021 4633522 Skibbereen: 028 23572 The Caha Centre, Adrigole: 027 60909



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Category	Service	What is involved?	How to access?
Social and Community Supports	Family Resource Centre (FRC) continued	<p>(continued from above)</p> <ul style="list-style-type: none"> -The provision of counselling and support to individuals and groups. - Developing capacity and leadership within communities. - Supporting personal and group development. - Practical assistance to individuals and community groups such as access to information technology and office facilities. - Practical assistance to existing community groups such as help with organisational structures, assistance with accessing funding or advice on how to address specific social issues. - Supporting networking within the community. - Contributing to Policy work 	<p>Kerry: Ballyspillane, Killarney: 064 6635589 Bud's FRC, Ballyduff: 066 7148883 Castlemaine: 066 9767833 Duagh, Duagh Village: 068 45333 Kenmare: 064 6642790 Kerryhead/Ballyheigue: 066 7116961 Killorglin: 066 9762933 Listowel: 068 23584 Shanakill FRC, Tralee: 066 7127831 Shannow FRC, Abbeydorney: 066 7198018 Southwest Kerry, Cahersiveen: 066 9481000 St Brigids Community Centre, Tralee: 066 7128521</p>
Social and Community Supports	The Social and Health Education Project (SHEP)	<p>SHEP is an Irish, community-based, not-for-profit, training and development organisation dedicated to promoting personal, community and social well-being.</p> <p>Some of the services provided include training and development, Low-cost Counselling, Advocacy and Provision of specialist supports to community organisations. SHEP offers an extensive range of short courses in health and well-being. Such courses include Managing stress in our daily lives, Women's wellbeing, Men's wellbeing and Caring for Our wellbeing. No special prior qualifications are needed and people from all sorts of backgrounds attend.</p>	<p>The Social and Health Education Project CLG Village Chambers, The Village Centre, Station Road, Ballincollig, Co. Cork. Phone: (021) 466 6180</p> <p>Social Health Education Project, Central Point, Park Road, Killarney, Co. Kerry Phone: 087 772 8089 email: info@socialandhealth.com</p>



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Category	Service	What is involved?	How to access?
Social and Community Supports	Cork City Partnership: Community and Voluntary Organisation support	<p>If you belong to a Community or Voluntary organisation, Cork City partnership can help you in a number of practical ways. For example they can assist new and existing groups through the provision of supports such as access to meeting rooms or use of photocopier or other equipment.</p> <p>They can also provide secretarial support to groups as well as supporting fundraising efforts and providing training such as committee skills and computing</p>	<p>For further information contact your local Community Development Workers:</p> <p>Mayfield: Donie O'Leary 021 4550519 doleary@partnershipcork.ie</p> <p>The Glen: Ann Long 021 4550943 along@partnershipcork.ie</p> <p>Churchfield/ Gurrabraher: Mary Sheehy 021 4301700 msheehy@partnershipcork.ie</p> <p>Fairhill/Farranree: Mary Sheehy 021 4909710 msheehy@partnershipcork.ie</p> <p>Knocknaheeny/ Hollyhill: Noreen O'Reagan 021 4399503 noreen.oregan@partnershipcork.ie</p> <p>City Centre & South Side: Linda McKernan 087 1962025 lmckernan@partnershipcork.ie</p> <p>www.corkcitypartnership.ie/community-and-voluntary-organisations/</p>



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Category	Service	What is involved?	How to access?
Social and Community Supports	Befriending Network Ireland	<p>Befriending Network Ireland (BNI) is a national network of befriending services for adults, hosted by ALONE, which ensures that everyone in Ireland has access to a quality-assured befriending service, regardless of location or service provider. Their vision 'A society where adults experiencing loneliness and social isolation are supported by quality befriending services in Ireland to improve quality of life, health and well-being'.</p> <p>BNI was established by a number of befriending organisations in Ireland in 2015. The network was set up to increase collaboration amongst befriending services and to enable the sharing of information and resources.</p> <p>BNI provides support and guidance to new and already-established befriending services in various ways:</p> <ul style="list-style-type: none"> • Coordinator Training covering the setting-up and management of a befriending service • Core Volunteer Befriending Training for services who would like their volunteers trained. • Peer-to-peer shared learning opportunities in person and online to ensure rural access. • Support and Case Management training • Service Set-up Basics training 	<p>For further information on Befriending services in your area go to www.alone.ie/befriending-networks-ireland</p> <p>For more information on becoming a member of BNI please phone Caroline Muller at the ALONE Office on 01-6791032</p> <p>or email enquiries@alone.ie</p> <p>See also specific befriending or community calls services listed under emotional and mental wellbeing supports listed above</p>



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Category	Service	What is involved?	How to access?
Social and Community Supports	Transport Initiatives - Liam's Lifts	<p>Liam's Lifts is a community based transport service whose aim is to solve the transport difficulties that members of our community often face when they need to attend oncology appointments and treatments in Cork City.</p> <p>This service is provided on a volunteer basis by members of our community.</p> <p>To ensure that our passengers have the least level of disruption, we collect each passenger from their own home.</p> <p>Our volunteer drivers then drive to the hospital or clinic where the treatment or appointment is arranged, wait until this is completed and then drive our passenger back to their home.</p> <p>This service has been running throughout Fermoy and Mitchelstown since 2011 and was rolled out in the Mallow region in January 2015.</p>	<p>If you think that Liam's Lifts would be useful for you or someone you know please contact your GP or the information Office in the hospital that you are attending.</p> <p>For further information: phone: 022 29843 or 0867257218 email: triona@liamslifts.ie</p> <p>There is no cost for this service however, if passengers are in a position to make a donation Liam's lifts would be very grateful.</p>



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Category	Service	What is involved?	How to access?
Social and Community Supports	<p>Transport Initiatives</p> <ul style="list-style-type: none"> - The Travel Club - Cork centre for independent living (Cork CIL) 	<p>The Travel Club is not a taxi service, but offers members of Cork centre for independent living (CIL) a wheelchair-accessible, door-to-door transport service for appointments and social activities.</p> <ul style="list-style-type: none"> -There is an annual membership fee of €20, which includes the cost of your first journey -You will be asked to make a contribution for each additional journey. -The travel Club membership is open to all people with a disability who are also members of Cork CIL -Cork CIL membership is open to all Cork CIL service users, other people with a disability who live in the South Lee and Blackpool areas of Cork City, and their families. 	<p>To join Cork CIL, simply go to www.corkcil.ie/travel-club and fill in the application form or phone 021 432 2651 and request an application form to be sent to you.</p> <p>To join the Travel Club, you will need to complete a second application form and return this along with the membership fee of €20 to Cork CIL</p> <p>1st Floor Lawley House Monahan Road Cork T12 N6PY</p> <ul style="list-style-type: none"> •The Travel Club operates Mondays to Fridays in the area of Cork City and its suburbs. •The Travel Club is not a service that is eligible for HSE funding and we must ensure that the cost of running the club is fully covered. •Places on the minibus are limited and demand is high. Book your journey as far as possible in advance to avoid disappointment.



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Category	Service	What is involved?	How to access?
Social and Community Supports	Transport Initiatives - Local Link Cork	<p>Local Link provides a combination of scheduled Public Transport services and door-to-door services.</p> <p>Local Link Cork aims to:</p> <ul style="list-style-type: none"> - To provide safe accessible rural community transport in Cork prioritising Older People, Youth and People with Disabilities - To provide a mechanism for enhanced co ordination of existing transport services - To develop a social enterprise where Community Transport is provided and delivered more efficiently and cost effectively at a local level. 	<p>For further information on Local Link Cork: phone 027 52727 (Bantry) or 025 51454 (Fermoy) email: info@locallinkcork.ie www.locallinkcork.ie</p>



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Category	Service	What is involved?	How to access?
Social and Community Supports	Transport Initiatives - Cancer Connect	<p>Cancer Connect is a free, flexible and confidential transport service to Cork hospitals from West and North Cork for people receiving cancer treatments (radiotherapy, chemotherapy etc.).</p> <p>The service runs from Castletownbere through Bantry and Goleen through Skibbereen to various Cork hospitals every day (Monday to Friday) at times to suit passengers.</p> <p>It is provided totally as a voluntary service by a team of volunteer drivers</p> <p>Radiotherapy Service:</p> <p>Two eight seater vehicles are used to provide the service and both are driven by Voluntary Drivers. The service is normally to Cork University Hospital and the Hospital accommodates those people travelling with Cancer Connect to be seen each day between 12.00 noon and 1.30pm for Radiotherapy Treatment.</p> <p>Chemotherapy Service:</p> <p>People requiring Chemotherapy, or related treatments such as Doctor's Appointments, Scans, Blood Tests etc. are taken to Cork by car as their appointments can vary and may necessitate a number of visits, often to different hospital locations, within the one trip.</p> <p>Once again, the vehicles are driven by people on a voluntary basis</p>	<p>For further information on Cancer Connect phone: 087 1224404 or 027 52727 info@cancerconnect.ie www.cancerconnect.ie</p>



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Category	Service	What is involved?	How to access?
Social and Community Supports	Transport Initiatives - Local Link Kerry	<p>Local Link Kerry (LLK) manage and co-ordinate the delivery of scheduled Public & Community Transport Services in Co. Kerry.</p> <ul style="list-style-type: none"> • LLK coordinate 160 regular bus routes in the county • LLK coordinate bus services for other Agencies and Organisations • LLK coordinate Once off Bus Services for a range of Community Organisations • Support once off Bus Services that support transport access to Social Inclusion Activities for communities/groups 	<p>For further information on Local Link Kerry phone 066 7147002 (Monday-Friday 9am-5pm) for queries on existing bus services or if you can identify the need for a transport service in your area.</p> <p>Email: info@locallinkkerry.ie www.locallinkkerry.ie</p>
Social and Community Supports	Pavee Point	<p>Pavee Point is a national non-governmental organisation comprised of Travellers, Roma and members of the majority population working in partnership at national, regional, local and international levels.</p> <p>The Health Team in Pavee Point consists of:</p> <ul style="list-style-type: none"> -Primary Health Care for Travellers Project (PHCTP) -Men's Health Project -Drugs and Alcohol Project -Maternal Health -Mental Health -LGBTQ+ 	<p>For further information contact Pavee Point Pavee Point Traveller and Roma Centre 46 Charles Street Great Dublin 1 Phone: (01) 878 0255 email: info@pavee.ie</p> <p>www.paveepoint.ie</p> <p>www.paveepoint.ie/resources/health/</p>



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Category	Service	What is involved?	How to access?
Social and Community Supports	Traveller Support Organisations	<p>Traveller organisations work to address the needs of Travellers and Roma as minority ethnic groups experiencing exclusion, discrimination and racism. This includes supporting Traveller and Roma access, participation and outcomes in mainstream services, including health services.</p> <p>Some Traveller organisations have a Traveller Primary Health Care Project which provide on-going support for both Traveller families on the ground and mainstream health services, acting as an interface between the two to; (1) enhance Traveller health status and (2) improve the capacity of mainstream health services to respond to Traveller needs.</p> <p>Traveller Primary Health Care projects are peer-led projects employing Traveller Community Health Workers to work on the ground with Traveller families in a range of health areas such as mental health, health education, child and infant health, immunisation, addiction, diet and exercise, health and well-being, women's health, men's health and social determinants work including accommodation/ environmental health issues.</p>	<p>Cork Cork Traveller Visibility Group (TVG) 25 John Street, Cork City Phone: 021 4503786 email: tvgcork@gmail.com www.tvgcork.ie/</p> <p>West Cork Travellers Centre Murphy's Garage, Western Road Clonakilty, Co Cork Phone: 023 8835039 email: wctcmail@gmail.com</p> <p>Cork Traveller Women's Network c/o St. Catherine's School Bishopstown Avenue, Model Farm Road, Cork City Phone: 086 3850136 e-mail: corktravellerwomen@hotmail.com</p> <p>Travellers of North Cork Ltd, Riverside, Doneraile, Co. Cork Phone: 022 71035 email: travellersnorthcork@live.com</p> <p>East Cork Traveller Advocacy North Lee Community Old Library, St Marys Rd, Cork Phone: 021 4928373</p>



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Category	Service	What is involved?	How to access?
Social and Community Supports	Traveller Support Organisations (continued)	(see row above)	Kerry Kerry Travellers Health and Community Development Project St Anthony's House Mitchells' Place Tralee Co. Kerry Phone: 066-7120054 email: ktdp@eircom.net www.kerrytravellersproject.wordpress.com/
Social and Community Supports	Home Energy Grants -Sustainable Energy Authority of Ireland (SEAI)	Do you want a more comfortable home and lower energy bills? 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. Terms and conditions apply.	For further information about the SEAI Home Energy Grants: Phone 1850 927000 Email info@betterenergyhomes.ie www.seai.ie/grants/home-energy-grants/



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Category	Service	What is involved?	How to access?
Social and Community Supports	Better Energy Warmer Homes Scheme - Sustainable Energy Authority of Ireland (SEAI)	<p>The Scheme provides free energy efficiency upgrades for eligible homes. The aim of the Scheme is to make eligible homes warmer, healthier, and cheaper to run.</p> <p>If SEAI determine that an applicant's home is eligible to participate in the Scheme, the Work(s) will be carried out at no cost to the applicant.</p> <p>There are certain requirements that you must meet in applying for the upgrades scheme:</p> <ol style="list-style-type: none"> 1. Do you own and live in your own home? 2. Was it built and occupied before 2006? 3. Do you receive one of the following welfare payments? <ul style="list-style-type: none"> -Fuel Allowance as part of the National Fuel Scheme. -Job Seekers Allowance for over six months and have a child under seven years of age -Working Family Payment -One-Parent Family Payment -Domiciliary Care Allowance -Carers Allowance and live with the person you are caring for (effective from 1st August 2018) 4. You have not received works previously under the scheme. 	<p>For further information the SEAI are happy to provide support throughout the process.</p> <p>You can talk to one of the team on 1800 250 204.</p> <p>www.seai.ie/grants/home-energy-grants/free-upgrades-for-eligible-homes/</p>



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Category	Service	What is involved?	How to access?
Social and Community Supports	Keeping Well and Warm Booklet: Sustainable Energy Authority of Ireland -SEAI	Cold weather can be a problem for anyone but especially if you are older, have a disability or have a long term illness. This booklet tells you about the advice and supports available to help you keep well and warm during winter. The booklet also includes a temperature card which can be used in your home.	For further information and for copies of this SEAI booklet phone: 01 8082100 email info@seai.ie www.seai.ie
Social and Community Supports	NCE Energy Hub	NCE Energy-hub assist people in applying for the Better Energy Warmer Homes grant scheme. The Hub is open from 9.00am-4.00pm Monday to Friday and the team is there to assist people applying for the grant and to answer any questions people may have.	For further information: NCE Insulation, St Finbarr's, Farranferris, Redemption Road, Cork Phone: 021-4228101 email: info@energy-hub.ie www.energy-hub.ie/better-energy-warmer-homes-bewh/



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Category	Service	What is involved?	How to access?
Social and Community Supports	IRD Warmer Homes Scheme	<p>This scheme provides energy efficiency improvements in the homes of the elderly and vulnerable, making their homes more comfortable, healthier and more cost effective to run. By insulating your attic to SEAI standards, you could save 25-35% on your heating bills. Insulating your wall with insulation bead saves you 15-25% on your heating bills.</p> <p>This service is provided free of charge to eligible householders. IRD Duhallow administers this service across all of North Cork and County Kerry.</p>	<p>For further information on this service please contact IRD Duhallow Phone: 029-60633 Email: Duhallow@irdduhallow.com www.irdduhallow.com</p>
Social and Community Supports	Men's Sheds	<p>A Men's Shed is any 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 in the company of other men and where the primary objective is to advance the health and well-being of the participating men.</p> <p>Men's sheds may look like a shed in your back yard yet they share some characteristics of both community education and health promotion projects.</p>	<p>For further information on the Irish Men's Sheds Association: Phone: 01 891 6150 Email: info@menssheds.ie www.menssheds.ie</p>



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Category	Service	What is involved?	How to access?
Social and Community Supports	Men's Sheds - Spanner in the Works (Male Health)	<p>Spanner in the Works or MaleHealth.ie is a men's health resource from the Irish Men's Sheds Association.</p> <p>"Spanner in the Works" is not about telling men what to do but highlights some things that can be done to improve your health and chances of living a longer, happier life. It provides comprehensible and achievable health messages that will help you discover more about your own health and wellbeing.</p>	For further information go to www.malehealth.ie/
Social and Community Supports	IRD Duhallow	<p>IRD Duhallow offers a wide range of services assisting people that are significantly affected by gaps in service provision and social inclusion. The Duhallow Community Food Service provides a subsidised meal service to those that are not in a position to cook for themselves and are isolated because of age, illness, lack of transport or other disadvantages that result in living in a rural area. They provide home delivery or people can dine in the restaurant located in the James O'Keeffe Institute in Newmarket.</p> <p>The IRD Duhallow Community Laundry service helps to lessen the pressure on people and guarantees a fresh supply of clean linen, towels and clothes regardless of the weather. The laundry service provides the option for people of dropping their laundry into our premises in Newmarket while a collection and return service is also available.</p>	For further information on any of these services please contact IRD Duhallow Phone: 083-60633 Email: Duhallow@irdduhallow.com www.irdduhallow.com



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Category	Service	What is involved?	How to access?
Social and Community Supports	Citizens Information	Citizens Information centres provide free, independent and confidential information and are an advice and advocacy service. Citizens Information staff are there to assist you when you need help to access your rights and entitlements. Staff are available to provide information, advice and advocacy on a variety of topics. Citizens Information Centres are wide spread across Cork and Kerry.	For further information: Phone the Citizens Information Phone Service (CIPS) on 0761 07 4000, Monday to Friday, 9am to 8pm. Drop in or phone your local Citizens Information Centres (CICs); locations and contact details are listed here: www.centres.citizensinformation.ie/
Smoking Cessation	Smoking Cessation - Health Promotion & Improvement Cork Kerry Community Healthcare	The HSE provides a range of Smoking Cessation Support Services, some in the community and some in hospitals. These services can be accessed directly by the person wanting to stop smoking or people can be referred to the service by a healthcare professional.	For further information about the Smoking cessation programme in Cork and Kerry please contact Marta Kolasa: Phone: 021 4921641 email: marta.kolasa@hse.ie Alternatively go to www.quit.ie/I-Want-to-Quit/Support-Services/ to find details of your local smoking cessation support services.
Smoking Cessation	Smoking Cessation - HSE Quit Team	Quitting Smoking is one of the most Important things you can do to improve your health. The Quit Programme has one goal - to give you the help and support you need to quit smoking for good. If you prefer you can see one of our smoking cessation officers in person or join a group.	For further information Contact the HSE Quit Team on Freephone 1800 201 203 Email: support@quit.ie www.quit.ie Text: Freetext QUIT to 50100 Tweet @HSEQuitTeam Facebook: facebook.com/HSEQuit



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Category	Service	What is involved?	How to access?
Smoking Cessation	Smoking Cessation - We Can Quit (Irish Cancer Society and local community organisations)	We Can Quit supports women to stop smoking. It is a free, friendly and supportive 12 week programme to help you to quit smoking. The programme offers free nicotine replacement therapy (NRT), a weekly smoking cessation group and one to one support. It is run in various locations in Cork (Mayfield, Mallow, Ballyphehane, Farranree).	For further information about the We Can Quit programme in Cork, please phone 01 2316 669 or go to www.cancer.ie/reduce-your-risk/community/we-can-quit



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Category	Service	What is involved?	How to access?
Self Management Support Coordinators per Community Health Organisation		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 for adults with Asthma, COPD, Diabetes, Heart conditions and stroke is being created in each HSE area and can be found at www.hse.ie/selfmanagementsupport	
	Maeve McKeon	Donegal, Leitrim, Sligo, Cavan, Monaghan Community Healthcare	Maeve.McKeon@hse.ie
	Ailish Houlihan	Galway, Mayo and Roscommon Community Healthcare	Ailish.Houlihan@hse.ie
	Michelle Lynch	Mid West Community Healthcare	michelleann.lynch@hse.ie
	Maeve Carmody	Cork Kerry Community Healthcare	Maeveh.Carmody@hse.ie
	Kate O'Connor	South East Community Healthcare	selfmanagementsupportsSECH@hse.ie
	Mary Gowing	Dublin South East, Dun Laoghaire and Wicklow Community Healthcare	mary.gowing@hse.ie
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connects, collaborates and
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The online resource is available at: www.hse.ie/selfmanagementsupport

